



Planilha: Tempos Ideais PARQUE D'ANAPE

Parque D'Anape

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	62	0	304		00:04:54
2	V	40	0	103		00:07:29
3	V	52	0	119		00:09:46
4	V	54	0	324		00:15:46
5	V	48	0	282		00:21:39
6	V	50	0	390		00:29:27
7	N	0	0	0	00:02:00	00:31:27
8	V	54	0	223		00:35:35
9	V	38	0	246		00:42:03
10	N	0	0	0	00:03:00	00:45:03
11	V	58	0	442		00:52:40
12	V	56	0	146		00:55:16
13	V	48	0	214		00:59:43
14	V	60	0	560		01:09:03
15	V	62	0	421		01:15:50
16	V	58	0	321		01:21:22
17	V	64	0	835		01:34:25
18	N	0	0	0	00:15:35	01:50:00
19	V	65	0	441		01:56:47
20	V	48	0	297		02:02:58
21	N	0	0	0	00:02:00	02:04:58
22	V	50	0	387		02:12:42
23	V	65	0	764		02:24:27
24	V	48	0	67		02:25:51
25	V	55	0	271		02:30:47
26	V	60	0	198		02:34:05
27	V	66	0	428		02:40:34
28	V	70	0	443		02:46:54
29	V	64	0	166		02:49:30
30	V	38	0	47		02:50:44
31	V	60	0	322		02:56:06
32	V	64	0	96		02:57:36
33	V	78	0	110		02:59:01

Tempo Andando: 02:36:26

Tempo Neutro: 00:22:35

Metragem Total: 8.967