



Planilha: Tempos Ideais PARAGUAÇU



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	58	0	335		00:05:47
2	V	61	0	316		00:10:58
3	V	59	0	501		00:19:27
4	V	57	0	142		00:21:56
5	V	62	0	381		00:28:05
6	V	61	0	235		00:31:56
7	V	59	0	319		00:37:20
8	V	58	0	541		00:46:40
9	V	57	0	308		00:52:04
10	V	46	0	472		01:02:20
11	V	44	0	160		01:05:58
12	V	34	0	100		01:08:54
13	N	0	0	0	00:02:30	01:11:24
14	V	38	0	160		01:15:37
15	V	50	0	42		01:16:27
16	V	55	0	200		01:20:05
17	V	34	0	96		01:22:54
18	N	0	0	0	00:15:00	01:37:54
19	V	51	0	278		01:43:21
20	V	58	0	174		01:46:21
21	V	55	0	330		01:52:21
22	V	58	0	677		02:04:01
23	V	60	0	379		02:10:20
24	V	54	0	240		02:14:47
25	V	50	0	124		02:17:16
26	N	0	0	0	00:01:00	02:18:16
27	V	48	0	340		02:25:21
28	V	30	0	87		02:28:15
29	V	59	0	303		02:33:23
30	V	62	0	1043		02:50:12

Tempo Andando: 02:31:42

Tempo Neutro: 00:18:30

Metragem Total: 8.283