



Planilha: Tempos Ideais VIVA PARQUE

VIVA ECOPARQUE

Categoria: ELITE

| Trecho | Tipo | Velocidade | Início | Fim | Duração | Hora Ideal |
|--------|------|------------|--------|-----|----------|------------|
| 1 | V | 68 | 0 | 85 | | 00:01:15 |
| 2 | V | 50 | 0 | 75 | | 00:02:45 |
| 3 | V | 68 | 0 | 70 | | 00:03:47 |
| 4 | V | 45 | 0 | 35 | | 00:04:34 |
| 5 | V | 62 | 0 | 212 | | 00:07:59 |
| 6 | V | 54 | 0 | 191 | | 00:11:31 |
| 7 | N | 0 | 0 | 0 | 00:02:00 | 00:13:31 |
| 8 | V | 59 | 0 | 492 | | 00:21:51 |
| 9 | V | 56 | 0 | 284 | | 00:26:55 |
| 10 | V | 66 | 0 | 718 | | 00:37:48 |
| 11 | V | 62 | 0 | 240 | | 00:41:40 |
| 12 | V | 52 | 0 | 125 | | 00:44:04 |
| 13 | V | 69 | 0 | 587 | | 00:52:34 |
| 14 | V | 66 | 0 | 107 | | 00:54:11 |
| 15 | N | 0 | 0 | 0 | 00:02:00 | 00:56:11 |
| 16 | V | 25 | 0 | 141 | | 01:01:49 |
| 17 | N | 0 | 0 | 0 | 00:03:00 | 01:04:49 |
| 18 | V | 59 | 0 | 250 | | 01:09:03 |
| 19 | V | 48 | 0 | 59 | | 01:10:17 |
| 20 | V | 60 | 0 | 64 | | 01:11:21 |
| 21 | V | 48 | 0 | 708 | | 01:26:06 |
| 22 | V | 39 | 0 | 195 | | 01:31:06 |
| 23 | V | 64 | 0 | 236 | | 01:34:47 |
| 24 | V | 68 | 0 | 401 | | 01:40:41 |
| 25 | N | 0 | 0 | 0 | 00:15:00 | 01:55:41 |
| 26 | V | 58 | 0 | 242 | | 01:59:51 |
| 27 | V | 68 | 0 | 283 | | 02:04:01 |
| 28 | V | 50 | 0 | 100 | | 02:06:01 |
| 29 | V | 66 | 0 | 321 | | 02:10:53 |
| 30 | V | 62 | 0 | 197 | | 02:14:04 |
| 31 | V | 74 | 0 | 858 | | 02:25:40 |
| 32 | N | 0 | 0 | 0 | 00:03:00 | 02:28:40 |
| 33 | V | 60 | 0 | 31 | | 02:29:11 |
| 34 | V | 58 | 0 | 384 | | 02:35:48 |
| 35 | V | 50 | 0 | 130 | | 02:38:24 |
| 36 | V | 62 | 0 | 360 | | 02:44:12 |
| 37 | N | 0 | 0 | 0 | 00:01:01 | 02:45:13 |
| 38 | V | 68 | 0 | 189 | | 02:48:00 |
| 39 | V | 58 | 0 | 230 | | 02:51:58 |
| 40 | V | 66 | 0 | 350 | | 02:57:16 |
| 41 | V | 72 | 0 | 228 | | 03:00:26 |
| 42 | V | 70 | 0 | 133 | | 03:02:20 |
| 43 | N | 0 | 0 | 0 | 00:03:00 | 03:05:20 |
| 44 | V | 66 | 0 | 236 | | 03:08:55 |
| 45 | V | 68 | 0 | 235 | | 03:12:22 |
| 46 | V | 77 | 0 | 144 | | 03:14:14 |

Tempo Andando: 02:45:13

Tempo Neutro: 00:29:01

Metragem Total: 9.926