



Planilha: Tempos Ideais CASARÃO DE ITU - NOTURNA



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	55	0	323		00:05:52
2	V	62	0	254		00:09:58
3	V	57	0	146		00:12:32
4	V	54	0	325		00:18:33
5	V	48	0	80		00:20:13
6	V	56	0	430		00:27:54
7	V	50	0	430		00:36:30
8	V	45	0	324		00:43:42
9	V	54	0	350		00:50:11
10	V	58	0	473		00:58:20
11	V	50	0	520		01:08:44
12	N	0	0	0	00:00:22	01:09:06
13	V	58	0	660		01:20:29
14	V	65	0	586		01:29:30
15	V	60	0	234		01:33:24
16	N	0	0	0	00:15:00	01:48:24
17	V	58	0	90		01:49:57
18	V	60	0	140		01:52:17
19	V	64	0	1250		02:11:49
20	V	58	0	1084		02:30:30
21	V	60	0	380		02:36:50
22	V	66	0	465		02:43:53
23	V	59	0	201		02:47:17
24	V	80	0	1018		03:00:00

Tempo Andando: 02:44:38

Tempo Neutro: 00:15:22

Metragem Total: 9.763