



# Planilha: Tempos Ideais PARQUE DANAPE

Parque D'Anape

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:30	00:00:30
2	V	64	0	137		00:02:38
3	V	53	0	256		00:07:28
4	V	63	0	144		00:09:45
5	V	65	0	238		00:13:25
6	N	0	0	0	00:00:40	00:14:05
7	V	67	0	266		00:18:03
8	N	0	0	0	00:00:40	00:18:43
9	V	64	0	124		00:20:39
10	V	60	0	695		00:32:14
11	V	64	0	793		00:44:37
12	V	60	0	512		00:53:09
13	V	64	0	200		00:56:17
14	V	55	0	112		00:58:19
15	V	63	0	408		01:04:48
16	V	61	0	147		01:07:13
17	V	64	0	422		01:13:49
18	V	66	0	424		01:20:14
19	N	0	0	0	00:15:00	01:35:14
20	V	64	0	463		01:42:28
21	N	0	0	0	00:00:40	01:43:08
22	V	60	0	397		01:49:45
23	V	62	0	100		01:51:22
24	V	57	0	206		01:54:59
25	V	60	0	130		01:57:09
26	V	63	0	376		02:03:07
27	V	27	0	182		02:09:51
28	V	66	0	205		02:12:57
29	N	0	0	0	00:05:00	02:17:57
30	V	62	0	431		02:24:54
31	V	50	0	88		02:26:40
32	V	62	0	276		02:31:07
33	V	64	0	516		02:39:11
34	V	67	0	457		02:46:00
35	N	0	0	0	00:00:40	02:46:40
36	V	80	0	72		02:47:34
37	V	59	0	502		02:56:05
38	V	61	0	547		03:05:03
39	V	63	0	176		03:07:51
40	N	0	0	0	00:00:30	03:08:21

Tempo Andando: 02:44:41

Tempo Neutro: 00:23:40

Metragem Total: 10.002