



Planilha: Tempos Ideais GINASIO DE ESPORTES



Categoria: TREKKERS

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

Tempo Andando: 02:09:22

Tempo Neutro: 00:25:30

Metragem Total: 7.766