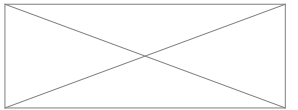




Planilha: Tempos Ideais

SINTAEMA



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	72	0	192		00:02:40
2	V	60	0	177		00:05:37
3	V	55	0	1060		00:24:53
4	V	60	0	318		00:30:11
5	V	62	0	316		00:35:17
6	V	45	0	630		00:49:17
7	V	60	0	544		00:58:21
8	N	0	0	0	00:16:39	01:15:00
9	V	25	0	100		01:19:00
10	V	38	0	310		01:27:09
11	N	0	0	0	00:03:00	01:30:09
12	V	53	0	1000		01:49:01
13	V	60	0	154		01:51:35
14	V	40	0	275		01:58:28
15	V	52	0	467		02:07:27
16	V	50	0	335		02:14:09
17	V	57	0	79		02:15:32
18	N	0	0	0	00:02:00	02:17:32
19	V	62	0	291		02:22:14
20	V	64	0	252		02:26:10
21	V	52	0	334		02:32:35
22	V	60	0	387		02:39:02
23	V	60	0	1258		03:00:00

Tempo Andando: 02:38:21

Tempo Neutro: 00:21:39

Metragem Total: 8.479