



# Planilha: Tempos Ideais CAMPING CARRION

**Quantum**  
CRONOMETRAGEM ESPORTIVA

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:30	00:00:30
2	V	66	0	120		00:02:19
3	V	64	0	737		00:13:50
4	V	67	0	420		00:20:06
5	V	65	0	268		00:24:13
6	V	48	0	178		00:27:56
7	V	64	0	335		00:33:10
8	V	65	0	672		00:43:30
9	V	66	0	673		00:53:42
10	N	0	0	0	00:01:18	00:55:00
11	V	60	0	177		00:57:57
12	N	0	0	0	00:16:03	01:14:00
13	V	66	0	298		01:18:31
14	V	69	0	852		01:30:52
15	N	0	0	0	00:01:08	01:32:00
16	V	67	0	1010		01:47:04
17	N	0	0	0	00:01:56	01:49:00
18	V	63	0	414		01:55:34
19	N	0	0	0	00:15:00	02:10:34
20	V	68	0	376		02:16:06
21	V	64	0	462		02:23:19
22	V	61	0	238		02:27:13
23	V	63	0	219		02:30:42
24	V	66	0	707		02:41:25
25	V	63	0	573		02:50:31
26	V	67	0	271		02:54:34
27	V	65	0	693		03:05:14
28	N	0	0	0	00:00:30	03:05:44

Tempo Andando: 02:29:19

Tempo Neutro: 00:36:25

Metragem Total: 9.693