



Planilha: Tempos Ideais PARQUE ECOLÓGICO CAMPINAS



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	304		00:05:04
2	V	64	0	131		00:07:07
3	V	55	0	371		00:13:52
4	V	59	0	127		00:16:01
5	N	0	0	0	00:01:00	00:17:01
6	V	66	0	265		00:21:02
7	V	58	0	400		00:27:56
8	V	66	0	900		00:41:34
9	V	64	0	162		00:44:06
10	N	0	0	0	00:03:00	00:47:06
11	V	60	0	569		00:56:35
12	V	64	0	312		01:01:28
13	V	66	0	895		01:15:02
14	N	0	0	0	00:14:58	01:30:00
15	V	64	0	296		01:34:38
16	V	60	0	348		01:40:26
17	N	0	0	0	00:01:00	01:41:26
18	V	64	0	250		01:45:20
19	V	80	0	200		01:47:50
20	V	61	0	440		01:55:03
21	N	0	0	0	00:02:00	01:57:03
22	V	59	0	182		02:00:08
23	V	69	0	305		02:04:33
24	V	62	0	403		02:11:03
25	V	54	0	562		02:21:27
26	V	64	0	543		02:29:56
27	V	64	0	305		02:34:42
28	V	60	0	312		02:39:54
29	V	58	0	330		02:45:35
30	V	86	0	126		02:47:03

Tempo Andando: 02:25:05

Tempo Neutro: 00:21:58

Metragem Total: 9.038