



Regional Infantil y Cadete  
CUENCA 20 de Enero de 2018

ESTIMACIÓN HORARIA

| HORA  | ORDEN | PRUEBA                            | series | T/serie | T entre serie | T total prueba | T total acumulado |
|---|-------|-----------------------------------|--------|---------|---------------|----------------|-------------------|
| Sabado, 20 de ENERO de 2018 - MAÑANA jornada 1 / sesión 1 |       |                                   |        |         |               |                |                   |
| 10:00   | 1     | 200m OBSTACULOS CAD FEM           | 6      | 0:03:05 | 0:00:30       | 0:21:30        | 0:21:30           |
| 10:21   | 2     | 200m OBSTACULOS CAD MASC          | 6      | 0:03:19 | 0:00:30       | 0:22:54        | 0:44:24           |
| 10:44   | 3     | 100m OBSTACULOS INF FEM           | 7      | 0:01:43 | 0:00:30       | 0:15:31        | 0:59:55           |
| 10:59   | 4     | 100m OBSTACULOS INF MASC          | 6      | 0:01:44 | 0:00:30       | 0:13:24        | 1:13:19           |
| 11:13   | 5     | 4X50m OBSTACULOS CAD FEM          | 1      | 0:02:50 | 0:01:30       | 0:04:20        | 1:17:39           |
| 11:17   | 6     | 4X50m OBSTACULOS CAD MASC         | 1      | 0:02:20 | 0:01:30       | 0:03:50        | 1:21:29           |
| 11:21   | 7     | 4X50m OBSTACULOS INF FEM          | 1      | 0:03:05 | 0:01:30       | 0:04:35        | 1:26:04           |
| 11:26   | 8     | 4X50m OBSTACULOS INF MASC         | 1      | 0:02:45 | 0:01:30       | 0:04:15        | 1:30:19           |
| 11:30   |       | ENTREGA DE MEDALLAS Pruebas 1 2 3 | 1      | 0:10:00 | 0:00:00       | 0:10:00        | 1:40:19           |
| 11:40   | 9     | 100m MQ ALETAS CAD FEM            | 6      | 0:01:47 | 0:01:00       | 0:16:42        | 1:57:01           |
| 11:57   | 10    | 100m MQ ALETAS CAD MASC           | 6      | 0:02:00 | 0:01:00       | 0:18:00        | 2:15:01           |
| 12:15   | 11    | 100m MQ ALETAS INF FEM            | 8      | 0:02:01 | 0:01:00       | 0:24:08        | 2:39:09           |
| 12:39   | 12    | 100m MQ ALETAS INF MASC           | 6      | 0:01:55 | 0:01:00       | 0:17:30        | 2:56:39           |
| 12:56   |       | ENTREGA DE MEDALLAS Pruebas 5 a 1 | 1      | 0:10:00 | 0:00:00       | 0:10:00        | 3:06:39           |
| 13:06   | 13    | 100m COMBINADA CAD FEM            | 6      | 0:02:14 | 0:02:00       | 0:25:24        | 3:32:03           |
| 13:32   | 14    | 100m COMBINADA CAD MASC           | 4      | 0:02:00 | 0:02:00       | 0:16:00        | 3:48:03           |
| 13:48   | 15    | 4X25m MQ INF FEM                  | 1      | 0:02:30 | 0:01:30       | 0:04:00        | 3:52:03           |
| 13:52   | 16    | 4X25m MQ INF MASC                 | 1      | 0:02:05 | 0:01:30       | 0:03:35        | 3:55:38           |
| 13:55   | 17    | 4X25m MQ CAD FEM                  | 1      | 0:03:00 | 0:01:30       | 0:04:30        | 4:00:08           |
| 14:00   | 18    | 4X25m MQ CAD MASC                 | 1      | 0:01:59 | 0:01:30       | 0:03:29        | 4:03:37           |

14:03

Final de Sesión

2:26

DESCANSO

| HORA   | ORDEN | PRUEBA                              | series | T/serie | T entre serie | T total prueba | T total acumulado |
|--|-------|-------------------------------------|--------|---------|---------------|----------------|-------------------|
| Sabado, 20 de ENERO de 2018 - TARDE jornada 1 / sesión 2 |       |                                     |        |         |               |                |                   |
| 16:30  | 19    | 100m SOCORRISTA INF FEM             | 7      | 0:01:55 | 0:01:30       | 0:23:55        | 0:23:55           |
| 16:53  | 20    | 100m SOCORRISTA INF MASC            | 6      | 0:01:57 | 0:01:30       | 0:20:42        | 0:44:37           |
| 17:14  | 21    | 200m SUPERSOCO CAD FEM              | 6      | 0:03:49 | 0:02:00       | 0:34:54        | 1:19:31           |
| 17:49  | 22    | 200m SUPERSOCO CAD MASC             | 5      | 0:03:30 | 0:02:00       | 0:27:30        | 1:47:01           |
| 18:17  |       | ENTREGA DE MEDALLAS Pruebas 11 a    | 1      | 0:15:00 | 0:00:00       | 0:15:00        | 2:02:01           |
| 18:32  | 23    | 50m MQ INF FEM                      | 8      | 0:01:15 | 0:02:00       | 0:26:00        | 2:28:01           |
| 18:58  | 24    | 50m MQ INF MASC                     | 6      | 0:01:15 | 0:02:00       | 0:19:30        | 2:47:31           |
| 19:17  | 25    | 50m MQ CAD FEM                      | 6      | 0:01:02 | 0:02:00       | 0:18:12        | 3:05:43           |
| 19:35  | 26    | 50m MQ CAD MASC                     | 6      | 0:01:10 | 0:02:00       | 0:19:00        | 3:24:43           |
| 19:54  | 27    | 4X50m NADO ALETAS INF FEM           | 1      | 0:02:20 | 0:01:30       | 0:03:50        | 3:28:33           |
| 19:58  | 28    | 4X50m NADO ALETAS INF MASC          | 1      | 0:02:10 | 0:01:30       | 0:03:40        | 3:32:13           |
| 20:02  | 29    | 4X50m NADO ALETAS CAD FEM           | 1      | 0:02:11 | 0:01:30       | 0:03:41        | 3:35:54           |
| 20:05  | 30    | 4X50m NADO ALETAS CAD MASC          | 1      | 0:02:00 | 0:01:30       | 0:03:30        | 3:39:24           |
| 20:09  | 31    | 4X50m COMBINADA INF FEM             | 1      | 0:02:50 | 0:01:30       | 0:04:20        | 3:43:44           |
| 20:13  | 32    | 4X50m COMBINADA INF MASC            | 1      | 0:02:40 | 0:01:30       | 0:04:10        | 3:47:54           |
| 20:17  | 33    | 4X50m COMBINADA CAD FEM             | 1      | 0:02:37 | 0:01:30       | 0:04:07        | 3:52:01           |
| 20:22  | 34    | 4X50m COMBINADA CAD FEM             | 1      | 0:02:20 | 0:01:30       | 0:03:50        | 3:55:51           |
| 20:25  |       | MEDALLAS (Pruebas 21 a 34) y Trofeo | 1      | 0:20:00 | 0:00:00       | 0:20:00        | 4:15:51           |

20:45

FINAL DE COMPETICION