



Planilha: Tempos Ideais PARQUE D'ANAPE

Parque D'Anape

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	56	0	274		00:04:54
2	V	60	0	220		00:08:34
3	V	52	0	120		00:10:52
4	V	60	0	181		00:13:53
5	V	48	0	120		00:16:23
6	V	50	0	642		00:29:13
7	N	0	0	0	00:01:00	00:30:13
8	V	62	0	442		00:37:21
9	V	60	0	496		00:45:37
10	V	55	0	407		00:53:01
11	V	50	0	253		00:58:05
12	N	0	0	0	00:03:00	01:01:05
13	V	64	0	710		01:12:11
14	V	60	0	328		01:17:39
15	V	62	0	502		01:25:45
16	N	0	0	0	00:15:00	01:40:45
17	V	66	0	311		01:45:28
18	V	56	0	255		01:50:01
19	V	60	0	392		01:56:33
20	V	62	0	260		02:00:45
21	V	60	0	156		02:03:21
22	V	58	0	360		02:09:33
23	V	64	0	263		02:13:40
24	V	50	0	160		02:16:52
25	V	38	0	398		02:27:20
26	V	55	0	163		02:30:18
27	N	0	0	0	00:02:00	02:32:18
28	V	48	0	219		02:36:52
29	V	50	0	289		02:42:39
30	V	64	0	954		02:57:33
31	V	56	0	244		03:01:54
32	V	63	0	248		03:05:50
33	V	62	0	307		03:10:47

Tempo Andando: 02:49:47

Tempo Neutro: 00:21:00

Metragem Total: 9.674