



Planilha: Tempos Ideais PARQUE ECOLÓGICO



Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	67	0	106		00:01:35
2	V	42	0	109		00:04:11
3	V	49	0	254		00:09:22
4	V	59	0	162		00:12:07
5	V	55	0	110		00:14:07
6	V	61	0	102		00:15:47
7	V	67	0	449		00:22:29
8	V	50	0	72		00:23:55
9	V	61	0	463		00:31:30
10	V	55	0	200		00:35:08
11	V	59	0	376		00:41:30
12	V	57	0	302		00:46:48
13	V	67	0	419		00:53:03
14	V	59	0	125		00:55:10
15	V	67	0	135		00:57:11
16	N	0	0	0	00:15:00	01:12:11
17	V	65	0	447		01:19:04
18	N	0	0	0	00:01:00	01:20:04
19	V	58	0	213		01:23:44
20	V	65	0	43		01:24:24
21	V	61	0	46		01:25:09
22	V	60	0	606		01:35:15
23	V	59	0	492		01:43:35
24	V	49	0	502		01:53:50
25	V	56	0	256		01:58:24
26	N	0	0	0	00:05:00	02:03:24
27	V	68	0	362		02:08:43
28	V	56	0	466		02:17:02
29	N	0	0	0	00:03:00	02:20:02
30	V	59	0	490		02:28:20
31	V	56	0	303		02:33:45
32	V	58	0	440		02:41:20
33	V	60	0	947		02:57:07
34	V	49	0	115		02:59:28
35	V	61	0	639		03:09:57
36	V	66	0	296		03:14:26
37	V	67	0	13		03:14:38

Tempo Andando: 02:50:38

Tempo Neutro: 00:24:00

Metragem Total: 10.060