



Planilha: Tempos Ideais CASARÃO DE ITU



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	69	0	371		00:05:23
2	V	66	0	161		00:07:49
3	V	55	0	157		00:10:40
4	V	58	0	320		00:16:11
5	V	63	0	428		00:22:59
6	V	66	0	615		00:32:18
7	V	56	0	180		00:35:31
8	V	66	0	405		00:41:39
9	V	45	0	370		00:49:52
10	V	42	0	211		00:54:53
11	V	48	0	174		00:58:31
12	V	45	0	187		01:02:40
13	V	58	0	494		01:11:11
14	N	0	0	0	00:15:00	01:26:11
15	V	60	0	170		01:29:01
16	V	45	0	338		01:36:32
17	V	62	0	517		01:44:52
18	V	68	0	360		01:50:10
19	N	0	0	0	00:00:45	01:50:55
20	V	58	0	404		01:57:53
21	V	68	0	438		02:04:19
22	V	55	0	429		02:12:07
23	N	0	0	0	00:05:00	02:17:07
24	V	66	0	304		02:21:43
25	V	64	0	172		02:24:24
26	N	0	0	0	00:00:41	02:25:05
27	V	66	0	164		02:27:34
28	V	55	0	220		02:31:34
29	V	63	0	524		02:39:53
30	V	68	0	833		02:52:08
31	V	58	0	260		02:56:37
32	V	69	0	701		03:06:47
33	V	66	0	459		03:13:44

Tempo Andando: 02:52:18

Tempo Neutro: 00:21:26

Metragem Total: 10.366