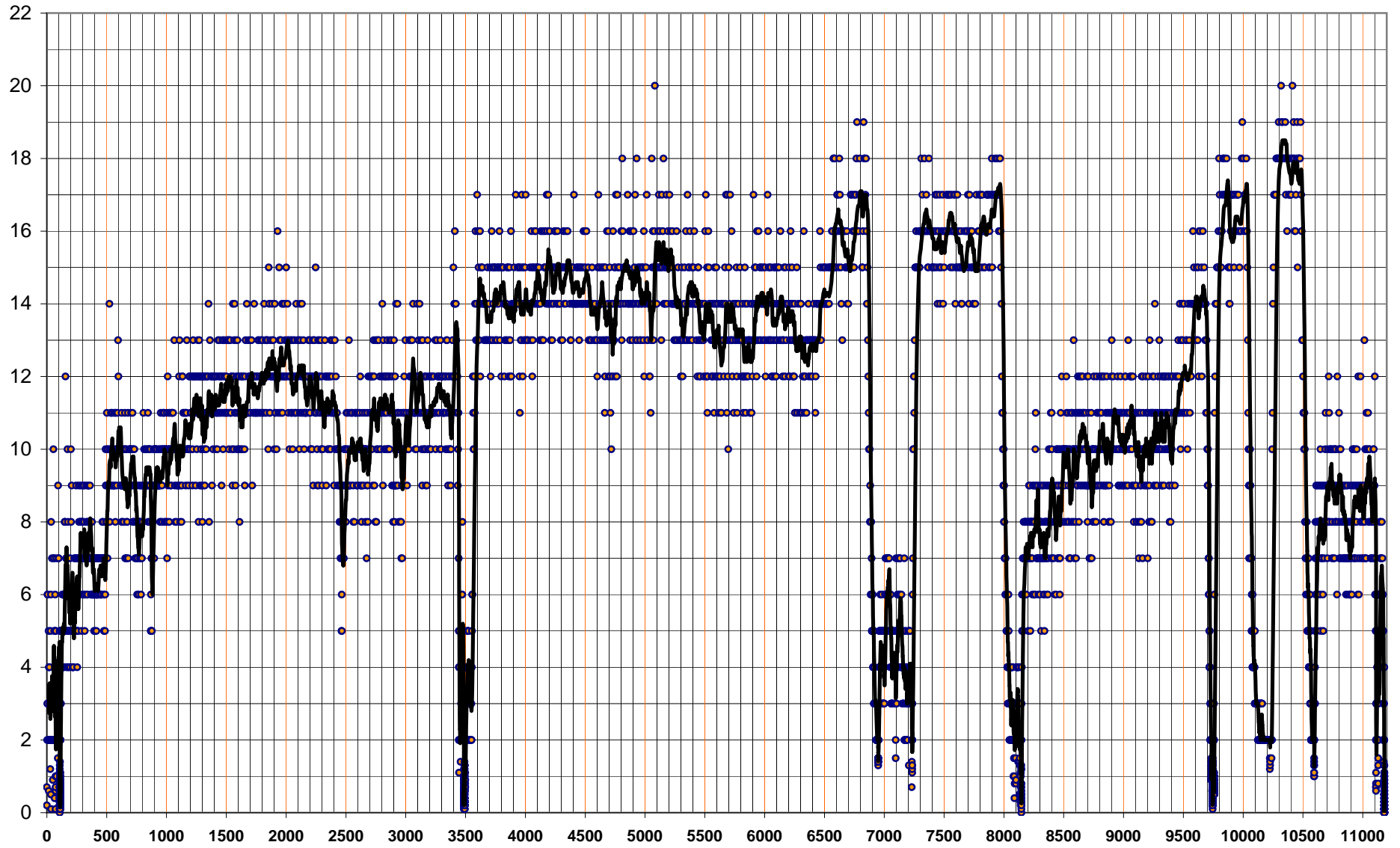


<--vento-->

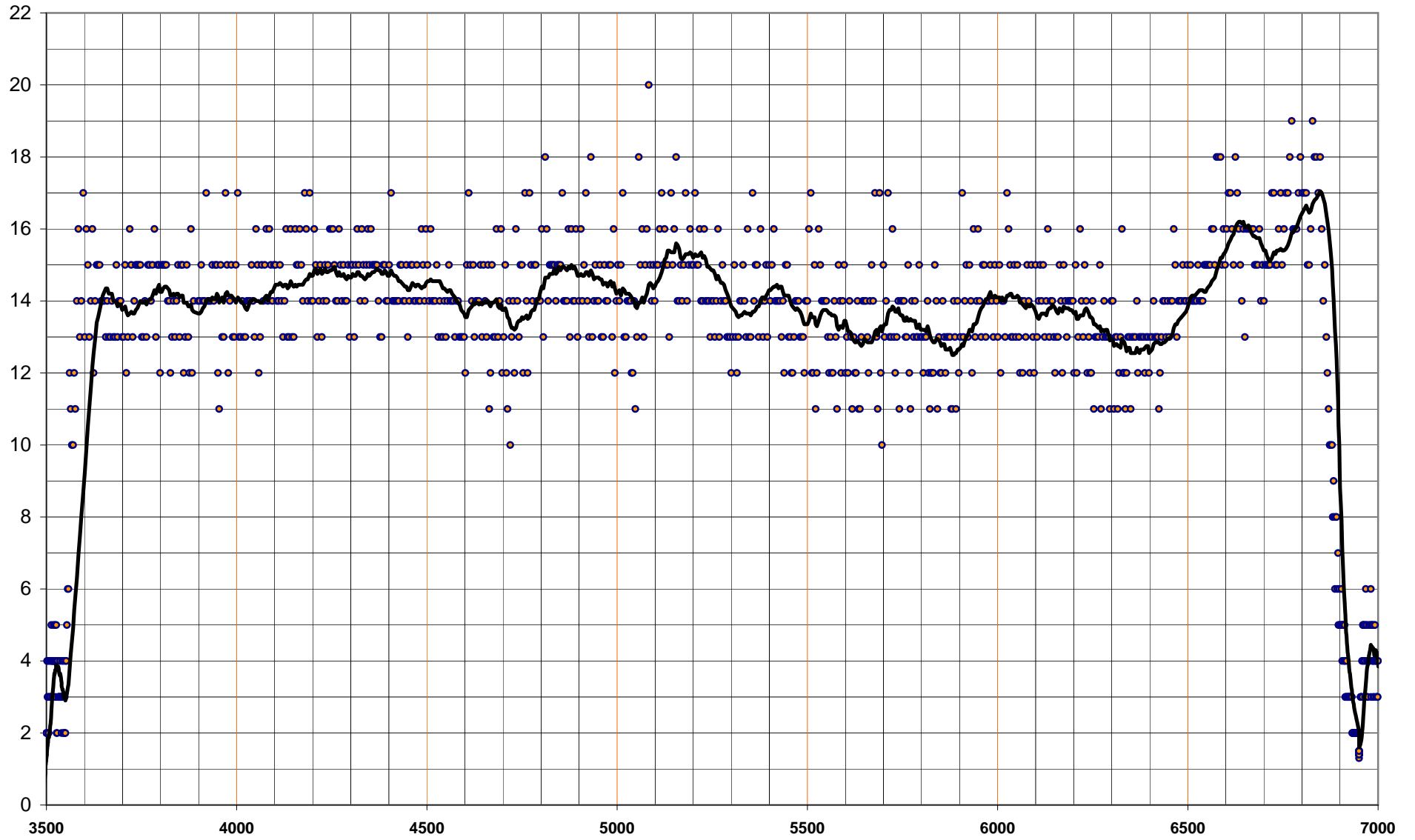
media 10sec

<----riscald. (c.corr)-----><---3500m-----> <--750m-><@20c c.corr><2part.>



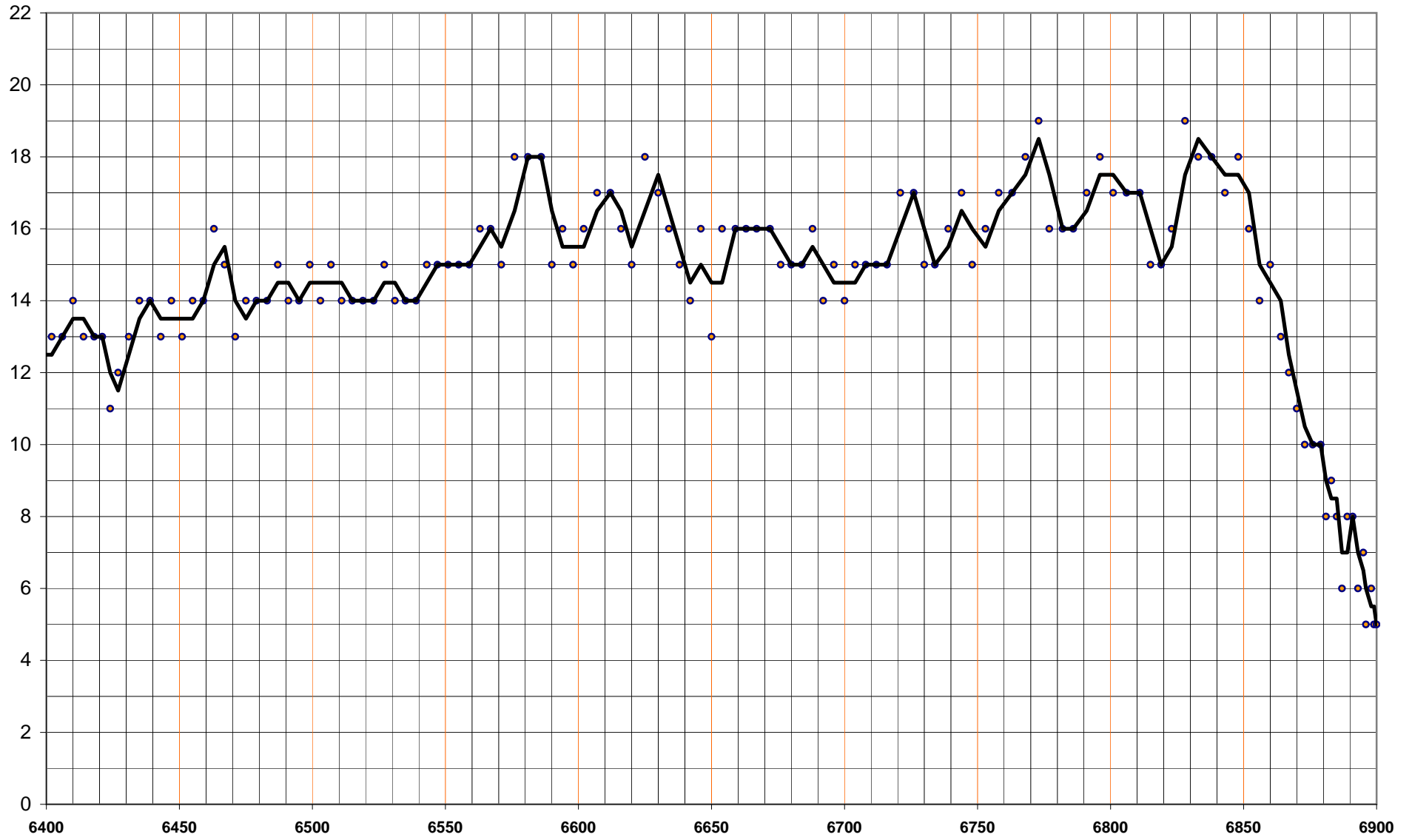
media 20sec

<-----vento contro----->

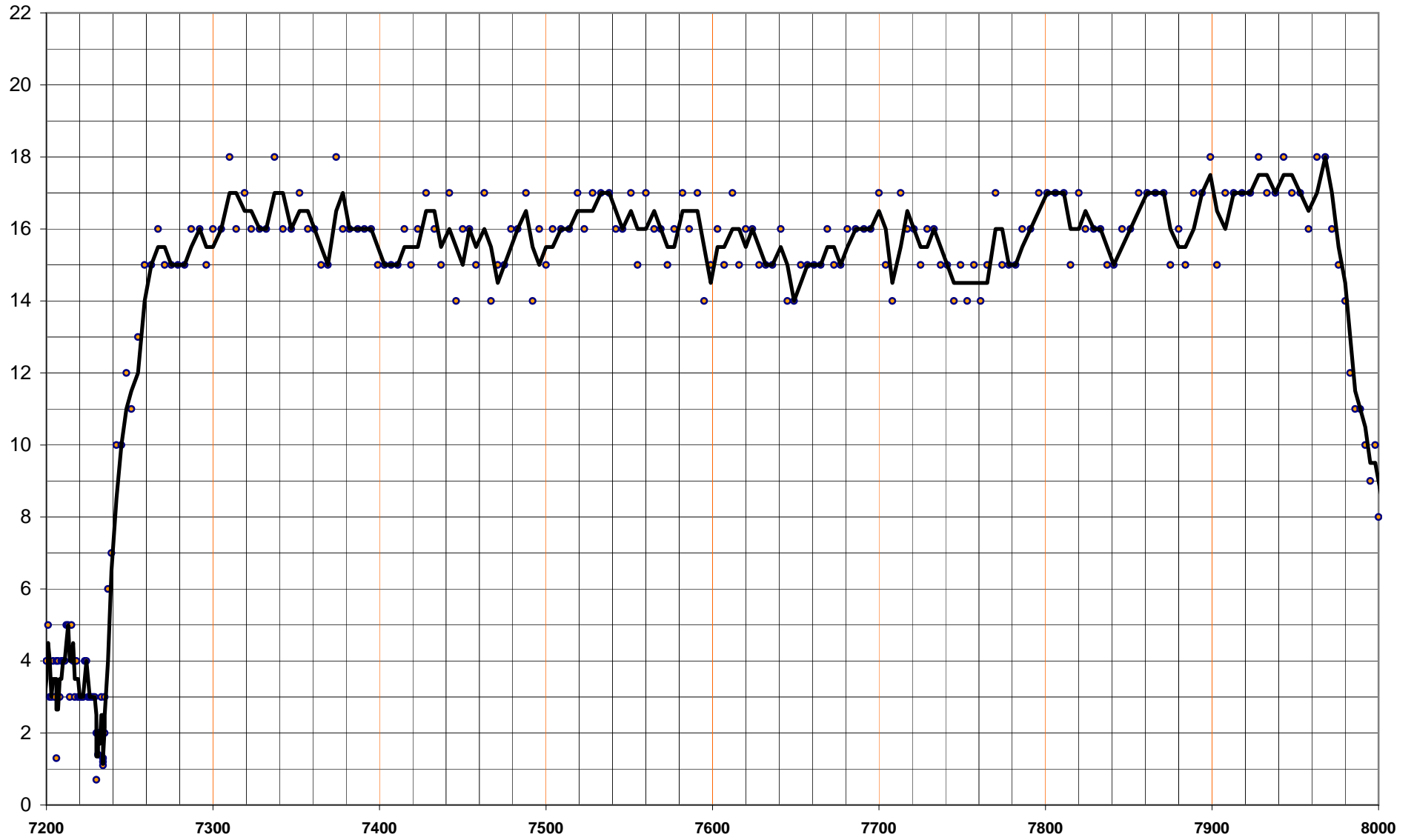


ultimi 450m dei 3500

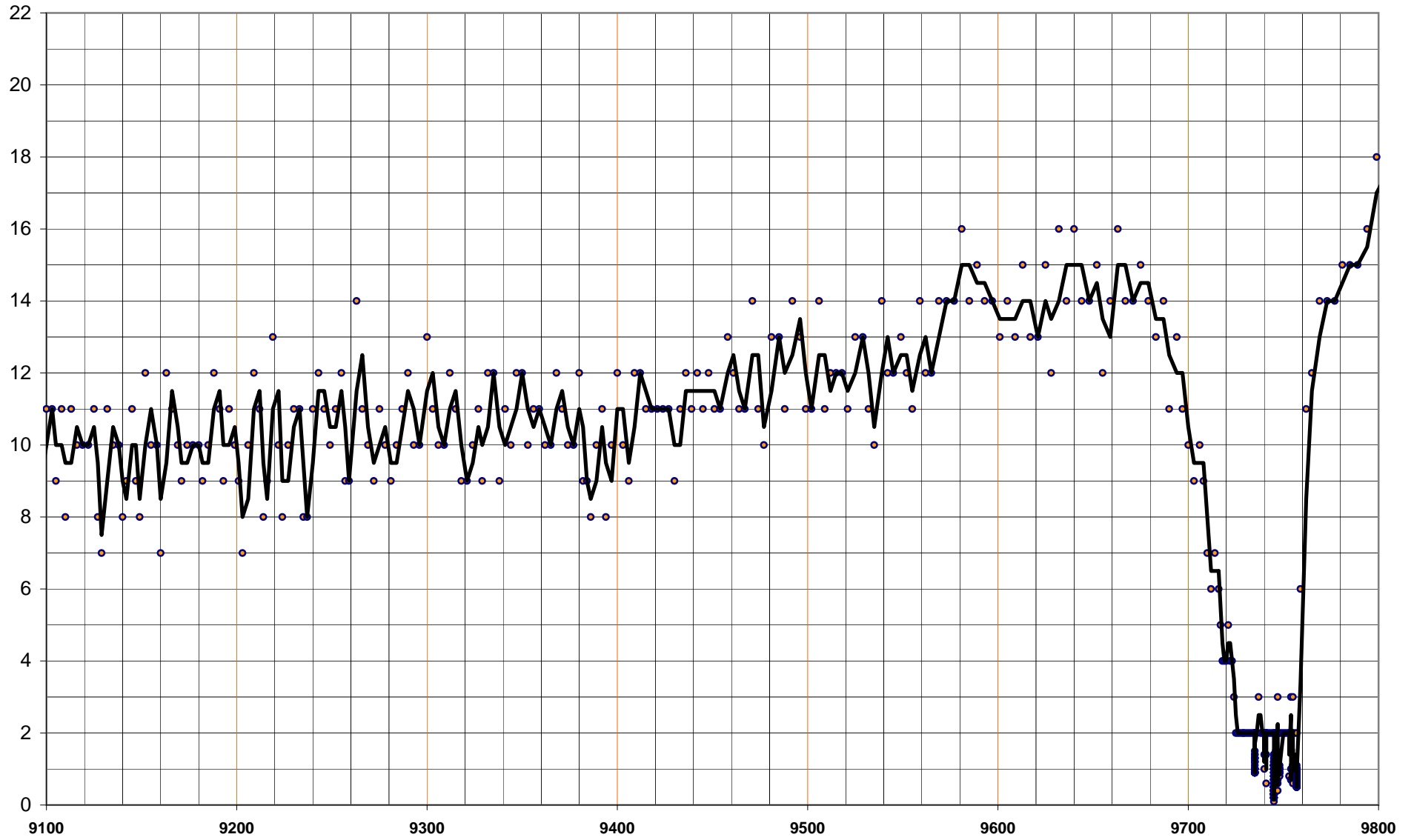
media 2sec



730m 2'47" (passo sui 1000m 3'49") media 2sec



(c.corr.) passo @20c gli ultimi 10 @28c media 2sec



partenza + 20c      media 2sec



partenza + 20c    media 2sec

