



# Planilha: Tempos Ideais GINASIO DE ESPORTES



Categoria: ELITE

| Trecho | Tipo | Velocidade | Início | Fim | Duração  | Hora Ideal |
|--------|------|------------|--------|-----|----------|------------|
| 11     | V    | 62         | 0      | 171 |          | 00:02:45   |
| 2      | V    | 88         | 0      | 442 |          | 00:07:46   |
| 3      | V    | 68         | 0      | 607 |          | 00:16:42   |
| 4      | V    | 60         | 0      | 135 |          | 00:18:57   |
| 5      | N    | 0          | 0      | 0   | 00:01:30 | 00:20:27   |
| 6      | V    | 45         | 0      | 100 |          | 00:22:40   |
| 7      | V    | 50         | 0      | 44  |          | 00:23:33   |
| 8      | V    | 55         | 0      | 352 |          | 00:29:57   |
| 9      | N    | 0          | 0      | 0   | 00:01:00 | 00:30:57   |
| 10     | V    | 40         | 0      | 248 |          | 00:37:09   |
| 11     | N    | 0          | 0      | 0   | 00:01:00 | 00:38:09   |
| 12     | V    | 35         | 0      | 275 |          | 00:46:00   |
| 13     | N    | 0          | 0      | 0   | 00:02:00 | 00:48:00   |
| 14     | V    | 40         | 0      | 140 |          | 00:51:30   |
| 15     | V    | 65         | 0      | 355 |          | 00:56:58   |
| 16     | V    | 70         | 0      | 353 |          | 01:02:01   |
| 17     | V    | 75         | 0      | 436 |          | 01:07:50   |
| 18     | V    | 60         | 0      | 402 |          | 01:14:32   |
| 19     | V    | 56         | 0      | 127 |          | 01:16:48   |
| 20     | V    | 66         | 0      | 186 |          | 01:19:37   |
| 21     | N    | 0          | 0      | 0   | 00:15:00 | 01:34:37   |
| 22     | V    | 66         | 0      | 198 |          | 01:37:37   |
| 23     | V    | 45         | 0      | 30  |          | 01:38:17   |
| 24     | N    | 0          | 0      | 0   | 00:03:00 | 01:41:17   |
| 25     | V    | 35         | 0      | 133 |          | 01:45:05   |
| 26     | V    | 45         | 0      | 374 |          | 01:53:24   |
| 27     | V    | 60         | 0      | 465 |          | 02:01:09   |
| 28     | N    | 0          | 0      | 0   | 00:02:00 | 02:03:09   |
| 29     | V    | 72         | 0      | 670 |          | 02:12:27   |
| 30     | V    | 69         | 0      | 782 |          | 02:23:47   |
| 31     | V    | 60         | 0      | 147 |          | 02:26:14   |
| 32     | V    | 55         | 0      | 275 |          | 02:31:14   |
| 33     | V    | 88         | 0      | 319 |          | 02:34:52   |
| A      | N    | 0          | 0      | 0   | 00:05:08 | 02:40:00   |
| 34     | V    | 78         | 0      | 404 |          | 02:45:11   |
| 35     | V    | 60         | 0      | 407 |          | 02:51:58   |
| 36     | V    | 70         | 0      | 311 |          | 02:56:25   |
| 37     | V    | 66         | 0      | 616 |          | 03:05:45   |

Tempo Andando: 02:35:07

Tempo Neutro: 00:30:38

Metragem Total: 9.504