



Planilha: Tempos Ideais CASARAO DE ITU

CASARÃO
de Itu

Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	52	0	415		00:07:59
2	V	56	0	125		00:10:13
3	N	0	0	0	00:04:00	00:14:13
4	V	50	0	118		00:16:35
5	V	48	0	311		00:23:04
6	V	53	0	195		00:26:45
7	V	60	0	150		00:29:15
8	V	58	0	150		00:31:50
9	V	54	0	150		00:34:37
10	V	50	0	150		00:37:37
11	V	54	0	100		00:39:28
12	V	69	0	880		00:52:13
13	V	78	0	55		00:52:55
14	N	0	0	0	00:03:06	00:56:01
15	V	60	0	466		01:03:47
16	V	65	0	450		01:10:42
17	V	62	0	70		01:11:50
18	N	0	0	0	00:15:00	01:26:50
19	V	59	0	231		01:30:45
20	V	66	0	115		01:32:30
21	V	68	0	500		01:39:51
22	V	65	0	569		01:48:36
23	V	48	0	284		01:54:31
24	V	56	0	350		02:00:46
25	V	54	0	274		02:05:50
26	V	50	0	307		02:11:58
27	V	48	0	219		02:16:32
28	V	40	0	72		02:18:20
29	V	54	0	116		02:20:29
30	N	0	0	0	00:05:00	02:25:29
31	V	62	0	291		02:30:11
32	V	59	0	215		02:33:50
33	V	56	0	153		02:36:34
34	V	55	0	333		02:42:37
35	V	50	0	202		02:46:39
36	V	62	0	180		02:49:33
37	V	84	0	116		02:50:56

Tempo Andando: 02:23:50

Tempo Neutro: 00:27:06

Metragem Total: 8.312