



# Planilha: Tempos Ideais CASA BRANCA



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	64	0	391		00:06:07
2	V	60	0	437		00:13:24
3	V	66	0	322		00:18:17
4	N	0	0	0	00:02:00	00:20:17
5	V	61	0	442		00:27:32
6	V	63	0	350		00:33:05
7	V	60	0	287		00:37:52
8	V	65	0	1290		00:57:43
9	V	68	0	298		01:02:06
10	N	0	0	0	00:01:58	01:04:04
11	V	72	0	309		01:08:22
12	V	68	0	238		01:11:52
13	V	70	0	366		01:17:06
14	V	59	0	166		01:19:55
15	V	62	0	194		01:23:03
16	V	78	0	99		01:24:19
17	N	0	0	0	00:14:59	01:39:18
18	V	66	0	254		01:43:09
19	V	68	0	1066		01:58:50
20	V	58	0	972		02:15:36
21	V	56	0	347		02:21:48
22	N	0	0	0	00:05:00	02:26:48
23	V	63	0	170		02:29:30
24	V	48	0	836		02:46:55
25	V	65	0	158		02:49:21
26	V	60	0	674		03:00:35
27	V	82	0	220		03:03:16

Tempo Andando: 02:39:19

Tempo Neutro: 00:23:57

Metragem Total: 9.886