



# Planilha: Tempos Ideais PEDRA GRANDE



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	257		00:04:17
2	V	56	0	137		00:06:44
3	V	54	0	191		00:10:16
4	V	55	0	121		00:12:28
5	V	50	0	130		00:15:04
6	V	54	0	350		00:21:33
7	V	51	0	420		00:29:47
8	N	0	0	0	00:01:00	00:30:47
9	V	48	0	250		00:35:59
10	N	0	0	0	00:01:11	00:37:10
11	V	48	0	300		00:43:25
12	V	45	0	150		00:46:45
13	N	0	0	0	00:02:15	00:49:00
14	V	50	0	340		00:55:48
15	V	54	0	185		00:59:14
16	N	0	0	0	00:05:00	01:04:14
17	V	64	0	358		01:09:50
18	V	62	0	300		01:14:40
19	V	56	0	329		01:20:33
20	V	60	0	157		01:23:10
21	V	62	0	319		01:28:19
22	V	68	0	373		01:33:48
23	N	0	0	0	00:15:00	01:48:48
24	N	0	0	0	00:10:00	01:58:48
25	V	55	0	135		02:01:15
26	V	48	0	343		02:08:24
27	V	58	0	341		02:14:17
28	V	62	0	150		02:16:42
29	V	48	0	258		02:22:05
30	V	40	0	59		02:23:34
31	N	0	0	0	00:00:58	02:24:32
32	V	44	0	259		02:30:25
33	N	0	0	0	00:02:00	02:32:25
34	V	45	0	230		02:37:32
35	V	40	0	110		02:40:17
36	V	55	0	355		02:46:44
37	V	52	0	294		02:52:23
38	V	54	0	381		02:59:26
39	V	56	0	308		03:04:56
40	V	63	0	760		03:17:00
41	V	66	0	551		03:25:21

Tempo Andando: 02:47:57

Tempo Neutro: 00:37:24

Metragem Total: 9.201