



# Planilha: Tempos Ideais PRAÇA DA MATRIZ

Categoria: ELITE

| Trecho | Tipo | Velocidade | Início | Fim  | Duração  | Hora Ideal |
|--------|------|------------|--------|------|----------|------------|
| 1      | V    | 62         | 0      | 316  |          | 00:05:06   |
| 2      | V    | 60         | 0      | 275  |          | 00:09:41   |
| 3      | V    | 48         | 0      | 300  |          | 00:15:56   |
| 4      | V    | 44         | 0      | 275  |          | 00:22:11   |
| 5      | N    | 0          | 0      | 0    | 00:02:00 | 00:24:11   |
| 6      | V    | 46         | 0      | 312  |          | 00:30:58   |
| 7      | V    | 60         | 0      | 167  |          | 00:33:45   |
| 8      | V    | 50         | 0      | 210  |          | 00:37:57   |
| 9      | V    | 40         | 0      | 156  |          | 00:41:51   |
| 10     | N    | 0          | 0      | 0    | 00:25:00 | 01:06:51   |
| 11     | V    | 60         | 0      | 463  |          | 01:14:34   |
| 12     | V    | 58         | 0      | 466  |          | 01:22:36   |
| 13     | V    | 54         | 0      | 263  |          | 01:27:28   |
| 14     | V    | 48         | 0      | 68   |          | 01:28:53   |
| 15     | V    | 60         | 0      | 294  |          | 01:33:47   |
| 16     | V    | 62         | 0      | 330  |          | 01:39:06   |
| 17     | N    | 0          | 0      | 0    | 00:03:00 | 01:42:06   |
| 18     | V    | 65         | 0      | 308  |          | 01:46:50   |
| 19     | V    | 60         | 0      | 352  |          | 01:52:42   |
| 20     | V    | 58         | 0      | 369  |          | 01:59:04   |
| 21     | V    | 64         | 0      | 174  |          | 02:01:47   |
| 22     | N    | 0          | 0      | 0    | 00:03:00 | 02:04:47   |
| 23     | V    | 66         | 0      | 385  |          | 02:10:37   |
| 24     | V    | 55         | 0      | 101  |          | 02:12:27   |
| 25     | V    | 65         | 0      | 345  |          | 02:17:45   |
| 26     | V    | 58         | 0      | 391  |          | 02:24:29   |
| 27     | V    | 64         | 0      | 1089 |          | 02:41:30   |
| 28     | V    | 65         | 0      | 194  |          | 02:44:29   |
| 29     | V    | 66         | 0      | 130  |          | 02:46:27   |
| 30     | V    | 68         | 0      | 102  |          | 02:47:57   |

Tempo Andando: 02:14:57

Tempo Neutro: 00:33:00

Metragem Total: 7.835