



# Planilha: Tempos Ideais CASARÃO DIURNA



Categoria: ELITE

| Trecho | Tipo | Velocidade | Início | Fim | Duração  | Hora Ideal |
|--------|------|------------|--------|-----|----------|------------|
| 1      | V    | 64         | 0      | 576 |          | 00:09:00   |
| 2      | V    | 67         | 0      | 285 |          | 00:13:15   |
| 3      | V    | 64         | 0      | 393 |          | 00:19:23   |
| 4      | V    | 61         | 0      | 226 |          | 00:23:05   |
| 5      | V    | 63         | 0      | 356 |          | 00:28:44   |
| 6      | V    | 49         | 0      | 124 |          | 00:31:16   |
| 7      | V    | 64         | 0      | 386 |          | 00:37:18   |
| 8      | V    | 47         | 0      | 95  |          | 00:39:19   |
| 9      | V    | 66         | 0      | 381 |          | 00:45:05   |
| 10     | V    | 63         | 0      | 361 |          | 00:50:49   |
| 11     | V    | 62         | 0      | 377 |          | 00:56:54   |
| 12     | V    | 64         | 0      | 573 |          | 01:05:51   |
| 13     | N    | 0          | 0      | 0   | 00:16:09 | 01:22:00   |
| 14     | V    | 65         | 0      | 83  |          | 01:23:17   |
| 15     | V    | 62         | 0      | 239 |          | 01:27:08   |
| 16     | V    | 64         | 0      | 607 |          | 01:36:37   |
| 17     | V    | 67         | 0      | 317 |          | 01:41:21   |
| 18     | V    | 61         | 0      | 106 |          | 01:43:05   |
| 19     | V    | 65         | 0      | 261 |          | 01:47:06   |
| 20     | V    | 64         | 0      | 229 |          | 01:50:41   |
| 21     | V    | 57         | 0      | 271 |          | 01:55:26   |
| 22     | V    | 61         | 0      | 349 |          | 02:01:09   |
| 23     | V    | 65         | 0      | 483 |          | 02:08:35   |
| 24     | V    | 51         | 0      | 233 |          | 02:13:09   |
| 25     | V    | 62         | 0      | 202 |          | 02:16:24   |
| 26     | V    | 64         | 0      | 292 |          | 02:20:58   |
| 27     | N    | 0          | 0      | 0   | 00:05:02 | 02:26:00   |
| 28     | V    | 67         | 0      | 398 |          | 02:31:56   |
| 29     | V    | 63         | 0      | 361 |          | 02:37:40   |
| 30     | V    | 57         | 0      | 175 |          | 02:40:44   |
| 31     | V    | 63         | 0      | 432 |          | 02:47:35   |
| 32     | V    | 62         | 0      | 236 |          | 02:51:23   |
| 33     | V    | 58         | 0      | 448 |          | 02:59:06   |
| 34     | V    | 67         | 0      | 264 |          | 03:03:02   |

Tempo Andando: 02:41:51

Tempo Neutro: 00:21:11

Metragem Total: 10.119