



Planilha: Tempos Ideais ATIBAIA CAMPO



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	58	0	228		00:03:56
2	V	84	0	191		00:06:12
3	V	67	0	1400		00:27:06
4	V	64	0	579		00:36:09
5	N	0	0	0	00:02:00	00:38:09
6	V	60	0	1457		01:02:26
7	V	65	0	457		01:09:28
8	N	0	0	0	00:02:00	01:11:28
9	V	67	0	382		01:17:10
10	V	70	0	159		01:19:26
11	N	0	0	0	00:15:00	01:34:26
12	V	68	0	299		01:38:50
13	V	62	0	1373		02:00:59
14	N	0	0	0	00:02:00	02:02:59
15	V	64	0	1280		02:22:59
16	V	69	0	728		02:33:32
17	V	68	0	382		02:39:09
18	V	60	0	178		02:42:07
19	N	0	0	0	00:05:00	02:47:07
20	V	56	0	238		02:51:22
21	V	60	0	283		02:56:05
22	V	67	0	290		03:00:25
23	V	64	0	315		03:05:20
24	V	69	0	233		03:08:43

Tempo Andando: 02:42:43

Tempo Neutro: 00:26:00

Metragem Total: 10.452