



Planilha: Tempos Ideais COLINAS DE CABREÚVA



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	222		00:03:42
2	V	55	0	65		00:04:53
3	V	44	0	280		00:11:15
4	N	0	0	0	00:02:00	00:13:15
5	V	34	0	177		00:18:27
6	V	58	0	33		00:19:01
7	N	0	0	0	00:03:00	00:22:01
8	V	64	0	459		00:29:11
9	V	67	0	183		00:31:55
10	V	64	0	173		00:34:37
11	V	66	0	258		00:38:32
12	V	60	0	428		00:45:40
13	V	58	0	300		00:50:50
14	V	54	0	229		00:55:04
15	N	0	0	0	00:02:00	00:57:04
16	V	38	0	233		01:03:12
17	V	56	0	109		01:05:09
18	V	75	0	74		01:06:08
19	V	62	0	280		01:10:39
20	V	64	0	221		01:14:06
21	V	60	0	257		01:18:23
22	N	0	0	0	00:15:00	01:33:23
23	V	56	0	305		01:38:50
24	V	60	0	358		01:44:48
25	V	56	0	139		01:47:17
26	V	70	0	14		01:47:29
27	V	50	0	160		01:50:41
28	N	0	0	0	00:03:00	01:53:41
29	V	65	0	179		01:56:26
30	V	54	0	354		02:02:59
31	N	0	0	0	00:03:01	02:06:00
32	V	62	0	199		02:09:13
33	V	58	0	121		02:11:18
34	V	61	0	179		02:14:14
35	V	64	0	315		02:19:09
36	V	54	0	197		02:22:48
37	V	42	0	131		02:25:55
38	V	40	0	125		02:29:03
39	V	62	0	88		02:30:28
40	V	64	0	327		02:35:35
41	V	42	0	130		02:38:41
42	N	0	0	0	00:02:00	02:40:41
43	V	56	0	234		02:44:52
44	V	60	0	143		02:47:15
45	N	0	0	0	00:01:00	02:48:15
46	V	72	0	84		02:49:25

Tempo Andando: 02:18:24

Tempo Neutro: 00:31:01

Metragem Total: 7.763