



# Planilha: Tempos Ideais CARRION



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	62	0	526		00:08:29
2	V	50	0	88		00:10:15
3	V	60	0	485		00:18:20
4	V	64	0	354		00:23:52
5	V	60	0	266		00:28:18
6	V	66	0	1212		00:46:40
7	N	0	0	0	00:05:00	00:51:40
8	V	60	0	349		00:57:29
9	V	62	0	376		01:03:33
10	V	62	0	300		01:08:23
11	V	65	0	182		01:11:11
12	N	0	0	0	00:15:00	01:26:11
13	V	64	0	159		01:28:40
14	V	59	0	501		01:37:09
15	V	61	0	148		01:39:35
16	V	54	0	295		01:45:03
17	V	50	0	385		01:52:45
18	V	54	0	313		01:58:33
19	V	50	0	274		02:04:02
20	V	66	0	322		02:08:55
21	V	60	0	274		02:13:29
22	N	0	0	0	00:02:00	02:15:29
23	V	62	0	245		02:19:26
24	V	42	0	70		02:21:06
25	V	56	0	351		02:27:22
26	N	0	0	0	00:04:38	02:32:00
27	V	58	0	152		02:34:37
28	V	55	0	196		02:38:11
29	V	60	0	300		02:43:11
30	V	37	0	229		02:49:22
31	V	59	0	332		02:55:00
32	V	66	0	116		02:56:45
33	V	70	0	415		03:02:41

Tempo Andando: 02:36:03

Tempo Neutro: 00:26:38

Metragem Total: 9.215