



Planilha: Tempos Ideais PARQUE DANAPE

Parque D'Anape

Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:30	00:00:30
2	V	59	0	137		00:02:49
3	V	48	0	256		00:08:09
4	V	58	0	144		00:10:38
5	V	60	0	238		00:14:36
6	N	0	0	0	00:00:40	00:15:16
7	V	62	0	266		00:19:33
8	N	0	0	0	00:00:40	00:20:13
9	V	59	0	124		00:22:19
10	N	0	0	0	00:00:40	00:22:59
11	V	59	0	793		00:36:25
12	V	55	0	512		00:45:44
13	V	59	0	200		00:49:07
14	V	50	0	112		00:51:21
15	V	58	0	408		00:58:23
16	V	56	0	147		01:01:01
17	V	59	0	422		01:08:10
18	V	61	0	424		01:15:07
19	N	0	0	0	00:15:00	01:30:07
20	V	59	0	463		01:37:58
21	N	0	0	0	00:00:40	01:38:38
22	V	55	0	397		01:45:51
23	V	57	0	100		01:47:36
24	V	57	0	92		01:49:13
25	V	55	0	130		01:51:35
26	V	58	0	376		01:58:04
27	V	22	0	182		02:06:20
28	V	61	0	205		02:09:42
29	N	0	0	0	00:05:00	02:14:42
30	V	57	0	431		02:22:16
31	V	45	0	88		02:24:13
32	V	57	0	276		02:29:04
33	V	59	0	516		02:37:49
34	V	62	0	457		02:45:11
35	N	0	0	0	00:00:40	02:45:51
36	V	75	0	156		02:47:56
37	N	0	0	0	00:00:30	02:48:26

Tempo Andando: 02:24:06

Tempo Neutro: 00:24:20

Metragem Total: 8.052