



Planilha: Tempos Ideais EDUCANDÁRIO DOM DUARTE



Categoria: ELITE

| Trecho | Tipo | Velocidade | Início | Fim | Duração | Hora Ideal |
|--------|------|------------|--------|-----|----------|------------|
| 1 | N | 0 | 0 | 0 | 00:01:00 | 00:01:00 |
| 2 | V | 60 | 0 | 230 | | 00:04:50 |
| 3 | V | 62 | 0 | 161 | | 00:07:26 |
| 4 | V | 65 | 0 | 200 | | 00:10:31 |
| 5 | V | 56 | 0 | 263 | | 00:15:13 |
| 6 | V | 61 | 0 | 214 | | 00:18:43 |
| 7 | V | 55 | 0 | 363 | | 00:25:19 |
| 8 | V | 59 | 0 | 179 | | 00:28:21 |
| 9 | V | 50 | 0 | 266 | | 00:33:40 |
| 10 | V | 62 | 0 | 406 | | 00:40:13 |
| 11 | N | 0 | 0 | 0 | 00:02:00 | 00:42:13 |
| 12 | V | 75 | 0 | 70 | | 00:43:09 |
| 13 | V | 60 | 0 | 475 | | 00:51:04 |
| 14 | V | 66 | 0 | 303 | | 00:55:39 |
| 15 | V | 60 | 0 | 175 | | 00:58:34 |
| 16 | V | 64 | 0 | 291 | | 01:03:07 |
| 17 | V | 61 | 0 | 366 | | 01:09:07 |
| 18 | V | 38 | 0 | 109 | | 01:11:59 |
| 19 | N | 0 | 0 | 0 | 00:18:01 | 01:30:00 |
| 20 | V | 62 | 0 | 397 | | 01:36:24 |
| 21 | V | 60 | 0 | 236 | | 01:40:20 |
| 22 | V | 48 | 0 | 245 | | 01:45:26 |
| 23 | V | 62 | 0 | 601 | | 01:55:08 |
| 24 | V | 60 | 0 | 316 | | 02:00:24 |
| 25 | V | 59 | 0 | 368 | | 02:06:38 |
| 26 | N | 0 | 0 | 0 | 00:02:00 | 02:08:38 |
| 27 | V | 61 | 0 | 389 | | 02:15:01 |
| 28 | V | 59 | 0 | 252 | | 02:19:17 |
| 29 | V | 60 | 0 | 295 | | 02:24:12 |
| 30 | V | 62 | 0 | 324 | | 02:29:26 |
| 31 | V | 58 | 0 | 356 | | 02:35:34 |
| 32 | V | 54 | 0 | 342 | | 02:41:54 |
| 33 | V | 58 | 0 | 271 | | 02:46:34 |
| 34 | V | 50 | 0 | 430 | | 02:55:10 |

Tempo Andando: 02:32:09

Tempo Neutro: 00:23:01

Metragem Total: 8.893