



Planilha: Tempos Ideais CASARAO NOTURNA

CASARÃO
de Itu

Categoria: ELITE

| Trecho | Tipo | Velocidade | Início | Fim | Duração | Hora Ideal |
|--------|------|------------|--------|-----|----------|------------|
| 1 | V | 65 | 0 | 243 | | 00:03:44 |
| 2 | V | 64 | 0 | 227 | | 00:07:17 |
| 3 | V | 69 | 0 | 239 | | 00:10:45 |
| 4 | V | 61 | 0 | 238 | | 00:14:39 |
| 5 | V | 65 | 0 | 253 | | 00:18:33 |
| 6 | V | 62 | 0 | 269 | | 00:22:53 |
| 7 | V | 47 | 0 | 211 | | 00:27:22 |
| 8 | V | 58 | 0 | 100 | | 00:29:05 |
| 9 | V | 62 | 0 | 340 | | 00:34:34 |
| 10 | V | 61 | 0 | 266 | | 00:38:56 |
| 11 | V | 50 | 0 | 138 | | 00:41:42 |
| 12 | N | 0 | 0 | 0 | 00:01:30 | 00:43:12 |
| 13 | V | 54 | 0 | 239 | | 00:47:38 |
| 14 | V | 47 | 0 | 303 | | 00:54:05 |
| 15 | V | 52 | 0 | 402 | | 01:01:49 |
| 16 | N | 0 | 0 | 0 | 00:15:11 | 01:17:00 |
| 17 | V | 58 | 0 | 299 | | 01:22:09 |
| 18 | V | 63 | 0 | 348 | | 01:27:40 |
| 19 | V | 70 | 0 | 315 | | 01:32:10 |
| 20 | V | 53 | 0 | 72 | | 01:33:32 |
| 21 | V | 46 | 0 | 282 | | 01:39:40 |
| 22 | V | 62 | 0 | 502 | | 01:47:46 |
| 23 | V | 68 | 0 | 309 | | 01:52:19 |
| 24 | V | 52 | 0 | 256 | | 01:57:14 |
| 25 | V | 48 | 0 | 229 | | 02:02:00 |
| 26 | V | 54 | 0 | 112 | | 02:04:04 |
| 27 | V | 62 | 0 | 173 | | 02:06:51 |
| 28 | V | 68 | 0 | 665 | | 02:16:38 |
| 29 | V | 60 | 0 | 397 | | 02:23:15 |
| 30 | V | 30 | 0 | 48 | | 02:24:51 |
| 31 | V | 66 | 0 | 953 | | 02:39:17 |
| 32 | V | 62 | 0 | 420 | | 02:46:03 |
| 33 | N | 0 | 0 | 0 | 00:01:30 | 02:47:33 |
| 34 | V | 55 | 0 | 273 | | 02:52:31 |
| 35 | V | 62 | 0 | 142 | | 02:54:48 |
| 36 | V | 69 | 0 | 282 | | 02:58:53 |
| 37 | V | 55 | 0 | 151 | | 03:01:38 |
| 38 | V | 68 | 0 | 437 | | 03:08:04 |

Tempo Andando: 02:49:53

Tempo Neutro: 00:18:11

Metragem Total: 10.133