



Planilha: Tempos Ideais MOSTEIRO DE ITAICI



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	56	0	342		00:06:06
2	V	60	0	345		00:11:51
3	V	64	0	1432		00:34:14
4	V	62	0	267		00:38:32
5	N	0	0	0	00:03:00	00:41:32
6	V	62	0	200		00:44:46
7	V	50	0	282		00:50:24
8	V	58	0	324		00:55:59
9	V	63	0	149		00:58:21
10	V	60	0	818		01:11:59
11	V	76	0	250		01:15:16
12	N	0	0	0	00:14:44	01:30:00
13	V	55	0	362		01:36:35
14	V	66	0	89		01:37:56
15	V	70	0	268		01:41:46
16	V	67	0	527		01:49:38
17	V	59	0	242		01:53:44
18	V	69	0	421		01:59:50
19	V	60	0	538		02:08:48
20	V	79	0	215		02:11:31
21	V	62	0	258		02:15:41
22	V	52	0	371		02:22:49
23	V	58	0	276		02:27:35
24	V	55	0	329		02:33:34
25	V	69	0	851		02:45:54
26	V	50	0	161		02:49:07
27	V	60	0	295		02:54:02
28	N	0	0	0	00:02:00	02:56:02
29	V	65	0	381		03:01:54
30	V	70	0	545		03:09:41

Tempo Andando: 02:49:57

Tempo Neutro: 00:19:44

Metragem Total: 10.538