



Planilha: Tempos Ideais TERRA DA MATA

Quantum
CRONOMETRAGEM ESPORTIVA

Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	52	0	109		00:02:06
2	V	60	0	269		00:06:35
3	V	62	0	107		00:08:19
4	V	60	0	1200		00:28:19
5	V	62	0	316		00:33:25
6	V	68	0	370		00:38:51
7	V	70	0	287		00:42:57
8	V	68	0	446		00:49:31
9	V	56	0	241		00:53:49
10	V	66	0	107		00:55:26
11	V	40	0	107		00:58:06
12	N	0	0	0	00:01:00	00:59:06
13	V	40	0	107		01:01:46
14	N	0	0	0	00:01:00	01:02:46
15	V	40	0	107		01:05:26
16	N	0	0	0	00:01:00	01:06:26
17	V	40	0	15		01:06:49
18	V	62	0	385		01:13:02
19	V	46	0	190		01:17:10
20	V	54	0	500		01:26:26
21	N	0	0	0	00:15:00	01:41:26
22	V	66	0	426		01:47:53
23	V	64	0	472		01:55:16
24	V	61	0	203		01:58:36
25	N	0	0	0	00:02:00	02:00:36
26	V	62	0	143		02:02:54
27	V	58	0	770		02:16:11
28	V	60	0	132		02:18:23
29	V	46	0	221		02:23:11

Tempo Andando: 02:03:11

Tempo Neutro: 00:20:00

Metragem Total: 7.230