



# Planilha: Tempos Ideais TERRA DA MATA

**Quantum**  
CRONOMETRAGEM ESPORTIVA

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	55	0	109		00:01:59
2	V	64	0	269		00:06:11
3	V	66	0	107		00:07:48
4	V	60	0	1020		00:24:48
5	V	65	0	316		00:29:40
6	V	74	0	370		00:34:40
7	V	78	0	287		00:38:21
8	V	72	0	446		00:44:33
9	V	61	0	241		00:48:30
10	V	70	0	107		00:50:02
11	V	44	0	107		00:52:28
12	N	0	0	0	00:01:00	00:53:28
13	V	42	0	107		00:56:01
14	N	0	0	0	00:01:00	00:57:01
15	V	40	0	107		00:59:41
16	N	0	0	0	00:01:00	01:00:41
17	V	58	0	15		01:00:57
18	V	66	0	385		01:06:47
19	V	50	0	190		01:10:35
20	V	59	0	500		01:19:03
21	N	0	0	0	00:15:00	01:34:03
22	V	69	0	426		01:40:13
23	V	68	0	472		01:47:09
24	V	65	0	203		01:50:16
25	V	60	0	1020		02:07:16
26	V	66	0	143		02:09:26
27	V	62	0	770		02:21:51
28	V	64	0	132		02:23:55
29	V	50	0	221		02:28:20

Tempo Andando: 02:10:20

Tempo Neutro: 00:18:00

Metragem Total: 8.070