

**CARACTERÍSTIQUES DE LA CURSA "+ Q 1 MARATÓ I 1 PRESENTACIÓ"(16/04/2011)**

Distància	42,810 Km
Durada	4h 15min 09s
Calories cremades	3689
Frecuència cardíaca mitjana	162 pulsacions per minut
Frecuència cardíaca màxima	189 pulsacions per minut
Velocitat mitjana	10 km/h
Velocitat màxima	12,4 km/h
Ritme mig	06:00 min/km
Ritme màxim	04:50 min/km

KM		PROMIG		FINAL DEL KM		TOTAL	
KM	DURADA (hh:mm:ss.d)	Frec. cardíaca (pul. p. min)	Ritme (min/km)	Frec. cardíaca (pul. p. min)	Ritme (min/km)	DURADA (hh:mm:ss.d)	LLOC
1	00:06:07.400	154	06:07	156	05:33	00:06:07.400	Vimbodí
2	00:05:00.100	157	05:00	159	04:57	00:11:07.500	
3	00:05:03.600	158	05:05	162	05:39	00:16:11.100	
4	00:05:55.700	163	05:56	153	05:10	00:22:06.800	
5	00:05:37.900	153	05:39	162	05:49	00:27:44.700	Poblet
6	00:06:39.800	163	06:40	170	06:27	00:34:24.500	
7	00:06:00.300	162	06:00	153	04:57	00:40:24.800	Les Masies
8	00:05:22.100	156	05:24	154	05:10	00:45:46.900	
9	00:05:08.400	160	05:10	163	05:24	00:50:55.300	L'Espluga de Francolí
10	00:05:27.300	159	05:27	166	06:31	00:56:22.600	
11	00:05:43.100	160	05:46	154	05:24	01:02:05.700	
12	00:05:43.500	153	05:46	156	05:56	01:07:49.200	
13	00:06:01.300	158	06:03	153	05:39	01:13:50.500	
14	00:05:57.400	159	06:00	155	05:46	01:19:47.900	

15	00:06:04.100	160	06:07	158	05:52	01:25:52.000	
16	00:05:44.200	157	05:46	168	06:11	01:31:36.200	
17	00:05:51.300	157	05:52	157	06:07	01:37:27.500	Blancafort
18	00:06:12.100	163	06:15	160	06:18	01:43:39.600	
19	00:06:10.900	161	06:11	159	05:49	01:49:50.500	Solivella
20	00:05:46.700	159	05:46	164	06:18	01:55:37.200	
21	00:06:18.200	158	06:18	161	06:35	02:01:55.400	
22	00:10:38.800	145	10:42	164	05:52	02:12:34.200	
23	00:06:45.600	165	06:49	154	05:36	02:19:19.800	
24	00:05:07.500	160	05:33	166	05:49	02:24:27.300	
25	00:05:36.800	160	05:36	159	05:30	02:30:04.100	
26	00:06:15.200	156	06:15	155	05:33	02:36:19.300	
27	00:05:20.300	164	05:21	159	05:46	02:41:39.600	Sarral
28	00:05:45.000	161	05:46	166	05:24	02:47:24.600	
29	00:05:27.400	166	05:27	163	05:36	02:52:52.000	
30	00:05:50.000	162	05:52	166	05:46	02:58:42.000	
31	00:05:35.200	165	05:36	168	05:46	03:04:17.200	
32	00:05:17.700	164	05:18	165	05:02	03:09:34.900	Pira
33	00:06:12.700	169	06:15	176	06:11	03:15:47.600	
34	00:06:00.600	173	06:00	175	06:11	03:21:48.200	
35	00:06:25.500	171	06:27	167	06:40	03:28:13.700	Barberà de la Conca
36	00:05:51.400	166	05:52	164	05:49	03:34:05.100	
37	00:05:50.400	166	05:52	168	05:49	03:39:55.500	
38	00:06:10.400	165	06:11	170	07:13	03:46:05.900	
39	00:06:13.600	166	06:15	169	05:52	03:52:19.500	
40	00:06:12.400	165	06:15	170	06:03	03:58:31.900	La Guàrdia dels Prats
41	00:06:10.300	171	06:11	176	06:18	04:04:42.200	
42	00:05:48.000	173	05:49	171	05:30	04:10:30.200	Montblanc
42,810	00:04:38.800					04:15:09.000	

