



# Planilha: Tempos Ideais MORUNGABA



Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	434		00:07:14
2	V	56	0	243		00:11:34
3	V	53	0	114		00:13:43
4	V	49	0	420		00:22:17
5	V	56	0	207		00:25:59
6	V	30	0	118		00:29:55
7	N	0	0	0	00:02:00	00:31:55
8	V	43	0	336		00:39:44
9	N	0	0	0	00:01:00	00:40:44
10	V	45	0	520		00:52:17
11	V	58	0	313		00:57:41
12	N	0	0	0	00:01:13	00:58:54
13	V	60	0	404		01:05:38
14	V	40	0	80		01:07:38
15	N	0	0	0	00:01:00	01:08:38
16	V	36	0	74		01:10:41
17	N	0	0	0	00:01:30	01:12:11
18	V	52	0	399		01:19:51
19	V	56	0	374		01:26:32
20	V	50	0	316		01:32:51
21	N	0	0	0	00:15:00	01:47:51
22	V	63	0	180		01:50:42
23	V	55	0	322		01:56:33
24	V	40	0	243		02:02:38
25	V	60	0	353		02:08:31
26	V	63	0	468		02:15:57
27	V	55	0	172		02:19:05
28	V	36	0	266		02:26:28
29	N	0	0	0	00:01:30	02:27:58
30	V	51	0	190		02:31:42
31	V	35	0	167		02:36:28
32	N	0	0	0	00:02:00	02:38:28
33	V	64	0	237		02:42:10
34	V	60	0	530		02:51:00
35	V	58	0	317		02:56:28
36	V	65	0	269		03:00:36
37	N	0	0	0	00:01:00	03:01:36
38	V	56	0	312		03:07:10
39	V	68	0	401		03:13:04

Tempo Andando: 02:46:51

Tempo Neutro: 00:26:13

Metragem Total: 8.779