



Planilha: Tempos Ideais

CASARÃO DE ITU



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	263		00:04:23
2	V	62	0	310		00:09:23
3	V	59	0	567		00:19:00
4	V	50	0	438		00:27:46
5	V	52	0	274		00:33:02
6	V	44	0	266		00:39:05
7	V	60	0	252		00:43:17
8	V	47	0	430		00:52:26
9	V	58	0	339		00:58:17
10	V	62	0	251		01:02:20
11	V	66	0	405		01:08:28
12	V	48	0	236		01:13:23
13	V	55	0	265		01:18:12
14	V	52	0	496		01:27:44
15	N	0	0	0	00:15:16	01:43:00
16	V	63	0	162		01:45:34
17	V	66	0	360		01:51:01
18	V	35	0	176		01:56:03
19	V	56	0	122		01:58:14
20	V	60	0	150		02:00:44
21	V	45	0	118		02:03:21
22	N	0	0	0	00:02:00	02:05:21
23	V	38	0	38		02:06:21
24	V	55	0	137		02:08:50
25	V	60	0	110		02:10:40
26	V	54	0	402		02:18:07
27	N	0	0	0	00:02:00	02:20:07
28	V	50	0	300		02:26:07
29	V	66	0	255		02:29:59
30	N	0	0	0	00:05:01	02:35:00
31	V	66	0	137		02:37:05
32	V	60	0	830		02:50:55
33	V	58	0	251		02:55:15
34	V	60	0	172		02:58:07
35	V	65	0	726		03:09:17

Tempo Andando: 02:45:00

Tempo Neutro: 00:24:17

Metragem Total: 9.238