

FECHA(S)	LUGAR	PARQUE	METROAJUSTE	ZONA(S)	VELOCIDAD	SARAJOS	DOMINIO
02/06/2019	4,7 lms R1	3R0		2lms R1			
08/06/2019	gem 4,7	15x(400R0 + 400x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
09/06/2019	4,7 lms R1	3R0		2lms R1			
15/06/2019	gem 4,7	20x(200R0 + 200x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
16/06/2019	3,5 lms R1	3R0		2lms R1			
22/06/2019	gem 3,5	15x(300R0 + 300x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	3,5 lms R1 + SARJ	2R1+3R2
23/06/2019	4,7 lms R1	3R0		2lms R1			
29/06/2019	gem 4,7	15x(400R0 + 400x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
30/06/2019	4,7 lms R1	3R0		2lms R1			
06/07/2019	gem 4,7	20x(200R0 + 200x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
07/07/2019	3,5 lms R1	3R0		2lms R1			
13/07/2019	gem 3,5	20x(200R0 + 200x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	3,5 lms R1 + SARJ	2R1+3R2
14/07/2019	4,7 lms R1	3R0		2lms R1			
20/07/2019	gem 4,7	15x(300R0+400x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
29/07/2019	3,5 lms R1	3R0		2lms R1			
27/08/2019	gem 3,5	20x(200R0 + 200x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	3,5 lms R1 + SARJ	2R1+3R2
28/08/2019	4,7 lms R1	3R0		2lms R1			
03/09/2019	gem 4,7	6x(600R0 + 300x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
04/09/2019	3 lms R1	3R0		2lms R1			
08/09/2019	gem 3	15x(300R0 + 300x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	3 lms R1 + SARJ	2R1+3R2+3R0+3R2
19/09/2019	4,7 lms R1	3R0		2lms R1			
17/10/2019	gem 4,7	6x(600R0+400x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
06/11/2019	2,5 lms R1	3R0		2lms R1			
24/11/2019	gem 2,5	6x(600R0 + 300x) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	2,5 lms R1 + SARJ	2R1+3R2+3R1
25/11/2019	4,7 lms R1	3R0		2lms R1			
09/12/2019	gem 4,7	2x(3000R0+4lmsx3) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
07/12/2019	4,7 lms R1	3R0		2lms R1			
08/12/2019	gem 4,7	3R0+3R0+3R0 R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
09/12/2019	4,7 lms R1	3R0		2lms R1			
15/12/2019	gem 4,7	2x(3000R0+4lmsx3) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
16/12/2019	4,7 lms R1	3R0		2lms R1			
22/12/2019	gem 4,7	3R0+3R0+3R0 R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	4,7 lms R1 + SARJ	3,8 lms R1
23/12/2019	2,7 lms R1	3R0		2lms R1			
29/12/2019	gem 2,7	2x(3000R0+4lmsx3) R1	Descanso	8lms R1-60x al 90%; 2lms R1	Descanso	2,7 lms R1 + SARJ	3,8 lms R1
30/12/2019	3 lms R1						
05/01/2020		<b>SAN DE VESTRE</b>					

**PLAN**

**ENTRENAMIENTO**

**5K**

# Plan De Entrenamiento 5k Para Bajar De 25 Minutos

**Daniel F McAuley**



## **Plan De Entrenamiento 5k Para Bajar De 25 Minutos:**

## Embracing the Song of Term: An Emotional Symphony within **Plan De Entrenamiento 5k Para Bajar De 25 Minutos**

In some sort of used by monitors and the ceaseless chatter of quick interaction, the melodic elegance and psychological symphony developed by the written term often fade in to the back ground, eclipsed by the constant noise and interruptions that permeate our lives. But, set within the pages of **Plan De Entrenamiento 5k Para Bajar De 25 Minutos** a marvelous literary prize full of raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that charming masterpiece conducts readers on a mental journey, well unraveling the hidden melodies and profound impact resonating within each carefully constructed phrase. Within the depths of the touching review, we can explore the book is central harmonies, analyze its enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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waste, ... Tolerance on Mass Balance for Recall/withdrawal for BRC Aug 3, 2016 — Tolerance on Mass Balance for Recall/withdrawal for BRC - posted in BRCGS ... For example, if you have used 100 Kg of raw materials and 1000 donut ... BRC Auditing - What To Expect Under Food Issue 8 Oct 17, 2019 — The mass balance is the quantity of incoming raw material against the quantity used in the resulting finished products, taking process waste and ... The Mass Balance Approach in Feedstock Substitution An established method to foster sustainability in existing infrastructure · Benefits of the Mass Balance Approach · Biomass balance and ChemCycling · ChemCycling ... 8. Mass Balance Mass-balance analysis may also be referred to as. “Material Flow Analysis” or “Substance Flow Analysis.” Table 8.1 provides several examples of possible inputs,. Mass Balance Approach in the Chemical Industry The mass balance Approach (MBA) is a process for determining the use of chemically recycled or bio-based feedstock in a final product when both recycled and ... BRC 3.9.2 Trace Exercise Sample Procedure to conduct a mass balance check · 1. Select a raw material lot number used in a finished product made within the last 6 months. · 2. Review storage ... UNDERSTANDING VULNERABILITY ASSESSMENT Table 6 provides examples of PRNs for different raw materials. Table 6 Priority ... Mass balance exercises at critical points in the supply chain - the mass ... ISSUE 8 FOOD SAFETY - Frequently Asked Questions - a worked example from the raw material supplier, which ... to conduct a mass balance test every 6 months for each claim or a single mass balance test every.