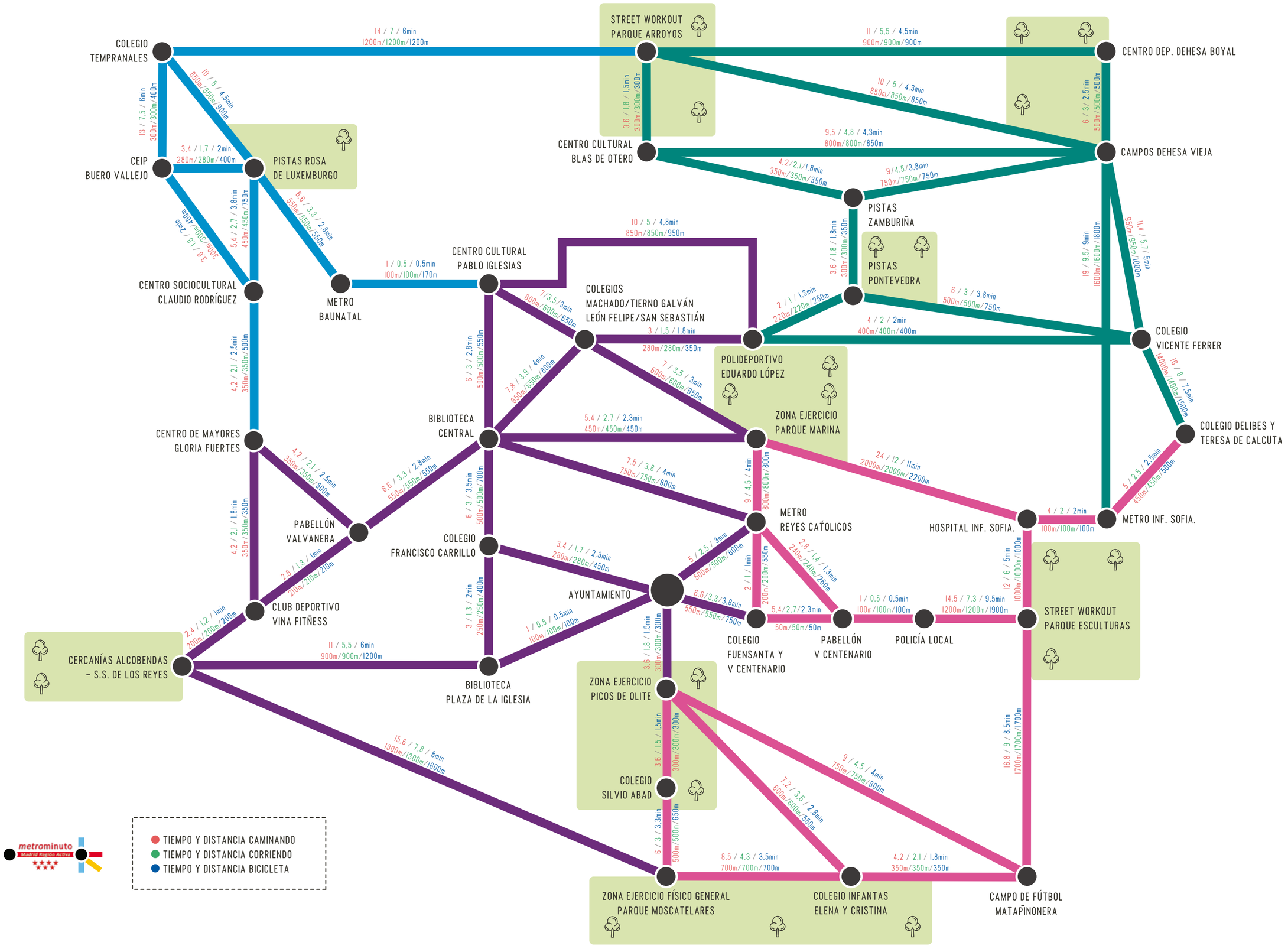
COLEGIO TEMPRANALES
CEIP BUERO VALLEJO
PISTAS ROSA DE LUXEMBURGO
CENTRO SOCIOCULTURAL CLAUDIO RODRÍGUEZ
METRO BAUNATAL
CENTRO DE MAYORES GLORIA FUERTES
PABELLÓN VALVANERA
CLUB DEPORTIVO VINA FITÑESS
CERCANÍAS ALCOBENDAS - S.S. DE LOS REYES
CENTRO CULTURAL PABLO IGLESIAS
COLEGIOS MACHADO/TIERNO GALVÁN LEÓN FELIPE/SAN SEBASTIÁN
BIBLIOTECA CENTRAL
COLEGIO FRANCISCO CARRILLO
AYUNTAMIENTO
BIBLIOTECA PLAZA DE LA IGLESIA
STREET WORKOUT PARQUE ARROYOS
CENTRO CULTURAL BLAS DE OTERO
CENTRO DEP. DEHESA BOYAL
CAMPOS DEHESA VIEJA
PISTAS ZAMBURIÑA
PISTAS PONTEVEDRA
POLIDEPORTIVO EDUARDO LÓPEZ
ZONA EJERCICIO PARQUE MARINA
METRO REYES CATÓLICOS
COLEGIO VICENTE FERRER
COLEGIO DELIBES Y TERESA DE CALCUTA
METRO INF. SOFIA.
HOSPITAL INF. SOFIA.
STREET WORKOUT PARQUE ESCULTURAS
POLICÍA LOCAL
PABELLÓN V CENTENARIO
COLEGIO FUENSANTA Y V CENTENARIO
ZONA EJERCICIO PICOS DE OLITE
COLEGIO SILVIO ABAD
ZONA EJERCICIO FÍSICO GENERAL PARQUE MOSCATELARES
COLEGIO INFANTAS ELENA Y CRISTINA
CAMPO DE FÚTBOL MATAPIÑONERA
14 / 7 / 6min 1200m/1200m/1200m
10 / 5 / 4.5min 850m/850m/900m
13 / 7.5 / 6min 300m/300m/400m
3.4 / 1.7 / 2min 280m/280m/400m
6.6 / 3.3 / 2.8min 550m/550m/550m
5.4 / 2.7 / 3.8min 450m/450m/750m
3.6 / 1.8 / 2min 300m/300m/400m
4.2 / 2.1 / 2.5min 350m/350m/500m
4.2 / 2.1 / 1.8min 350m/350m/350m
2.5 / 1.3 / 1min 210m/210m/210m
2.4 / 1.2 / 1min 200m/200m/200m
11 / 5.5 / 6min 900m/900m/1200m
15.6 / 7.8 / 8min 1300m/1300m/1600m
1 / 0.5 / 0.5min 100m/100m/170m
10 / 5 / 4.8min 850m/850m/950m
7 / 3.5 / 3min 600m/600m/650m
6 / 3 / 2.8min 500m/500m/550m
3 / 1.5 / 1.8min 280m/280m/350m
7.8 / 3.9 / 4min 650m/650m/800m
7 / 3.5 / 3min 600m/600m/650m
5.4 / 2.7 / 2.3min 450m/450m/450m
7.5 / 3.8 / 4min 750m/750m/800m
6 / 3 / 3.5min 500m/500m/700m
3.4 / 1.7 / 2.3min 280m/280m/450m
3 / 1.3 / 2min 250m/250m/400m
1 / 0.5 / 0.5min 100m/100m/100m
3.6 / 1.8 / 1.5min 300m/300m/300m
6 / 3 / 3.5min 500m/500m/650m
3.6 / 1.5 / 1.5min 300m/300m/300m
6 / 3 / 3.3min 500m/500m/650m
11 / 5.5 / 4.5min 900m/900m/900m
10 / 5 / 4.3min 850m/850m/850m
3.6 / 1.8 / 1.5min 300m/300m/300m
6 / 3 / 2.5min 500m/500m/500m
9.5 / 4.8 / 4.3min 800m/800m/850m
4.2 / 2.1 / 1.8min 350m/350m/350m
9 / 4.5 / 3.8min 750m/750m/750m
3.6 / 1.8 / 1.8min 300m/300m/350m
2 / 1 / 1.3min 220m/220m/250m
6 / 3 / 3.8min 500m/500m/750m
4 / 2 / 2min 400m/400m/400m
19 / 9.5 / 9min 1600m/1600m/1800m
11.4 / 5.7 / 5min 950m/950m/1000m
16 / 8 / 7.5min 1400m/1400m/1500m
5 / 2.5 / 2.5min 450m/450m/500m
24 / 12 / 11min 2000m/2000m/2200m
9 / 4.5 / 4min 750m/750m/800m
7.2 / 3.6 / 2.8min 600m/600m/550m
8.5 / 4.3 / 3.5min 700m/700m/700m
4.2 / 2.1 / 1.8min 350m/350m/350m
16.8 / 9 / 8.5min 1700m/1700m/1700m
9 / 4.5 / 4min 800m/800m/800m
5 / 2.5 / 4min 500m/500m/800m
2.8 / 1.4 / 1.3min 240m/240m/260m
2 / 1 / 1min 200m/200m/550m
5 / 2.5 / 3min 500m/500m/600m
6.6 / 3.3 / 3.8min 550m/550m/750m
5.4 / 2.7 / 2.3min 50m/50m/50m
1 / 0.5 / 0.5min 100m/100m/100m
14.5 / 7.3 / 9.5min 1200m/1200m/1900m
12 / 6 / 5min 1000m/1000m/1000m
4 / 2 / 2min 100m/100m/100m
3.6 / 1.8 / 2min 300m/300m/300m
TIEMPO Y DISTANCIA CAMINANDO
TIEMPO Y DISTANCIA CORRIENDO
TIEMPO Y DISTANCIA BICICLETA
Comunidad de Madrid
metrominuto
Madrid Región Activa