



Planilha: Tempos Ideais PARQUE D'ANAPE

Parque D'Anape

Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	304		00:05:04
2	V	38	0	103		00:07:47
3	V	51	0	119		00:10:07
4	V	52	0	324		00:16:21
5	V	46	0	282		00:22:29
6	V	48	0	390		00:30:37
7	N	0	0	0	00:02:00	00:32:37
8	V	51	0	223		00:36:59
9	V	35	0	246		00:44:01
10	N	0	0	0	00:04:00	00:48:01
11	V	50	0	338		00:54:47
12	V	58	0	352		01:00:51
13	V	59	0	421		01:07:59
14	V	55	0	321		01:13:49
15	V	61	0	835		01:27:30
16	N	0	0	0	00:15:30	01:43:00
17	V	62	0	441		01:50:07
18	V	45	0	297		01:56:43
19	N	0	0	0	00:02:00	01:58:43
20	V	47	0	387		02:06:57
21	V	62	0	764		02:19:16
22	V	45	0	67		02:20:45
23	V	52	0	271		02:25:58
24	V	57	0	198		02:29:26
25	V	63	0	428		02:36:14
26	V	67	0	443		02:42:51
27	V	61	0	166		02:45:34
28	V	35	0	47		02:46:55
29	V	57	0	322		02:52:34
30	V	61	0	96		02:54:08
31	V	75	0	110		02:55:36

Tempo Andando: 02:32:06

Tempo Neutro: 00:23:30

Metragem Total: 8.295