



Planilha: Tempos Ideais MORUNGABA



Categoria: ELITE

| Trecho | Tipo | Velocidade | Início | Fim | Duração | Hora Ideal |
|--------|------|------------|--------|-----|----------|------------|
| 1 | V | 65 | 0 | 434 | | 00:06:41 |
| 2 | V | 61 | 0 | 243 | | 00:10:40 |
| 3 | V | 58 | 0 | 114 | | 00:12:38 |
| 4 | V | 54 | 0 | 420 | | 00:20:25 |
| 5 | V | 61 | 0 | 207 | | 00:23:49 |
| 6 | V | 35 | 0 | 118 | | 00:27:11 |
| 7 | N | 0 | 0 | 0 | 00:02:00 | 00:29:11 |
| 8 | V | 48 | 0 | 336 | | 00:36:11 |
| 9 | N | 0 | 0 | 0 | 00:01:00 | 00:37:11 |
| 10 | V | 50 | 0 | 520 | | 00:47:35 |
| 11 | V | 63 | 0 | 313 | | 00:52:33 |
| 12 | V | 58 | 0 | 370 | | 00:58:56 |
| 13 | V | 60 | 0 | 404 | | 01:05:40 |
| 14 | V | 40 | 0 | 80 | | 01:07:40 |
| 15 | N | 0 | 0 | 0 | 00:01:00 | 01:08:40 |
| 16 | V | 36 | 0 | 74 | | 01:10:43 |
| 17 | N | 0 | 0 | 0 | 00:01:30 | 01:12:13 |
| 18 | V | 52 | 0 | 399 | | 01:19:53 |
| 19 | V | 56 | 0 | 374 | | 01:26:34 |
| 20 | V | 50 | 0 | 316 | | 01:32:53 |
| 21 | N | 0 | 0 | 0 | 00:15:00 | 01:47:53 |
| 22 | V | 63 | 0 | 180 | | 01:50:44 |
| 23 | V | 55 | 0 | 322 | | 01:56:35 |
| 24 | V | 40 | 0 | 243 | | 02:02:40 |
| 25 | V | 60 | 0 | 353 | | 02:08:33 |
| 26 | V | 63 | 0 | 468 | | 02:15:59 |
| 27 | V | 55 | 0 | 172 | | 02:19:07 |
| 28 | V | 36 | 0 | 266 | | 02:26:30 |
| 29 | N | 0 | 0 | 0 | 00:01:30 | 02:28:00 |
| 30 | V | 51 | 0 | 190 | | 02:31:44 |
| 31 | V | 35 | 0 | 167 | | 02:36:30 |
| 32 | N | 0 | 0 | 0 | 00:02:00 | 02:38:30 |
| 33 | V | 64 | 0 | 237 | | 02:42:12 |
| 34 | V | 60 | 0 | 530 | | 02:51:02 |
| 35 | V | 58 | 0 | 317 | | 02:56:30 |
| 36 | V | 65 | 0 | 269 | | 03:00:38 |
| 37 | N | 0 | 0 | 0 | 00:01:00 | 03:01:38 |
| 38 | V | 56 | 0 | 312 | | 03:07:12 |
| 39 | V | 68 | 0 | 401 | | 03:13:06 |
| 40 | V | 63 | 0 | 125 | | 03:15:05 |
| 41 | V | 40 | 0 | 234 | | 03:20:56 |
| 42 | V | 59 | 0 | 427 | | 03:28:10 |
| 43 | V | 63 | 0 | 181 | | 03:31:02 |

Tempo Andando: 03:06:02

Tempo Neutro: 00:25:00

Metragem Total: 10.116