



Planilha: Tempos Ideais CASARAO NOTURNA

CASARÃO
de Itu

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	283		00:04:43
2	V	65	0	242		00:08:26
3	V	52	0	162		00:11:33
4	V	55	0	262		00:16:19
5	V	65	0	354		00:21:46
6	V	58	0	521		00:30:45
7	V	40	0	270		00:37:30
8	V	56	0	185		00:40:48
9	V	82	0	227		00:43:34
10	V	56	0	255		00:48:07
11	N	0	0	0	00:02:00	00:50:07
12	V	85	0	665		00:57:56
13	V	65	0	303		01:02:36
14	V	55	0	195		01:06:09
15	V	62	0	397		01:12:33
16	V	68	0	202		01:15:31
17	V	56	0	280		01:20:31
18	V	62	0	333		01:25:53
19	V	58	0	348		01:31:53
20	V	68	0	404		01:37:49
21	N	0	0	0	00:15:01	01:52:50
22	V	70	0	268		01:56:40
23	V	60	0	269		02:01:09
24	V	40	0	300		02:08:39
25	V	55	0	191		02:12:07
26	V	58	0	390		02:18:50
27	V	40	0	61		02:20:21
28	N	0	0	0	00:02:00	02:22:21
29	V	54	0	122		02:24:37
30	V	62	0	409		02:31:13
31	V	65	0	401		02:37:23
32	V	72	0	206		02:40:15
33	V	62	0	349		02:45:53
34	V	82	0	146		02:47:40
35	V	58	0	183		02:50:49
36	V	72	0	312		02:55:09

Tempo Andando: 02:36:08

Tempo Neutro: 00:19:01

Metragem Total: 9.495