



Planilha: Tempos Ideais

FAZENDA TERRA DA MATA



Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	285		00:04:45
2	V	62	0	642		00:15:06
3	V	60	0	286		00:19:52
4	V	62	0	290		00:24:33
5	V	49	0	216		00:28:57
6	V	57	0	156		00:31:41
7	V	60	0	247		00:35:48
8	V	62	0	785		00:48:28
9	N	0	0	0	00:01:00	00:49:28
10	V	60	0	108		00:51:16
11	N	0	0	0	00:04:44	00:56:00
12	V	59	0	377		01:02:23
13	V	30	0	75		01:04:53
14	V	58	0	464		01:12:53
15	V	60	0	520		01:21:33
16	V	40	0	524		01:34:39
17	N	0	0	0	00:03:00	01:37:39
18	V	60	0	154		01:40:13
19	N	0	0	0	00:01:00	01:41:13
20	V	48	0	117		01:43:39
21	V	59	0	260		01:48:03
22	V	55	0	336		01:54:10
23	V	57	0	220		01:58:02
24	N	0	0	0	00:14:58	02:13:00
25	V	56	0	484		02:21:39
26	V	30	0	76		02:24:11
27	V	62	0	58		02:25:07
28	V	55	0	263		02:29:54
29	V	60	0	157		02:32:31
30	V	44	0	256		02:38:20
31	V	61	0	343		02:43:57
32	V	55	0	357		02:50:26

Tempo Andando: 02:25:44

Tempo Neutro: 00:24:42

Metragem Total: 8.056