



Planilha: Tempos Ideais VIVA PARQUE

VIVA ECOPARQUE

Categoria: PROVA 2

| Trecho | Tipo | Velocidade | Início | Fim | Duração | Hora Ideal |
|--------|------|------------|--------|-----|----------|------------|
| A | N | 0 | 0 | 0 | 01:33:00 | 01:33:00 |
| 1 | V | 63 | 0 | 171 | | 01:35:43 |
| 2 | V | 40 | 0 | 60 | | 01:37:13 |
| 3 | V | 62 | 0 | 319 | | 01:42:22 |
| 4 | V | 50 | 0 | 321 | | 01:48:47 |
| 5 | V | 60 | 0 | 261 | | 01:53:08 |
| 6 | V | 30 | 0 | 100 | | 01:56:28 |
| 7 | V | 28 | 0 | 91 | | 01:59:43 |
| 8 | N | 0 | 0 | 0 | 00:03:00 | 02:02:43 |
| 9 | V | 69 | 0 | 562 | | 02:10:52 |
| 10 | V | 73 | 0 | 529 | | 02:18:07 |
| 11 | V | 63 | 0 | 171 | | 02:20:50 |
| 12 | N | 0 | 0 | 0 | 00:05:00 | 02:25:50 |
| 13 | V | 55 | 0 | 94 | | 02:27:33 |
| 14 | V | 66 | 0 | 282 | | 02:31:49 |
| 15 | V | 52 | 0 | 182 | | 02:35:19 |
| 16 | V | 55 | 0 | 361 | | 02:41:53 |
| 17 | V | 99 | 0 | 36 | | 02:42:15 |
| 18 | V | 38 | 0 | 92 | | 02:44:40 |
| 19 | V | 60 | 0 | 254 | | 02:48:54 |
| 20 | V | 63 | 0 | 500 | | 02:56:50 |

Tempo Andando: 01:15:50

Tempo Neutro: 01:41:00

Metragem Total: 4.386