



Planilha: Tempos Ideais PARQUE ECOLÓGICO



Categoria: GRADUADOS

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	54	0	254		00:08:29
4	V	64	0	162		00:11:01
5	V	60	0	110		00:12:51
6	V	66	0	102		00:14:24
7	V	72	0	449		00:20:38
8	V	55	0	72		00:21:57
9	V	66	0	463		00:28:58
10	V	60	0	200		00:32:18
11	V	64	0	376		00:38:11
12	V	62	0	302		00:43:03
13	V	72	0	419		00:48:52
14	V	64	0	125		00:50:49
15	V	72	0	135		00:52:42
16	N	0	0	0	00:15:00	01:07:42
17	V	70	0	447		01:14:05
18	N	0	0	0	00:01:00	01:15:05
19	V	63	0	213		01:18:28
20	V	53	0	378		01:25:36
21	V	63	0	496		01:33:28
22	V	65	0	606		01:42:47
23	V	64	0	492		01:50:28
24	V	54	0	502		01:59:46
25	V	61	0	256		02:03:58
26	N	0	0	0	00:05:00	02:08:58
27	V	73	0	362		02:13:56
28	V	61	0	466		02:21:34
29	N	0	0	0	00:03:00	02:24:34
30	V	64	0	490		02:32:13
31	V	61	0	303		02:37:11
32	V	63	0	440		02:44:10
33	V	65	0	947		02:58:44
34	V	54	0	115		03:00:52
35	V	66	0	639		03:10:33
36	V	71	0	296		03:14:43
37	V	72	0	13		03:14:54

Tempo Andando: 02:50:54

Tempo Neutro: 00:24:00

Metragem Total: 10.845