



# Planilha: Tempos Ideais CAMPING CARRION

**Quantum**  
CRONOMETRAGEM ESPORTIVA

Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:30	00:00:30
2	V	61	0	120		00:02:28
3	N	0	0	0	00:00:30	00:02:58
4	V	62	0	420		00:09:44
5	V	60	0	268		00:14:12
6	V	43	0	178		00:18:20
7	V	59	0	335		00:24:01
8	V	60	0	672		00:35:13
9	V	61	0	673		00:46:15
10	N	0	0	0	00:01:45	00:48:00
11	V	55	0	177		00:51:13
12	N	0	0	0	00:15:47	01:07:00
13	V	61	0	298		01:11:53
14	V	64	0	852		01:25:12
15	N	0	0	0	00:01:48	01:27:00
16	V	62	0	1010		01:43:17
17	N	0	0	0	00:01:43	01:45:00
18	V	58	0	414		01:52:08
19	N	0	0	0	00:15:00	02:07:08
20	V	63	0	376		02:13:06
21	V	59	0	462		02:20:56
22	V	56	0	238		02:25:11
23	V	58	0	219		02:28:58
24	V	61	0	707		02:40:33
25	N	0	0	0	00:05:00	02:45:33
26	V	62	0	271		02:49:55
27	V	60	0	693		03:01:28
28	N	0	0	0	00:00:30	03:01:58

Tempo Andando: 02:19:25

Tempo Neutro: 00:42:33

Metragem Total: 8.383