



# Planilha: Tempos Ideais SINTAEMA



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:10	00:00:10
2	V	66	0	254		00:04:01
3	V	68	0	577		00:12:30
4	N	0	0	0	00:01:00	00:13:30
5	V	65	0	155		00:15:53
6	V	74	0	594		00:23:55
7	V	66	0	210		00:27:06
8	N	0	0	0	00:00:30	00:27:36
9	V	67	0	311		00:32:15
10	N	0	0	0	00:00:30	00:32:45
11	V	68	0	588		00:41:24
12	N	0	0	0	00:02:00	00:43:24
13	V	66	0	69		00:44:27
14	V	50	0	248		00:49:25
15	N	0	0	0	00:00:30	00:49:55
16	V	66	0	105		00:51:30
17	N	0	0	0	00:00:30	00:52:00
18	V	56	0	105		00:53:53
19	N	0	0	0	00:00:30	00:54:23
20	V	70	0	749		01:05:05
21	N	0	0	0	00:15:00	01:20:05
22	V	63	0	617		01:29:53
23	V	58	0	122		01:31:59
24	V	62	0	438		01:39:03
25	V	65	0	477		01:46:23
26	V	60	0	231		01:50:14
27	V	60	0	388		01:56:42
28	V	44	0	348		02:04:37
29	V	65	0	172		02:07:16
30	V	60	0	199		02:10:35
31	V	64	0	433		02:17:21
32	V	61	0	291		02:22:07
33	V	65	0	390		02:28:07
34	V	62	0	180		02:31:01
35	V	64	0	416		02:37:31
36	V	52	0	140		02:40:13
37	N	0	0	0	00:02:00	02:42:13
38	V	65	0	170		02:44:50
39	V	45	0	144		02:48:02
40	N	0	0	0	00:02:00	02:50:02
41	V	65	0	608		02:59:23
42	V	80	0	261		03:02:39
43	V	60	0	10		03:02:49

Tempo Andando: 02:38:09

Tempo Neutro: 00:24:40

Metragem Total: 10.000