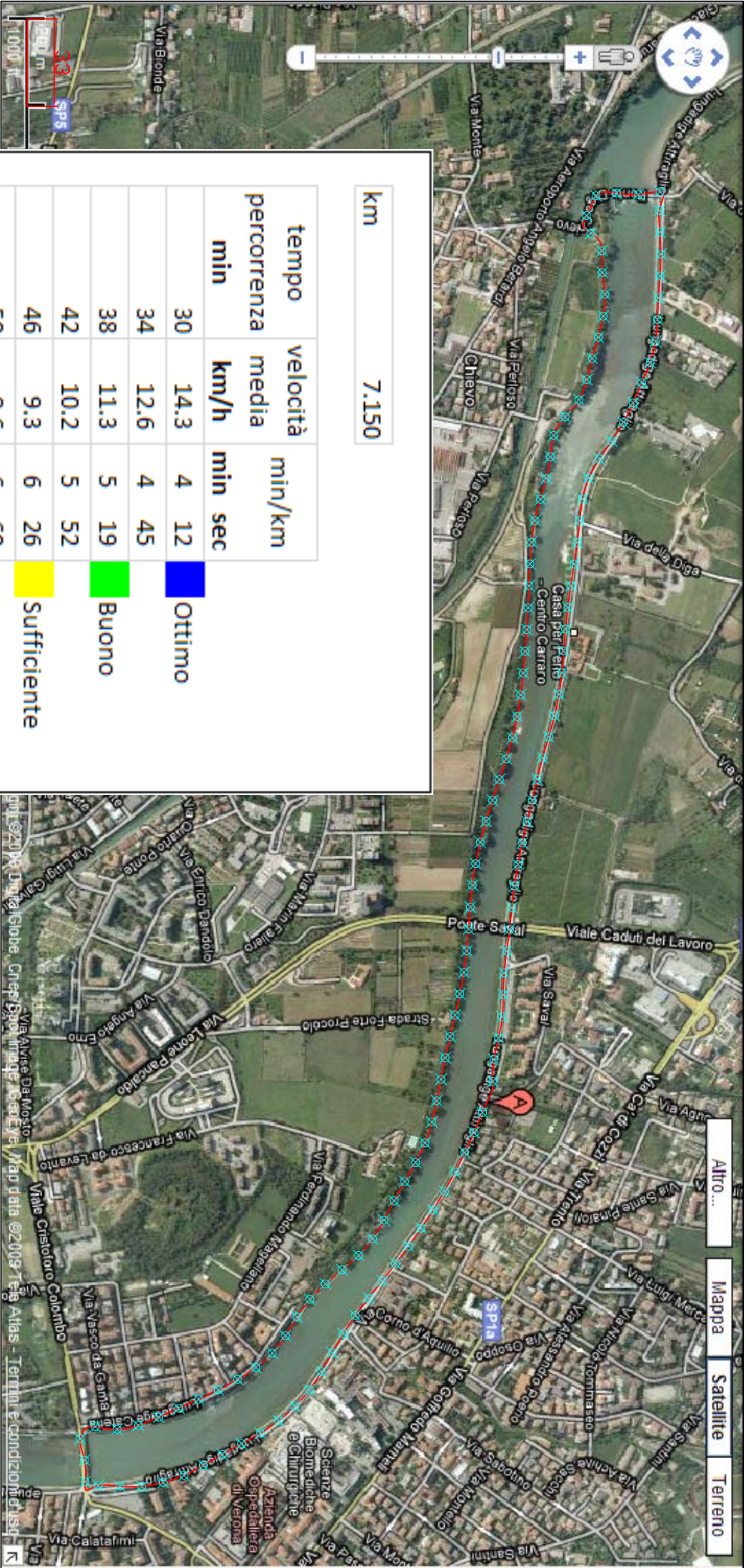


BERNSTEIN RUN TRACK 2009-2010



km 7.150

tempo percorrenza min	velocità media km/h	min/km min sec	
30	14.3	4 12	■ Ottimo
34	12.6	4 45	
38	11.3	5 19	■ Buono
42	10.2	5 52	
46	9.3	6 26	■ Sufficiente
50	8.6	6 60	
54	7.9	7 33	■ Insufficiente
58	7.4	8 7	