



Planilha: Tempos Ideais CASARÃO DIURNA

CASARÃO
de Itu

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	389		00:06:29
2	V	55	0	212		00:10:20
3	V	62	0	333		00:15:42
4	V	66	0	362		00:21:11
5	V	56	0	479		00:29:44
6	V	58	0	261		00:34:14
7	V	60	0	85		00:35:39
8	V	44	0	193		00:40:02
9	N	0	0	0	00:02:00	00:42:02
10	V	56	0	276		00:46:58
11	V	47	0	237		00:52:01
12	N	0	0	0	00:02:00	00:54:01
13	V	58	0	391		01:00:45
14	V	62	0	463		01:08:13
15	V	60	0	190		01:11:23
16	V	54	0	259		01:16:11
17	V	65	0	1070		01:32:39
18	N	0	0	0	00:15:21	01:48:00
19	V	60	0	194		01:51:14
20	V	64	0	920		02:05:37
21	V	66	0	389		02:11:31
22	V	50	0	113		02:13:47
23	V	60	0	239		02:17:46
24	V	85	0	51		02:18:22
25	N	0	0	0	00:07:59	02:26:21
26	V	62	0	460		02:33:46
27	V	45	0	75		02:35:26
28	V	60	0	412		02:42:18
29	V	50	0	170		02:45:42
30	V	46	0	200		02:50:03
31	V	61	0	235		02:53:54
32	V	70	0	504		03:01:06
33	V	62	0	354		03:06:49
34	V	114	0	500		03:11:12

Tempo Andando: 02:43:52

Tempo Neutro: 00:27:20

Metragem Total: 10.016