



Planilha: Tempos Ideais PARQUE ECOLÓGICO



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	72	0	106		00:01:28
2	V	47	0	109		00:03:47
3	V	56	0	254		00:08:19
4	V	66	0	162		00:10:46
5	V	62	0	110		00:12:32
6	V	68	0	102		00:14:02
7	V	74	0	449		00:20:06
8	V	57	0	72		00:21:22
9	V	68	0	463		00:28:11
10	V	62	0	200		00:31:25
11	V	66	0	376		00:37:07
12	V	64	0	302		00:41:50
13	V	74	0	419		00:47:30
14	V	66	0	125		00:49:24
15	V	74	0	135		00:51:13
16	N	0	0	0	00:15:00	01:06:13
17	V	70	0	447		01:12:36
18	N	0	0	0	00:01:00	01:13:36
19	V	65	0	213		01:16:53
20	V	55	0	378		01:23:45
21	V	65	0	496		01:31:23
22	V	67	0	606		01:40:26
23	V	66	0	492		01:47:53
24	V	56	0	502		01:56:51
25	V	63	0	256		02:00:55
26	N	0	0	0	00:05:00	02:05:55
27	V	75	0	362		02:10:45
28	V	63	0	466		02:18:09
29	N	0	0	0	00:03:00	02:21:09
30	V	66	0	490		02:28:34
31	V	63	0	303		02:33:23
32	V	65	0	440		02:40:09
33	V	67	0	947		02:54:17
34	V	56	0	115		02:56:20
35	V	68	0	639		03:05:44
36	V	73	0	296		03:09:47
37	V	74	0	13		03:09:58

Tempo Andando: 02:45:58

Tempo Neutro: 00:24:00

Metragem Total: 10.845