



Planilha: Tempos Ideais CASARAO DE ITU

CASARÃO
de Itu

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	59	0	415		00:07:02
2	V	57	0	125		00:09:14
3	N	0	0	0	00:02:00	00:11:14
4	V	61	0	118		00:13:10
5	V	55	0	311		00:18:49
6	V	58	0	195		00:22:11
7	V	63	0	75		00:23:22
8	V	49	0	351		00:30:32
9	V	52	0	245		00:35:15
10	V	60	0	323		00:40:38
11	V	56	0	240		00:44:55
12	V	69	0	880		00:57:40
13	V	78	0	55		00:58:22
14	N	0	0	0	00:03:38	01:02:00
15	V	60	0	466		01:09:46
16	V	65	0	450		01:16:41
17	V	62	0	70		01:17:49
18	N	0	0	0	00:15:00	01:32:49
19	V	59	0	231		01:36:44
20	V	66	0	115		01:38:29
21	V	68	0	500		01:45:50
22	V	65	0	569		01:54:35
23	V	48	0	284		02:00:30
24	V	56	0	350		02:06:45
25	V	54	0	274		02:11:49
26	V	50	0	307		02:17:57
27	V	48	0	219		02:22:31
28	V	40	0	72		02:24:19
29	V	54	0	116		02:26:28
30	N	0	0	0	00:05:00	02:31:28
31	V	62	0	291		02:36:10
32	V	59	0	215		02:39:49
33	V	56	0	153		02:42:33
34	V	55	0	333		02:48:36
35	V	50	0	202		02:52:38
36	V	62	0	180		02:55:32
37	V	84	0	116		02:56:55

Tempo Andando: 02:31:17

Tempo Neutro: 00:25:38

Metragem Total: 8.846