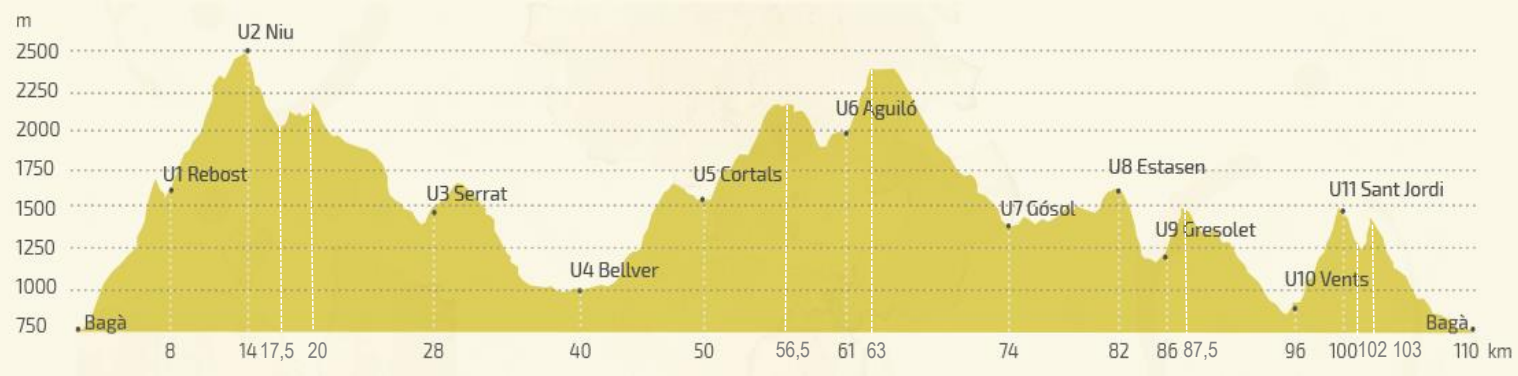
BEAT THE RACE tracker - Ultra Pirineu'17



1- Set your BEST ULTRA TRAIL RACE TIME

h	min	s	
25	30	53	UTMC

Your AVERAGE PACE (min/km)

min	s
13	40

1:30:53
91853

2- Set your WISHED 110K RACE TIME

h	min	s
29	0	0

5:00:00
104400

Your DESIRED AVERAGE PACE (min/km)

min	s
15	46

	U1	U2			U3	U4	U5		U6		U7	U8	U9		U10	U11			
	Rebost	Niu de l'Àliga		Penyes Altes	Serrat de les Esposes	Bellver	Cortals d'Ingla		Prat d'Aguiló	Pas dels Gosolans	Gosol	Lluís Estasen	Gresolet		Vents del Cadí	Sant Jordi			**BAGÀ**
Acumulated kms	**7,7**	**13,8**	**17,5**	**20,0**	**28,2**	**39,8**	**49,5**	**56,5**	**60,8**	**63,0**	**73,6**	**82,3**	**85,6**	**87,5**	**95,6**	**99,6**	**102,0**	**103,0**	**110,3**
Pace (km/min)	14:17	18:02	12:10	18:48	11:57	09:55	17:01	18:00	14:53	25:00	14:37	17:15	24:14	21:03	17:17	22:30	15:00	21:00	12:44
Average Grade (%)	10,9%	14,6%	-8,1%	20,3%	-14,9%	-4,1%	6,0%	13,2%	-11,9%	22,8%	-9,8%	2,7%	-16,8%	7,2%	-4,2%	16,3%	-1,8%	24,1%	-13,9%
Elapsed Time (min)	1:50:00	3:40:00	4:25:00	5:12:00	6:50:00	8:45:00	11:30:00	13:36:00	14:40:00	15:35:00	18:10:00	20:40:00	22:00:00	22:40:01	25:00:00	26:30:00	27:06:00	27:27:00	**29:00:00**
Day Time	8:50:00	10:40:00			13:50:00	15:45:00	18:30:00		21:40:00		1:10:00	3:40:00	5:00:00		8:00:00	9:30:00			12:00:00
Close Time	9:30:00	11:30:00			14:30:00	16:30:00	19:30:00		22:30:00		2:00:00	4:30:00			8:30:00				12:30:00
Desnivel +	1007	936	0	508	0	211	721	921	0	502	0	486	0	136	449	650	0	241	0
	1007	1943	1943	2451	2451	2662	3383	4304	4304	4806	4806	5292	5292	5428	5877	6527	6527	6768	6768
Desnivel -	-165	-48	-300	0	-1222	-688	-135	0	-510	0	-1038	-248	-555	0	-790	0	-44	0	-1018
	-165	-213	-513	-513	-1735	-2423	-2558	-2558	-3068	-3068	-4106	-4354	-4909	-4909	-5699	-5699	-5743	-5743	-6761

Bebida cada hora: 200 ml isotónica cada 15 min y 200 ml agua

Comida	Membrillo 30 gr		Mermelada		Sandwich York		Bolitas arroz 30 gr		BCAs 2:1:1 5 gr		Miel		Magnesio		Dátiles 3 ud		Orejones 4 ud	
Sales c/hora	0:45:00	3:00:00	1:30:00	5:00:00	2:00:00	7:00:00	3:45:00	11:00:00	3:45:00	9:30:00	5:45:00		6:00:00	11:00:00	6:30:00		8:15:00	14:00:00
	7:30:00	9:45:00	9:00:00	13:00:00	11:00:00	15:15:00	15:15:00		13:00:00	16:30:00			12:00:00	15:15:00			17:45:00	22:15:00
	11:45:00	18:15:00	14:30:00						19:00:00	22:00:00			18:00:00	21:00:00				
	21:00:00	25:00:00							25:00:00	28:00:00			24:00:00	29:00:00				
	27:45:00																	

	Plátano mad 1/2		ND3		Ibérico		Gominolas 30 gr		Patata hervida 150 gr		Galletas saladas 20 gr		Push Bar	
	7:30:00	10:00:00	10:30:00	21:45:00	12:30:00		17:00:00		18:45:00		19:30:00		23:30:00	25:30:00
	13:30:00	16:00:00	24:30:00	26:30:00									27:00:00	29:15:00
	18:45:00	20:00:00	28:30:00											
	23:00:00	28:00:00												