



# CIUDAD DE SANTO DOMINGO



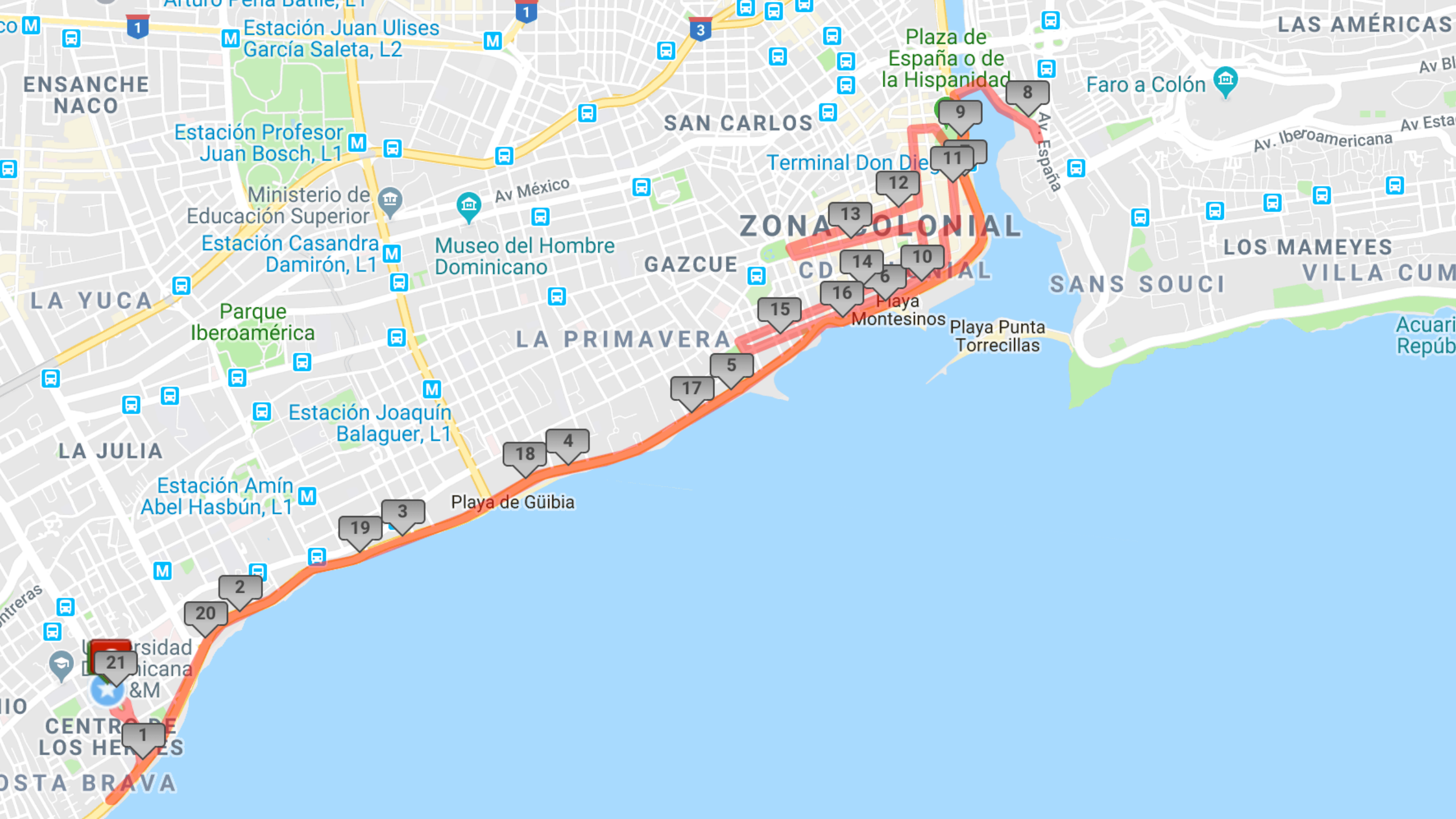
**META** Salida Meta

- |  |                                     |
|--|-------------------------------------|
| 1 Centro De Los Héroes.                  | 8 Marina Ozama.                     |
| 2 Dirección General De Pasaportes.       | 9 Fortaleza Ozama.                  |
| 3 Parque Malecón Santo Domingo.          | 10 Plaza De España.                 |
| 4 Obelisco De Santo Domingo.             | 11 Parque Colón.                    |
| 5 Monumento De Fray Antón De Montesinos. | 12 Calle El Conde.                  |
| 6 Terminal Don Diego.                    | 13 Puerta Del Parque Independencia. |
| 7 Puente Flotante.                       | 14 Catedral.                        |
|  | 15 Puerta De La Misericordia.       |

CERTIFICACIÓN







ENSANCHE NACO

LA YUCA

LA JULIA

CENTRO DE LOS HERMANOS  
COSTA BRAVA

SAN CARLOS

GAZCUE

LA PRIMAVERA

ZONA COLONIAL

LAS AMÉRICAS

LOS MAMEYES

VILLA CUM

Estación Juan Ulises  
García Saleta, L2

Estación Profesor  
Juan Bosch, L1

Ministerio de  
Educación Superior

Estación Casandra  
Damirón, L1

Parque  
Iberoamérica

Estación Joaquín  
Balaguer, L1

Estación Amín  
Abel Hasbún, L1

Universidad  
Iberoamericana  
&M

Plaza de  
España o de  
la Hispanidad

Faro a Colón

Terminal Don Die

Museo del Hombre  
Dominicano

Playa  
Montesinos

Playa Punta  
Torrecillas

Playa de Güibia

Acuari  
Repúb

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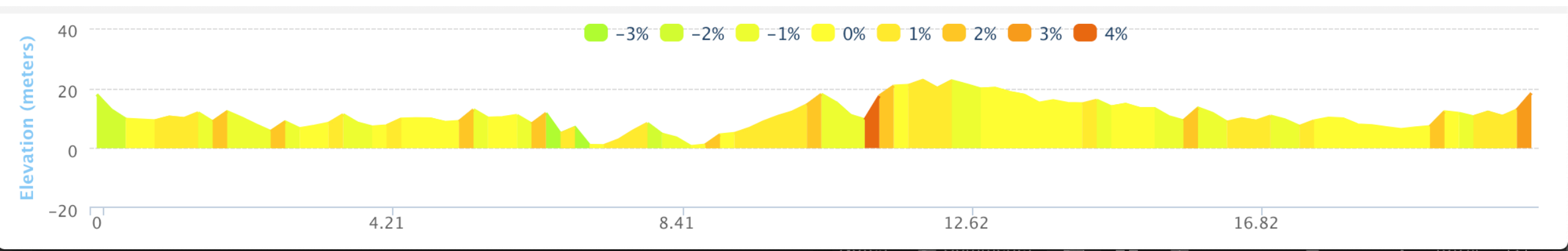
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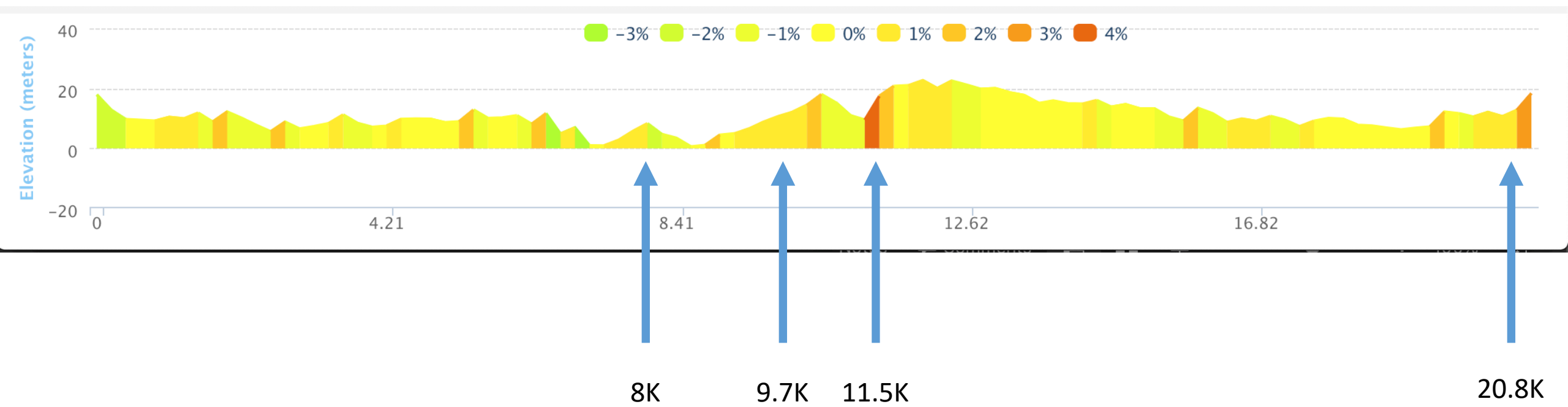
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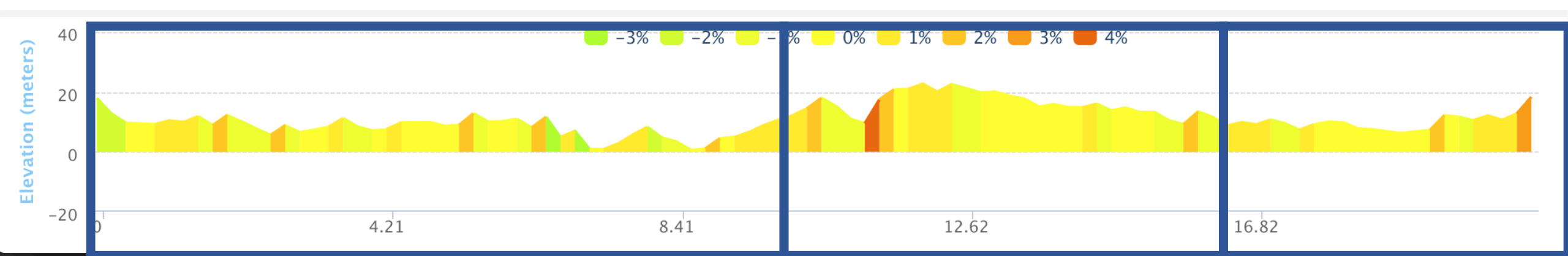




# 1era Parte

# 2da Parte

# 3era Parte



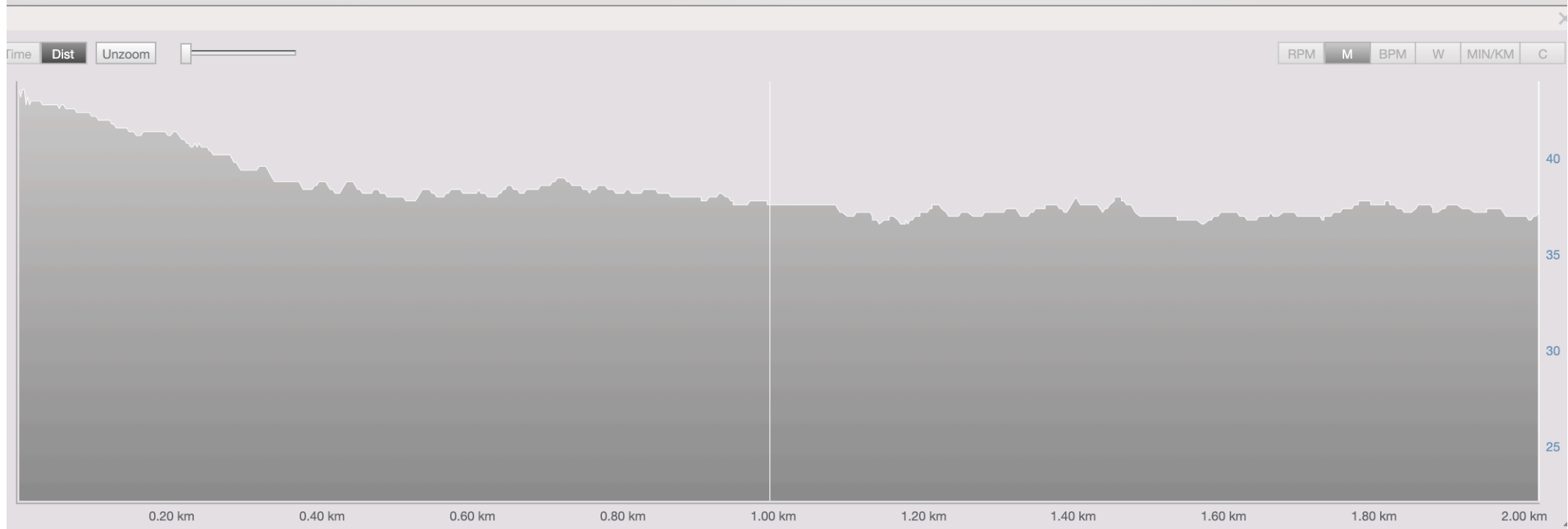
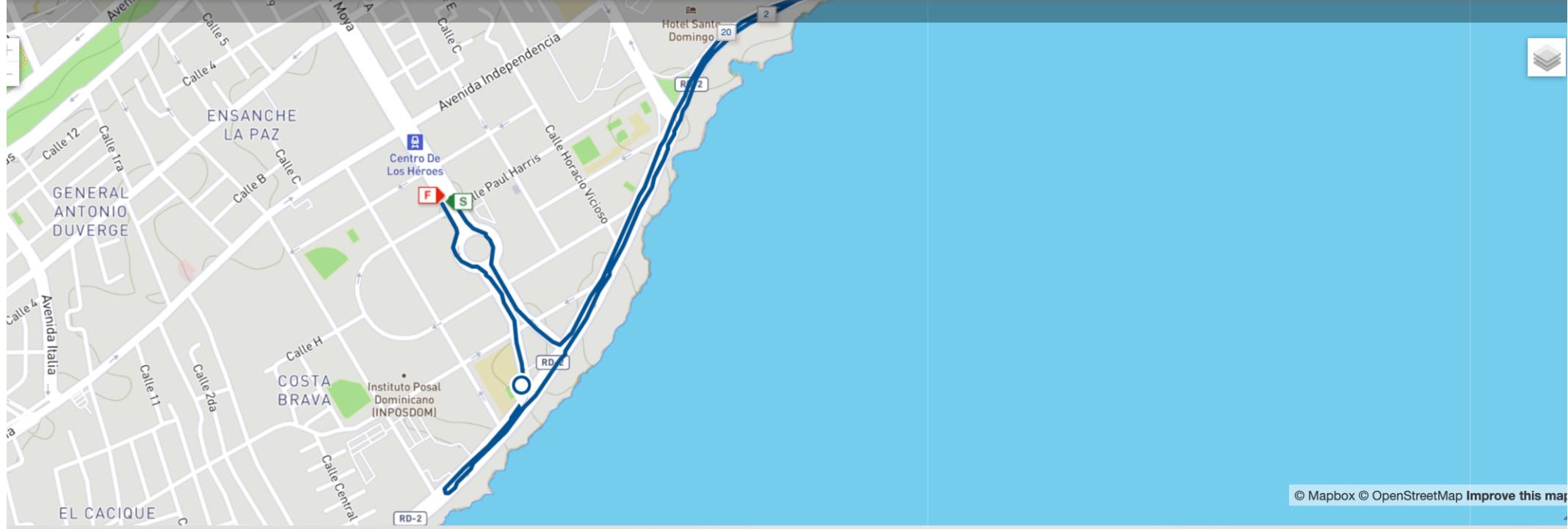
Malecón hasta 10K

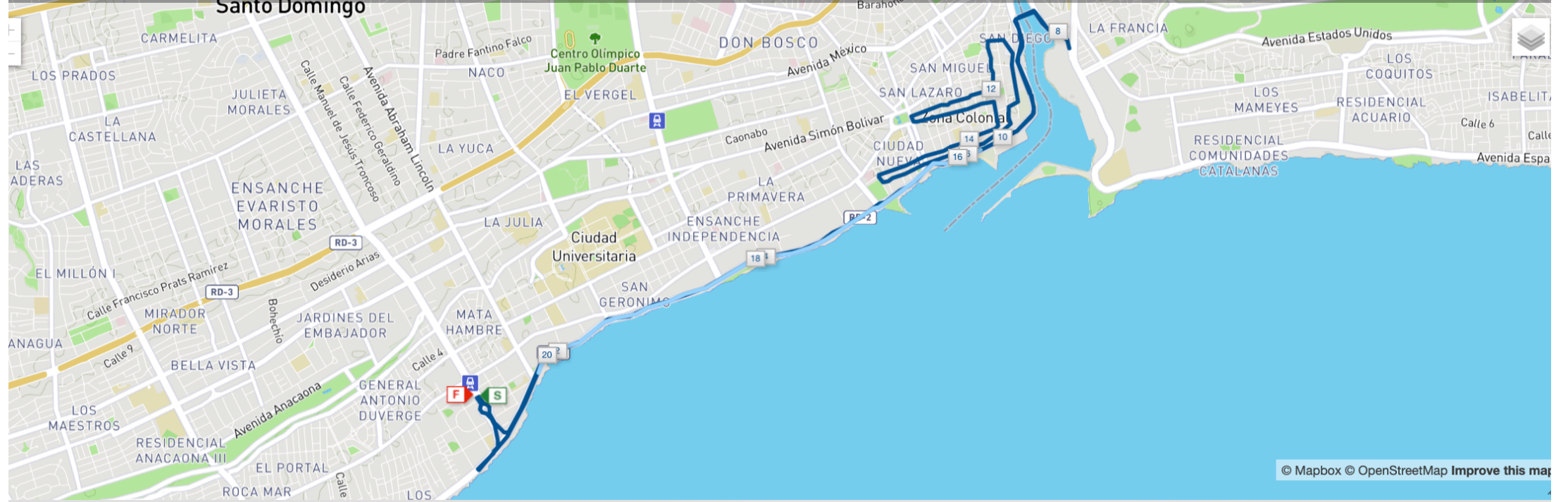
Zona Colonial

Malecón hasta Meta



# 1era Parte

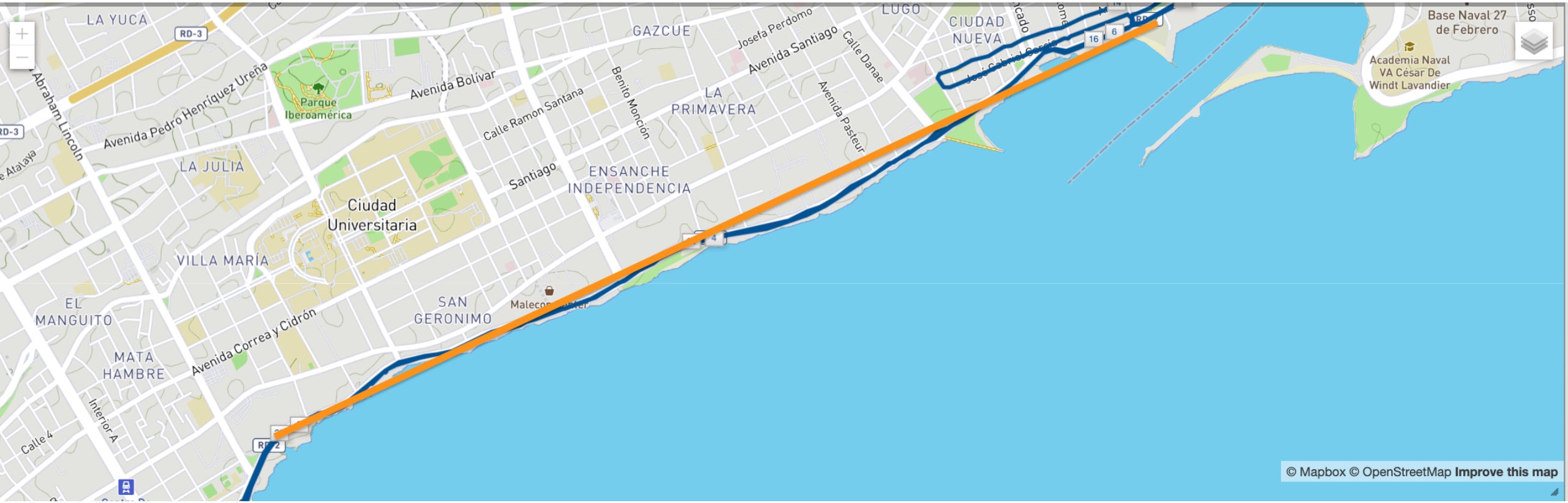




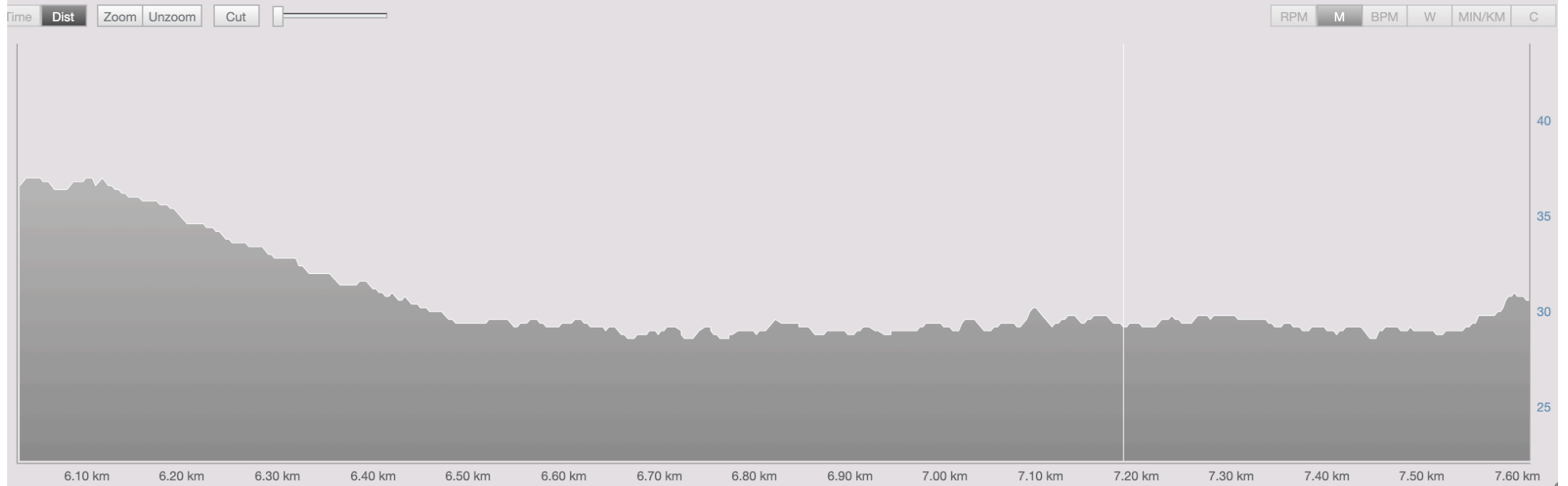
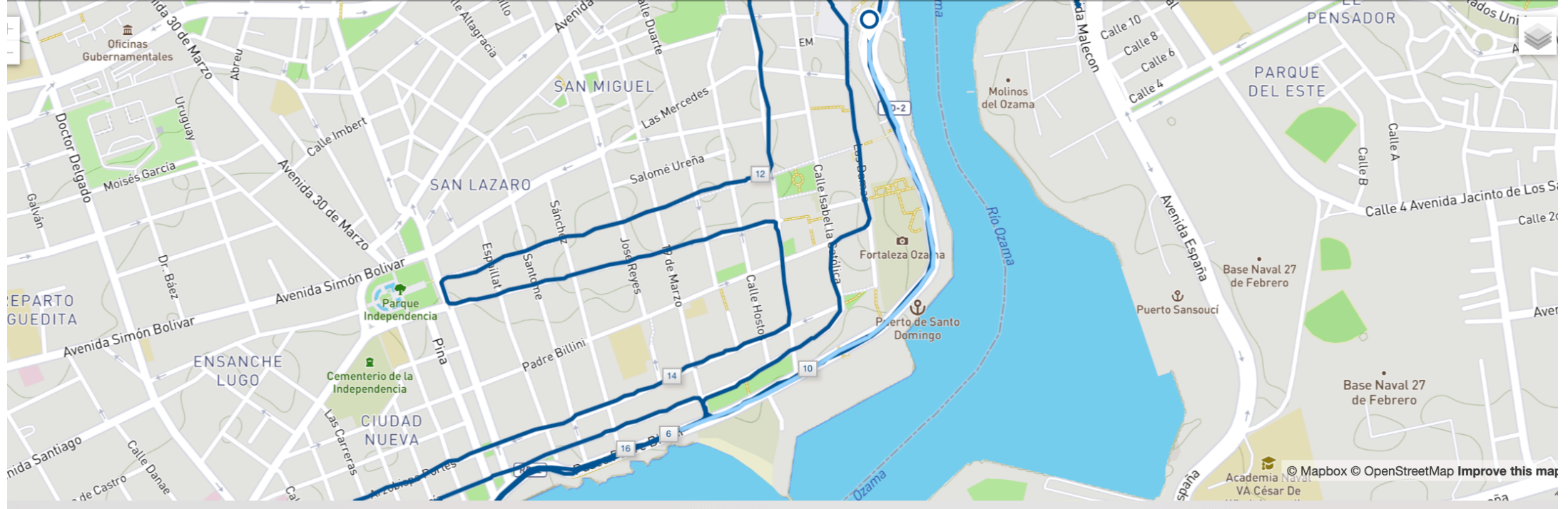
Time **Dist** Zoom Unzoom Cut

RPM **M** BPM W MIN/KM C

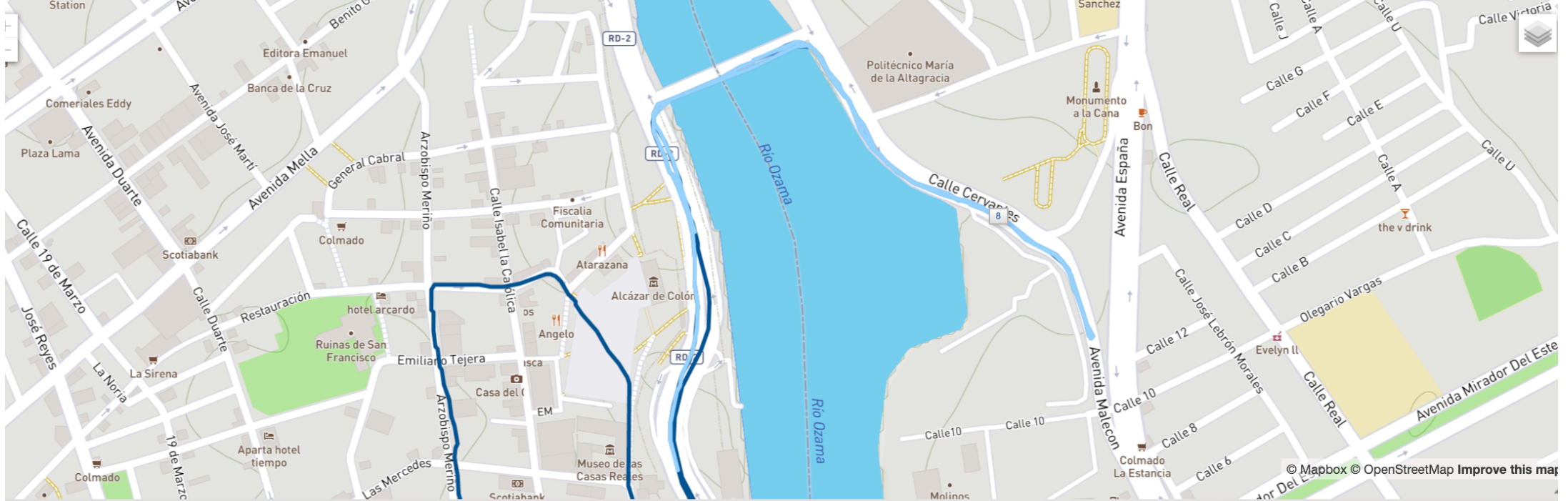








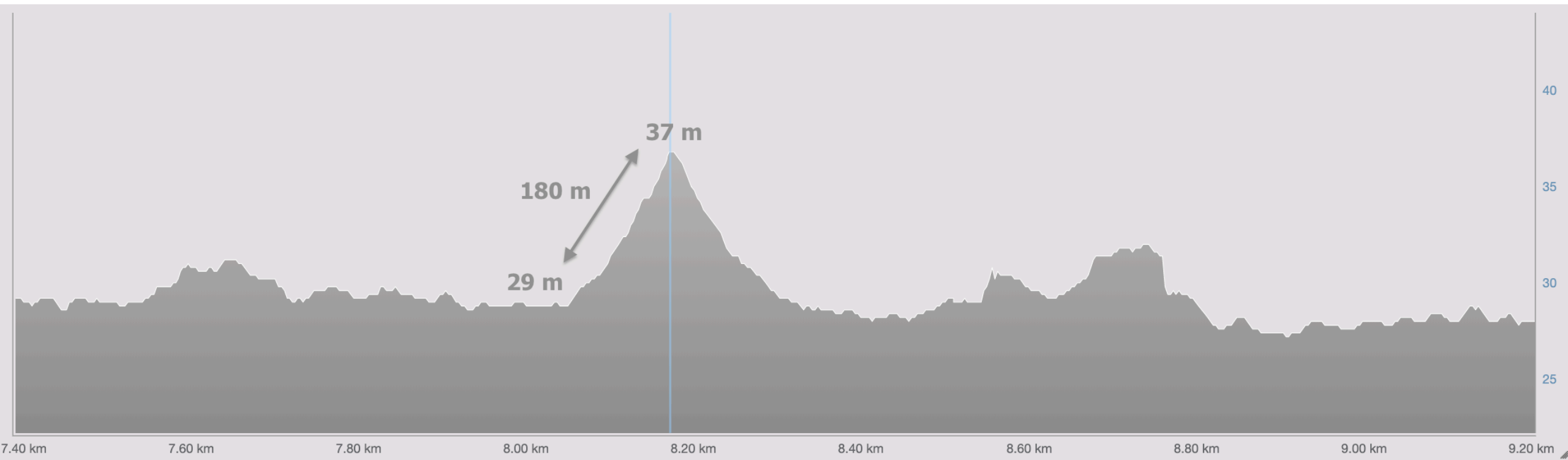




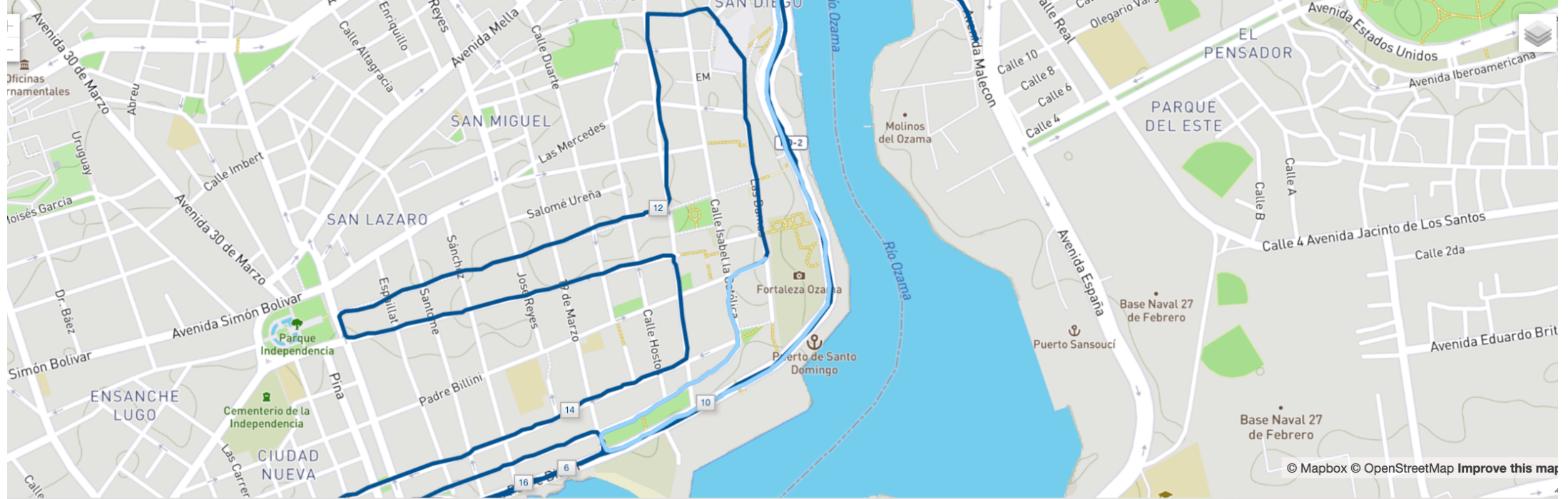
Time **Dist** Zoom Unzoom Cut

RPM **M** BPM W MIN/KM C



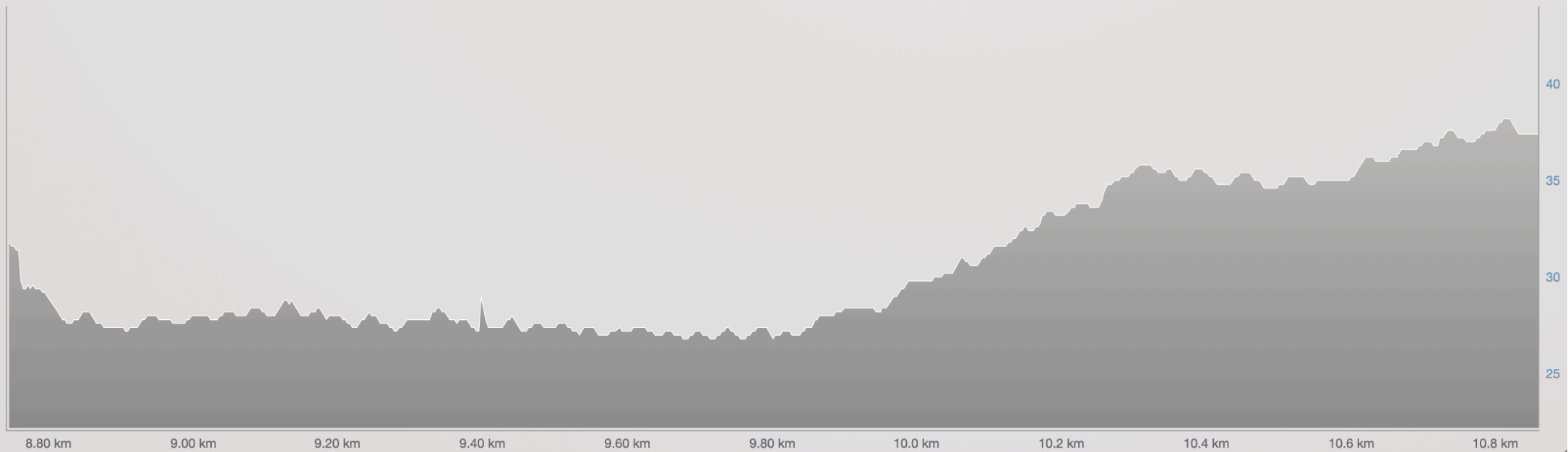


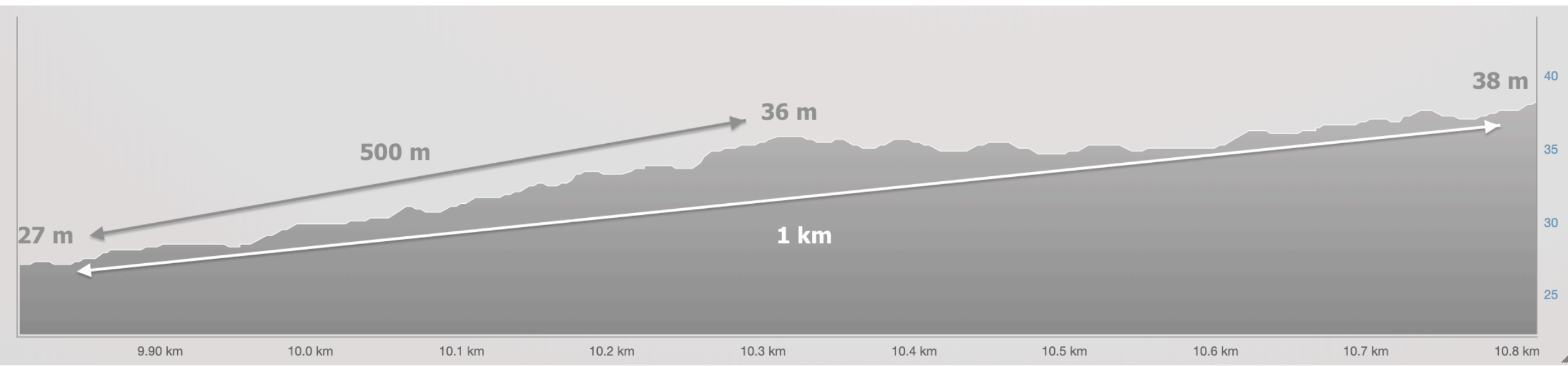




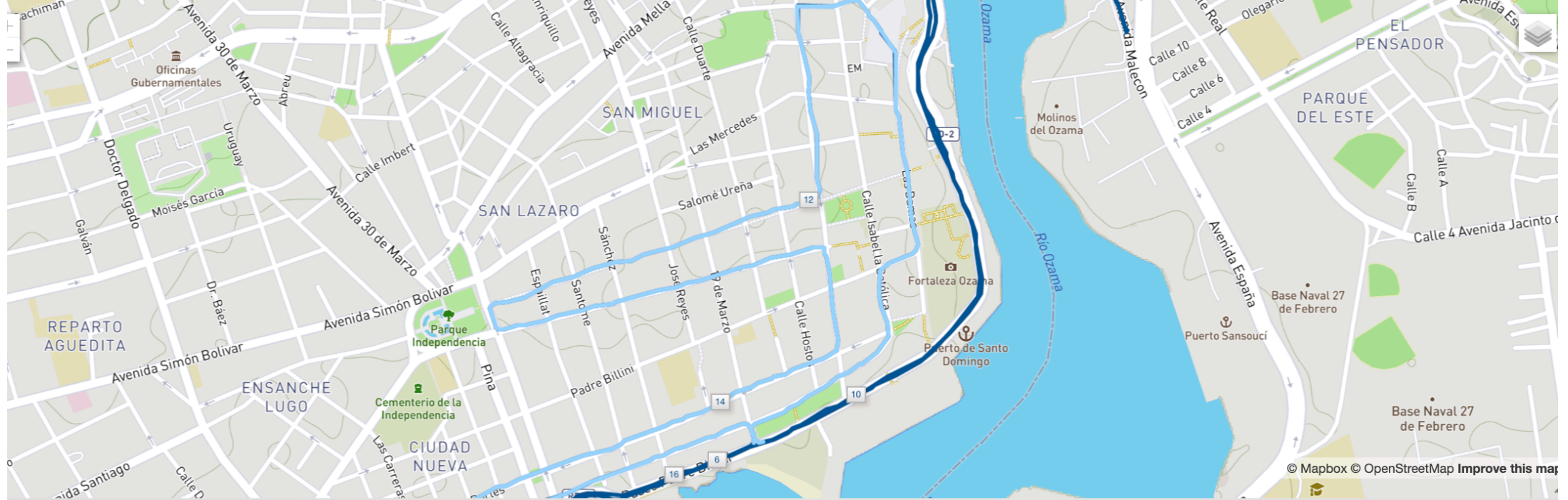
Time **Dist** Zoom Unzoom Cut

RPM **M** BPM W MIN/KM C





# 2da Parte

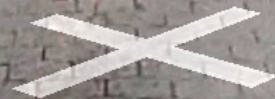


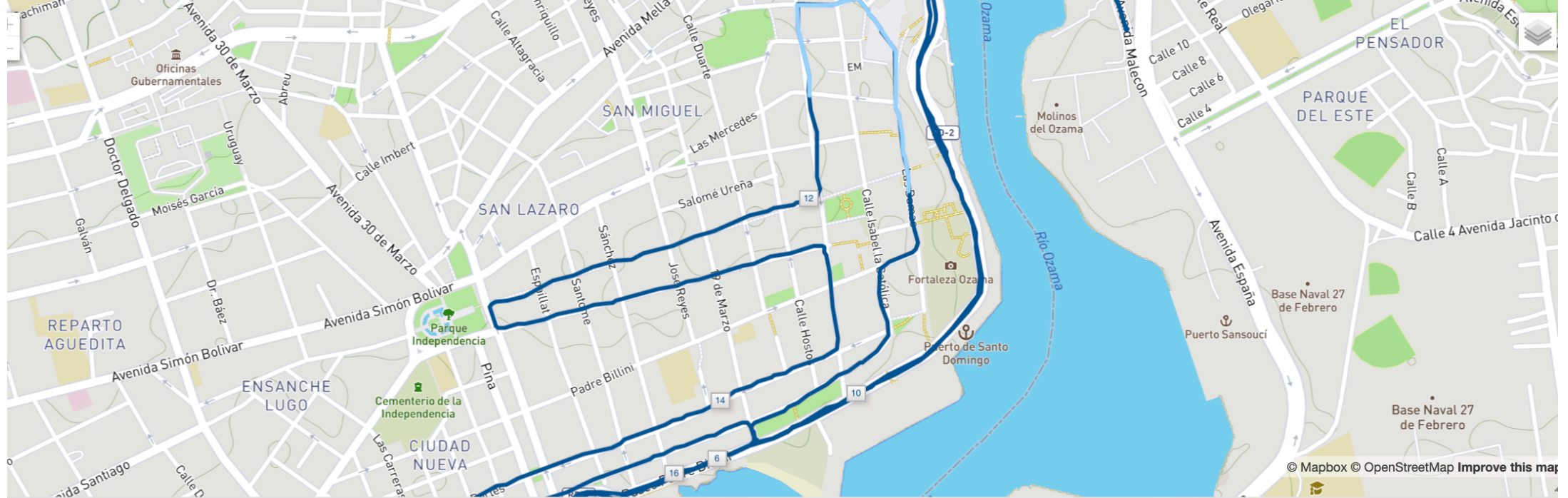
Time Dist Zoom Unzoom Cut

RPM M BPM W MIN/KM C

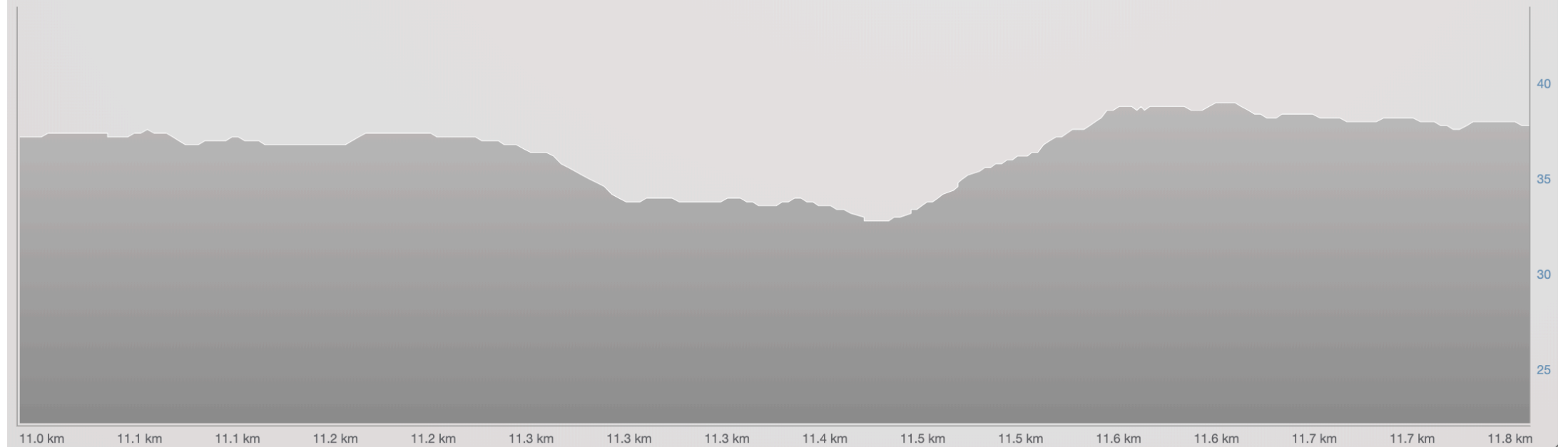




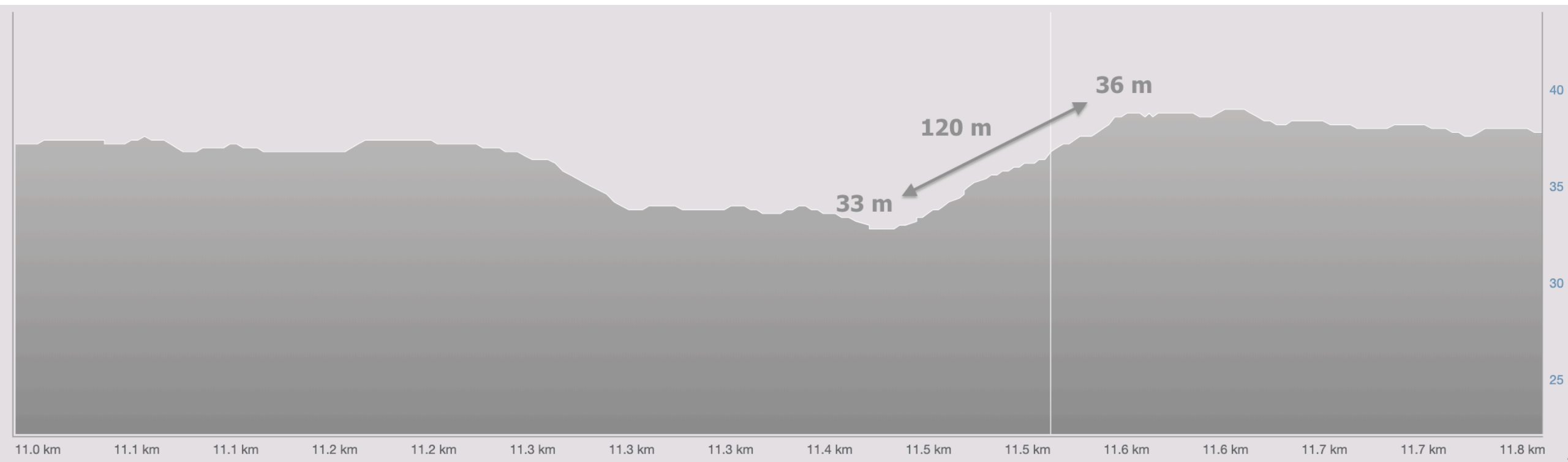




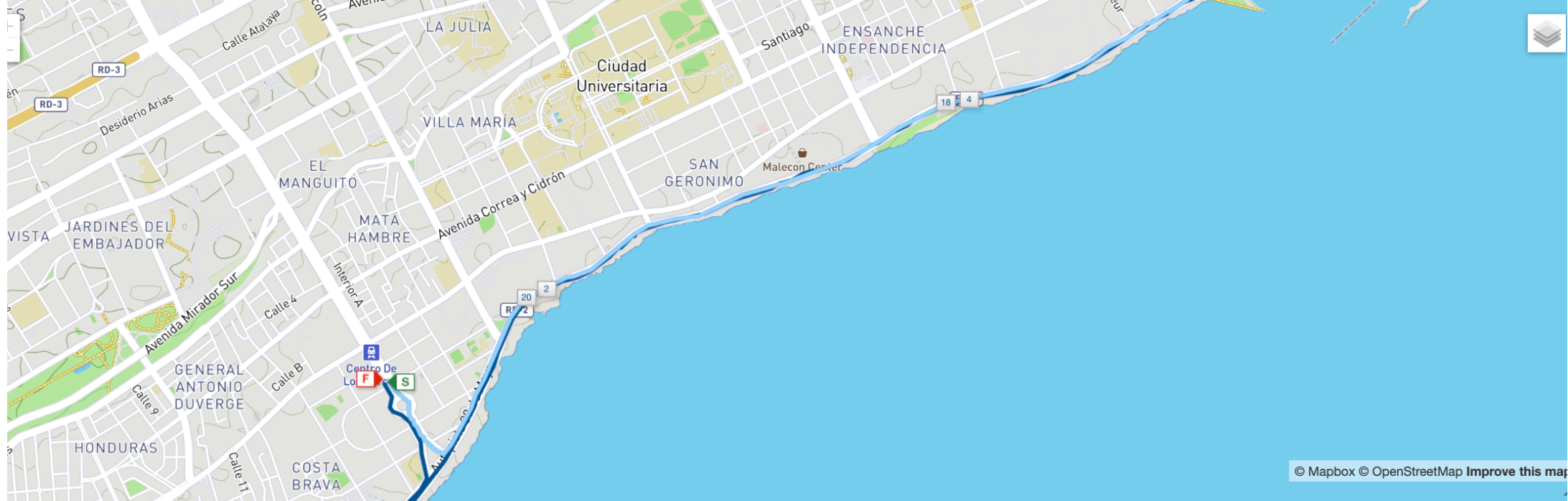
Time **Dist** Zoom Unzoom Cut  RPM **M** BPM W MIN/KM C



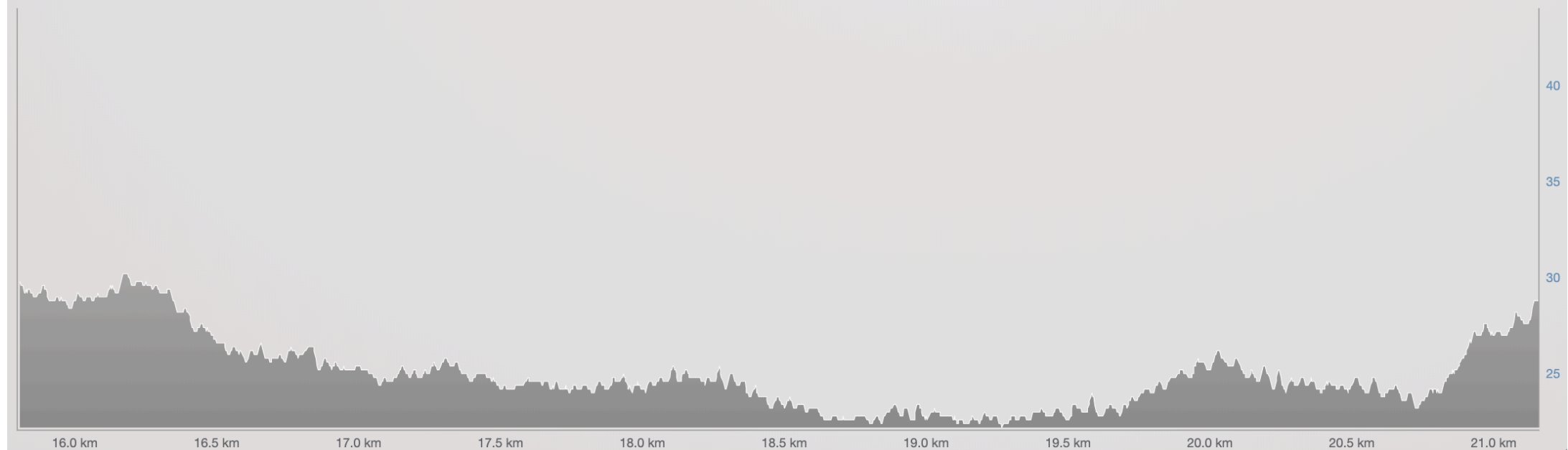




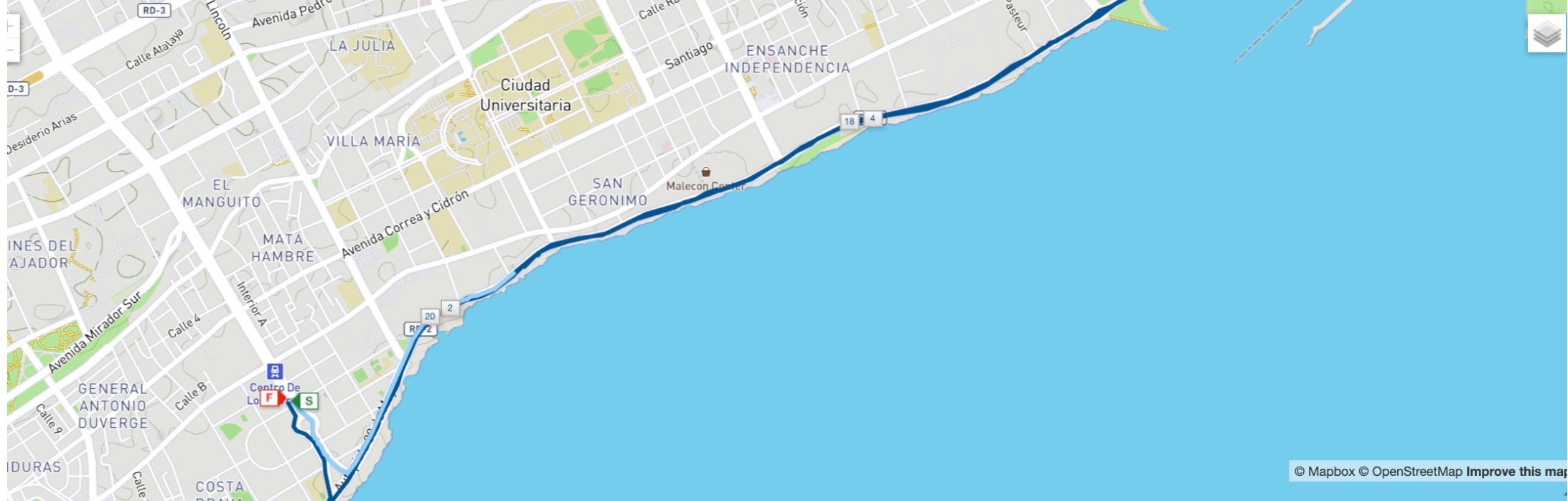
# 3era Parte



Time Dist Zoom Unzoom Cut RPM M BPM W MIN/KM C

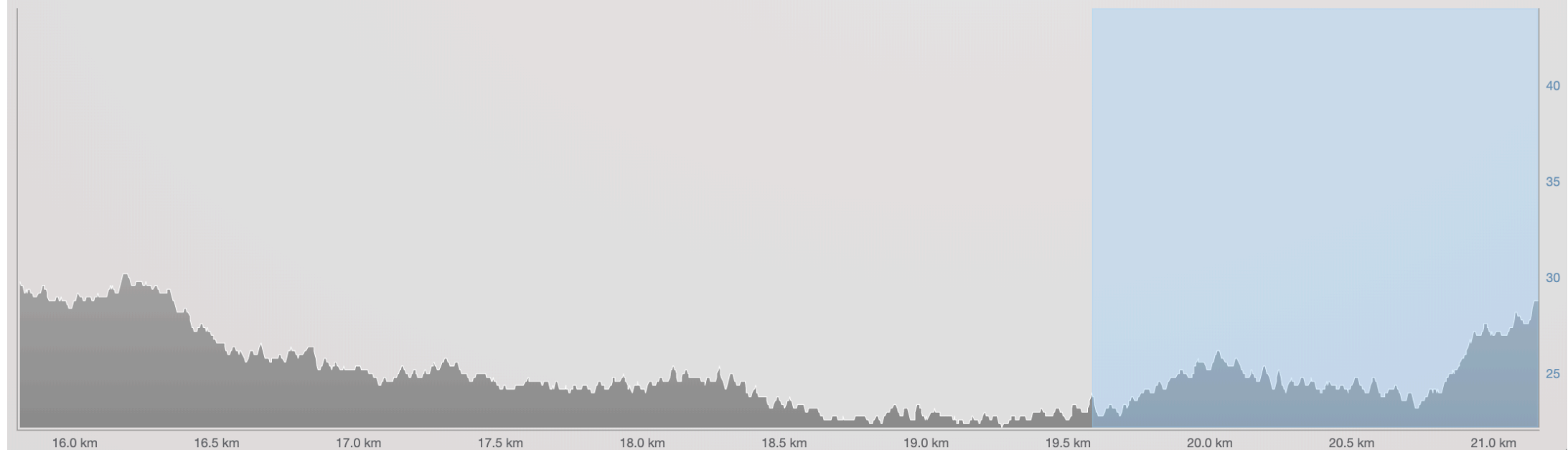


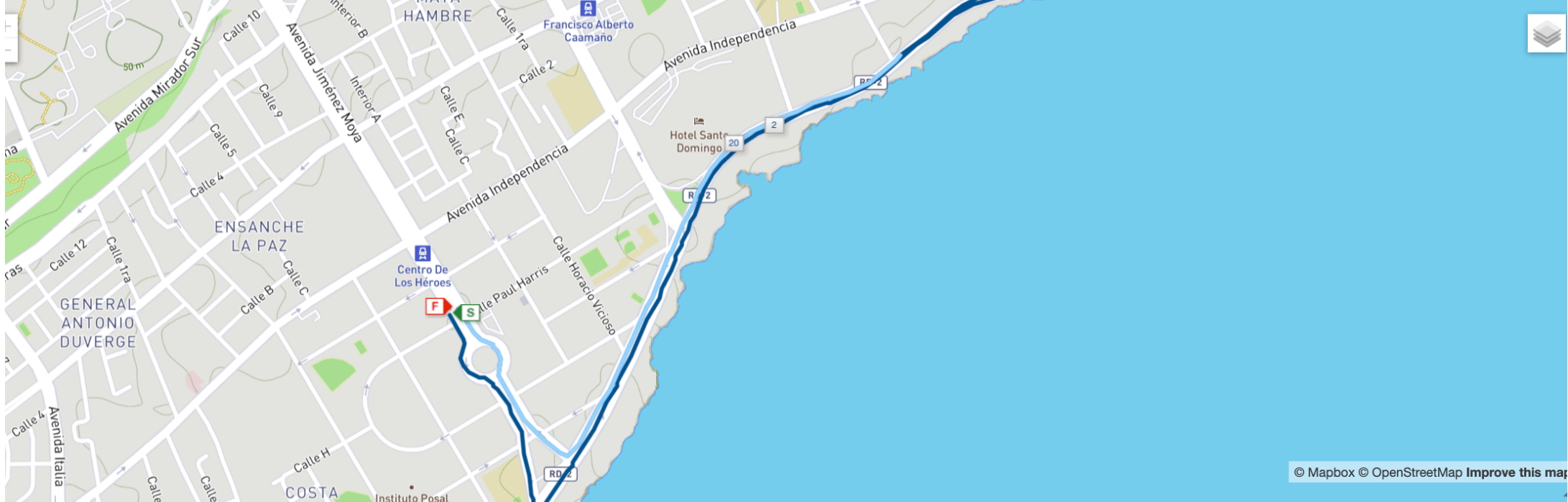




Time Dist Zoom Unzoom Cut

RPM M BPM W MIN/KM C

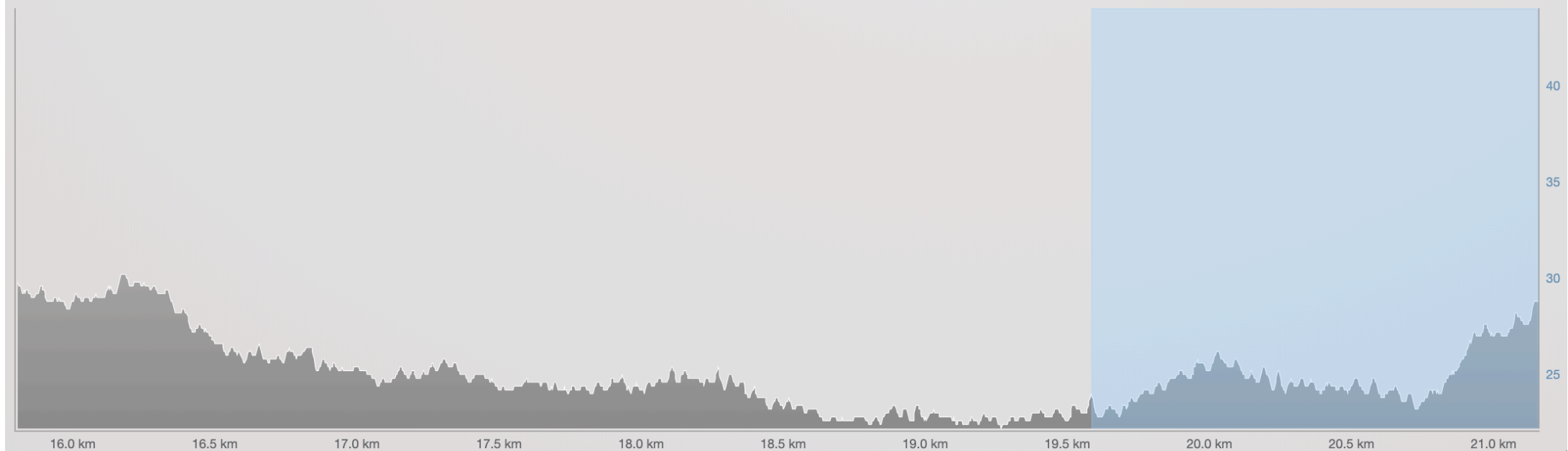


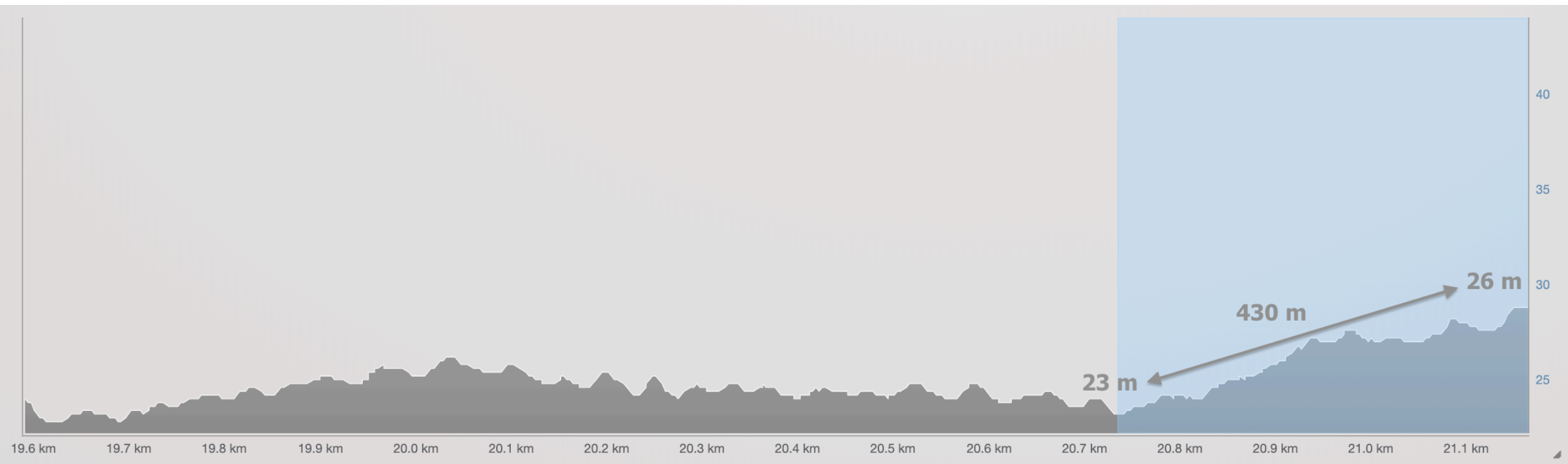


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Time Dist Zoom Unzoom Cut

RPM M BPM W MIN/KM C







MARATÓN DE  
SANTO DOMINGO

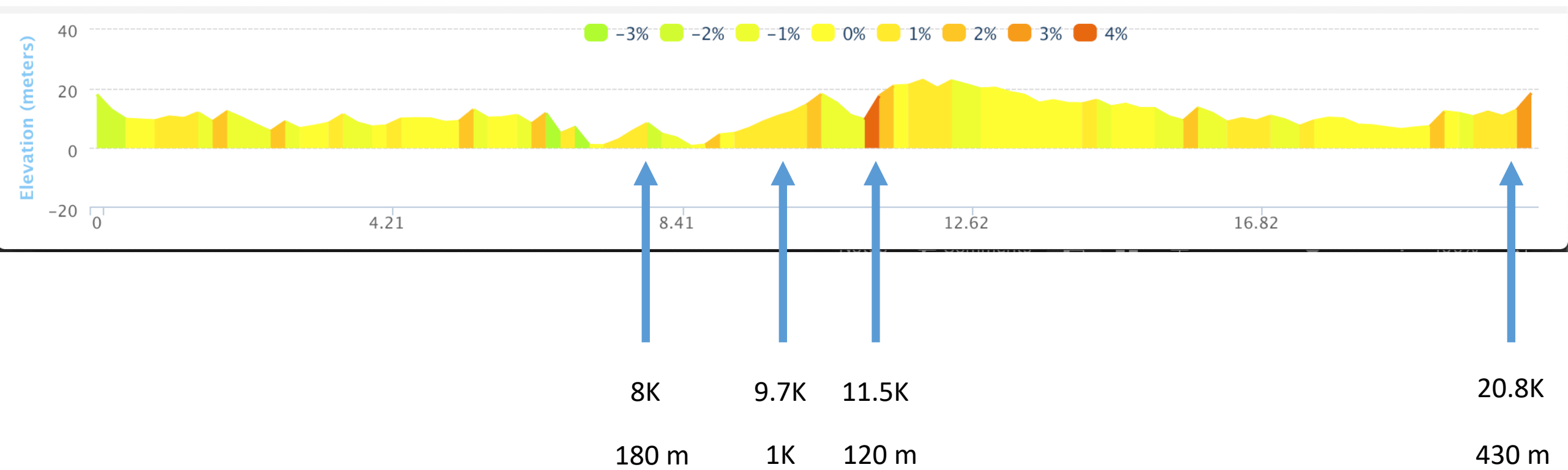
42K

09 09 2018

MARATÓN DE  
SANTO DOMINGO

21K

09 09 2018



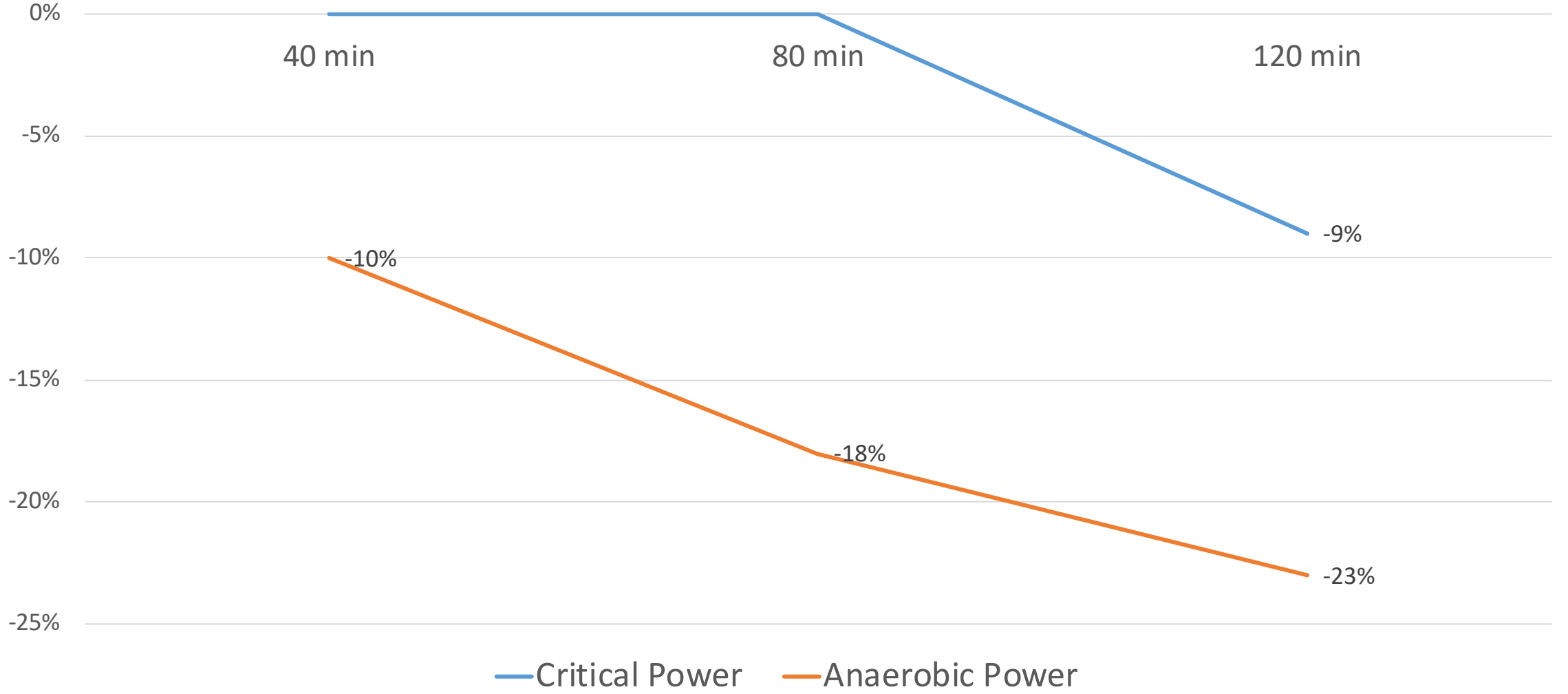


# KETO



<b>Athlete</b>	<b>Critical speed (m/s)</b>	<b>Curvature constant of speed–time relationship (m)</b>	<b>Marathon time (h min s)</b>	<b>Mean speed (m/s)</b>	<b>% of critical speed</b>
Patrick Makau Musyoki	5.72	287	2.03:38	5.69	99
Haile Gebrselassie	5.91	351	2.03:59	5.67	96
Eliud Kipchoge	6.04	250	2.04:05	5.67	94
Geoffrey Mutai	5.83	290	2.04:15	5.66	97
Ayele Abshero	5.82	352	2.04:23	5.65	97
Samuel Kamau Wanjiru	5.99	224	2.05:10	5.62	94
Evans Rutto Limo	5.59	616	2.05:50	5.59	100
Khalid Khannouchi	5.70	372	2.05:38	5.60	98
Felix Limo	5.92	298	2.06:14	5.57	94
António Pinto	6.00	231	2.06:36	5.55	93
Steve Jones	5.80	294	2.07:13	5.53	95
Mohamed Farah	5.75	373	2.08:21	5.48	95
Mean	5.84	328	2.05:27	5.61	96
SD	0.14	104	0.01:28	0.07	2

# Descenso de Potencia en el Tiempo





<https://laesquinadelsofa.com/nutricion-maraton-volvocarsrd/>







Despite an early fast pace, mountain running superstar Kilian Jornet fell short of breaking Matt Carpenter's ascent and overall course record in the 64th edition of the Pikes Peak Marathon on Sunday, finishing in 3 hours, 27 minutes, 28 seconds — **nearly 11 minutes slower than Carpenter's 3:16:39, set in 1993.**

**“I'm very happy with the performance,”** said Jornet, who is from Spain's Catalonia region. “Since the warm-up, I don't know, (my legs) felt heavy, so I couldn't really push on the uphill like I wanted to. I am super happy to win with today's field and the conditions. It's always a super beautiful race here.”



“Bring out **YOUR** best even with the fears. Stay locked into **perfect execution**, even if someone else is ahead. Don't worry about how strong your competitors might be. Stay locked into **YOUR** perfect race, even if someone else is going to leave the island with the crown.”

"Trae lo mejor de ti, inclusive con los miedos. **Mantente enfocado en la perfecta ejecución, inclusive si hay alguien delante de ti.** No te preocupes por cuan fuertes pueden ser tus competidores. **Mantente encerrado en tu carrera perfecta**, inclusive si eso implica que otro atleta se levantar'a con el título de campeón".





TP



Perfil

Configuración

Blog

Cerrar

Buenas Tardes

Raul Santaella

Entrenamientos Programados



Pendiente





TP



Perfil

Configuración

Blog

Cerrar

### Como te sentiste?



Ánimo

0



Estrés

0



Sueño

08:00



HRV

0





# Tablero general Diario

8/27/2019

LA ESQUINA  
DEL SOFA

Tablero

Atletas

Reportes



0/0  
Entrenamientos  
Programados



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0/0



0/0



0/0

Blog

Cerrar sesión