



Planilha: Tempos Ideais PARAGUAÇU



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	58	0	388		00:06:41
2	V	62	0	318		00:11:49
3	V	65	0	328		00:16:52
4	V	60	0	104		00:18:36
5	N	0	0	0	00:03:00	00:21:36
6	V	66	0	380		00:27:21
7	V	56	0	400		00:34:30
8	V	59	0	329		00:40:05
9	V	55	0	314		00:45:48
10	N	0	0	0	00:02:59	00:48:47
11	V	54	0	286		00:54:05
12	V	61	0	620		01:04:15
13	N	0	0	0	00:15:00	01:19:15
14	V	65	0	340		01:24:29
15	V	56	0	524		01:33:50
16	N	0	0	0	00:01:59	01:35:49
17	V	61	0	274		01:40:19
18	V	58	0	255		01:44:43
19	V	55	0	338		01:50:52
20	V	62	0	243		01:54:47
21	V	52	0	181		01:58:16
22	V	65	0	607		02:07:36
23	N	0	0	0	00:05:00	02:12:36
24	V	63	0	242		02:16:26
25	V	50	0	263		02:21:42
26	V	58	0	356		02:27:50
27	V	54	0	385		02:34:58
28	V	56	0	353		02:41:16
29	V	62	0	293		02:46:00
30	V	44	0	88		02:48:00
31	V	48	0	194		02:52:03
32	V	66	0	116		02:53:48
33	V	38	0	84		02:56:01

Tempo Andando: 02:28:03

Tempo Neutro: 00:27:58

Metragem Total: 8.603