



# Planilha: Tempos Ideais

## FAZENDA DAS OLIVEIRAS



Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:30	00:00:30
2	V	57	0	93		00:02:08
3	V	42	0	221		00:07:24
4	V	55	0	86		00:08:58
5	N	0	0	0	00:01:02	00:10:00
6	V	45	0	443		00:19:51
7	N	0	0	0	00:01:09	00:21:00
8	V	62	0	278		00:25:29
9	N	0	0	0	00:00:31	00:26:00
10	V	61	0	603		00:35:53
11	V	43	0	110		00:38:26
12	V	60	0	186		00:41:32
13	V	43	0	276		00:47:57
14	V	60	0	203		00:51:20
15	V	59	0	143		00:53:45
16	V	40	0	215		00:59:08
17	N	0	0	0	00:05:52	01:05:00
18	V	58	0	176		01:08:02
19	N	0	0	0	00:00:58	01:09:00
20	V	55	0	140		01:11:33
21	N	0	0	0	00:00:27	01:12:00
22	V	58	0	140		01:14:25
23	N	0	0	0	00:00:35	01:15:00
24	V	57	0	514		01:24:01
25	N	0	0	0	00:01:59	01:26:00
26	V	61	0	37		01:26:36
27	V	67	0	422		01:32:54
28	V	57	0	119		01:34:59
29	V	60	0	173		01:37:52
30	N	0	0	0	00:16:08	01:54:00
31	V	53	0	180		01:57:24
32	V	60	0	620		02:07:44
33	N	0	0	0	00:01:16	02:09:00
34	V	57	0	304		02:14:20
35	V	40	0	135		02:17:43
36	N	0	0	0	00:01:17	02:19:00
37	V	57	0	248		02:23:21
38	V	61	0	903		02:38:09
39	V	61	0	467		02:45:48
40	V	62	0	190		02:48:52
41	V	63	0	865		03:02:36
42	V	62	0	265		03:06:52
43	V	55	0	166		03:09:53
44	V	60	0	480		03:17:53
45	V	60	0	30		03:18:23

Tempo Andando: 02:46:39

Tempo Neutro: 00:31:44

Metragem Total: 9.431