



DETALLES / DETAILS

MERCEDES TORRES SERUENDO

Datos personales/Personal data

| Dorsal/Bib | Año Nacimiento/Year of Birth | Categoría/Category | País/Country | Com. Autónoma |
|------------|------------------------------|--------------------|---|---|
| F196 | 1965 | F-F | ESP  | CYL  |

Puestos/Places

| General /Overall | Mujeres/Female | Categoría/Category | Campeonato de Madrid | Campeonato de España |
|------------------|----------------|--------------------|----------------------|----------------------|
| 5478 / 8292 | 207 / 500 | 32 / 90 | No participa | No participa |

Puntos de Control /Timing Points

| Control /Timing Point | Oficial/Gross | Neto/Net | Ritmo/Pace | Velocidad media/Average Speed | Posición/Place |
|-----------------------|----------------|----------------|--------------------|-------------------------------|----------------|
| Km 10 | 1:03:07 | 0:56:39 | 5:39 min/Km | 10,59 Km/h | 222 |
| Km 15 | 1:32:22 | 1:25:55 | 5:43 min/Km | 10,47 Km/h | 245 |
| Km 20 | 2:03:04 | 1:56:37 | 5:49 min/Km | 10,29 Km/h | 245 |
| Km 21,097 | 2:08:43 | 2:02:15 | 5:47 min/Km | 10,35 Km/h | 249 |
| Km 25 | 2:31:49 | 2:25:22 | 5:48 min/Km | 10,31 Km/h | 243 |
| Km 30 | 3:02:44 | 2:56:17 | 5:52 min/Km | 10,21 Km/h | 232 |
| Km 35 | 3:32:33 | 3:26:05 | 5:53 min/Km | 10,19 Km/h | 226 |
| Km 40 | 4:05:09 | 3:58:41 | 5:58 min/Km | 10,54 Km/h | 211 |
| Km 42,195 | 4:17:35 | 4:11:08 | 5:57 min/Km | 10,15 Km/h | 207 |

Intervalos /Intervals

| | Km 15 | Km 20 | Km 21,097 | Km 25 | Km 30 | Km 35 | Km 40 | Km 42,195 |
|------------------|---------------------------|-------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|
| | 0:29:16 | 0:59:58 | 1:05:37 | 1:28:43 | 1:59:38 | 2:29:27 | 3:02:02 | 3:14:29 |
| Km 10 | 5:51 min/Km 10,25 Km/h | 5:59 min/Km 10,08 Km/h | 5:54 min/Km 10,14 Km/h | 5:54 min/Km 10,14 Km/h | 5:58 min/Km 10,10 Km/h | 5:58 min/Km 10,78 Km/h | 6:04 min/Km 9,88 Km/h | 6:02 min/Km 9,93 Km/h |
| Km 15 | | 0:30:42 6:08 min/Km 9,77 Km/h | 0:36:21 5:57 min/Km 10,47 Km/h | 0:59:27 5:56 min/Km 10,26 Km/h | 1:30:23 6:01 min/Km 9,95 Km/h | 2:00:11 6:00 min/Km 9,98 Km/h | 2:32:47 6:06 min/Km 9,81 Km/h | 2:45:14 6:04 min/Km 9,87 Km/h |
| Km 20 | | | 0:05:39 5:08 min/Km 11,65 Km/h | 0:28:45 5:45 min/Km 10,43 Km/h | 0:59:41 5:58 min/Km 10,51 Km/h | 1:29:29 5:57 min/Km 10,84 Km/h | 2:02:05 6:06 min/Km 9,83 Km/h | 2:14:32 6:03 min/Km 9,89 Km/h |
| Km 21,097 | | | | 0:23:07 5:55 min/Km 10,13 Km/h | 0:54:02 6:04 min/Km 9,88 Km/h | 1:23:50 6:01 min/Km 9,95 Km/h | 1:56:26 6:09 min/Km 9,74 Km/h | 2:08:53 6:06 min/Km 9,82 Km/h |
| Km 25 | | | | | 0:30:56 6:11 min/Km 9,70 Km/h | 1:00:44 6:04 min/Km 9,88 Km/h | 1:33:20 6:13 min/Km 9,64 Km/h | 1:45:47 6:09 min/Km 9,75 Km/h |
| Km 30 | | | | | | 0:29:49 5:57 min/Km 10,51 Km/h | 1:02:25 6:14 min/Km 9,61 Km/h | 1:14:51 6:08 min/Km 9,77 Km/h |

Km 35

0:32:36 0:45:03

6:31 min/Km 6:15 min/Km

9,20 Km/h 9,58 Km/h

Km 40

0:12:27

5:40 min/Km

10,58 Km/h

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