



Planilha: Tempos Ideais VIVA PARQUE

VIVA ECOPARQUE

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:30	00:00:30
2	V	58	0	333		00:06:14
3	V	64	0	254		00:10:12
4	V	70	0	307		00:14:35
5	V	56	0	253		00:19:06
6	V	57	0	996		00:36:34
7	V	55	0	150		00:39:18
8	N	0	0	0	00:05:00	00:44:18
9	V	50	0	140		00:47:06
10	V	58	0	300		00:52:16
11	V	48	0	100		00:54:21
12	V	60	0	75		00:55:36
13	V	51	0	172		00:58:58
14	N	0	0	0	00:02:01	01:00:59
15	V	53	0	1588		01:30:57
16	N	0	0	0	00:15:00	01:45:57
17	V	64	0	634		01:55:51
18	V	62	0	1283		02:16:33
19	V	50	0	304		02:22:38
20	V	59	0	472		02:30:38
21	V	63	0	205		02:33:53
22	N	0	0	0	00:05:00	02:38:53
23	V	55	0	83		02:40:24
24	V	64	0	230		02:44:00
25	V	64	0	310		02:48:51
26	V	58	0	200		02:52:18
27	V	48	0	41		02:53:09
28	V	62	0	730		03:04:55
29	V	68	0	334		03:09:50
30	V	78	0	97		03:11:05

Tempo Andando: 02:43:34

Tempo Neutro: 00:27:31

Metragem Total: 9.591