



Planilha: Tempos Ideais PARAGUAÇU



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	460		00:07:40
2	V	57	0	284		00:12:39
3	V	54	0	463		00:21:13
4	V	60	0	500		00:29:33
5	V	48	0	183		00:33:22
6	V	40	0	55		00:34:45
7	N	0	0	0	00:01:30	00:36:15
8	V	50	0	385		00:43:57
9	V	56	0	233		00:48:07
10	N	0	0	0	00:03:00	00:51:07
11	V	59	0	210		00:54:41
12	V	65	0	800		01:06:59
13	V	62	0	425		01:13:50
14	V	64	0	621		01:23:32
15	V	58	0	297		01:28:39
16	V	71	0	97		01:30:01
17	N	0	0	0	00:15:00	01:45:01
18	V	65	0	196		01:48:02
19	V	38	0	216		01:53:43
20	N	0	0	0	00:02:00	01:55:43
21	V	56	0	118		01:57:49
22	V	42	0	103		02:00:16
23	N	0	0	0	00:01:00	02:01:16
24	V	48	0	388		02:09:21
25	N	0	0	0	00:03:00	02:12:21
26	V	55	0	196		02:15:55
27	V	52	0	265		02:21:01
28	V	48	0	295		02:27:10
29	V	59	0	125		02:29:17
30	N	0	0	0	00:03:00	02:32:17
31	V	62	0	347		02:37:53
32	V	64	0	246		02:41:44
33	V	56	0	376		02:48:27
34	V	66	0	198		02:51:27

Tempo Andando: 02:22:57

Tempo Neutro: 00:28:30

Metragem Total: 8.082