



Planilha: Tempos Ideais SINTAEMA



Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:10	00:00:10
2	V	63	0	254		00:04:12
3	V	65	0	577		00:13:05
4	N	0	0	0	00:01:00	00:14:05
5	V	62	0	155		00:16:35
6	V	71	0	594		00:24:57
7	V	63	0	210		00:28:17
8	N	0	0	0	00:00:30	00:28:47
9	V	64	0	311		00:33:39
10	N	0	0	0	00:00:30	00:34:09
11	V	65	0	588		00:43:12
12	N	0	0	0	00:02:00	00:45:12
13	V	63	0	69		00:46:18
14	V	47	0	248		00:51:35
15	N	0	0	0	00:00:30	00:52:05
16	V	63	0	105		00:53:45
17	N	0	0	0	00:00:30	00:54:15
18	V	53	0	105		00:56:14
19	N	0	0	0	00:00:30	00:56:44
20	V	67	0	749		01:07:55
21	N	0	0	0	00:15:00	01:22:55
22	V	60	0	617		01:33:12
23	V	55	0	122		01:35:25
24	V	59	0	438		01:42:50
25	V	62	0	477		01:50:32
26	V	57	0	231		01:54:35
27	V	57	0	388		02:01:23
28	V	41	0	348		02:09:52
29	V	62	0	172		02:12:38
30	V	57	0	199		02:16:07
31	V	61	0	433		02:23:13
32	V	58	0	291		02:28:14
33	V	62	0	390		02:34:31
34	V	59	0	180		02:37:34
35	V	61	0	416		02:44:23
36	V	49	0	140		02:47:14
37	N	0	0	0	00:02:00	02:49:14
38	V	62	0	170		02:51:59
39	V	42	0	144		02:55:25
40	N	0	0	0	00:02:00	02:57:25
41	V	62	0	608		03:07:13
42	V	77	0	261		03:10:36
43	V	60	0	10		03:10:46

Tempo Andando: 02:46:06

Tempo Neutro: 00:24:40

Metragem Total: 10.000