



Planilha: Tempos Ideais COLINAS DE CABREÚVA



Categoria: TREKKERS

| Trecho | Tipo | Velocidade | Início | Fim | Duração | Hora Ideal |
|--------|------|------------|--------|-----|----------|------------|
| 1 | V | 57 | 0 | 222 | | 00:03:54 |
| 2 | V | 52 | 0 | 65 | | 00:05:09 |
| 3 | V | 41 | 0 | 280 | | 00:11:59 |
| 4 | N | 0 | 0 | 0 | 00:02:00 | 00:13:59 |
| 5 | V | 31 | 0 | 177 | | 00:19:42 |
| 6 | V | 55 | 0 | 33 | | 00:20:18 |
| 7 | N | 0 | 0 | 0 | 00:03:00 | 00:23:18 |
| 8 | V | 61 | 0 | 459 | | 00:30:49 |
| 9 | V | 64 | 0 | 183 | | 00:33:41 |
| 10 | V | 61 | 0 | 173 | | 00:36:31 |
| 11 | V | 63 | 0 | 258 | | 00:40:37 |
| 12 | V | 57 | 0 | 428 | | 00:48:08 |
| 13 | V | 55 | 0 | 300 | | 00:53:35 |
| 14 | V | 51 | 0 | 229 | | 00:58:04 |
| 15 | N | 0 | 0 | 0 | 00:02:00 | 01:00:04 |
| 16 | V | 35 | 0 | 233 | | 01:06:43 |
| 17 | V | 53 | 0 | 109 | | 01:08:46 |
| 18 | V | 72 | 0 | 74 | | 01:09:48 |
| 19 | V | 59 | 0 | 280 | | 01:14:33 |
| 20 | V | 61 | 0 | 221 | | 01:18:10 |
| 21 | V | 57 | 0 | 257 | | 01:22:41 |
| 22 | N | 0 | 0 | 0 | 00:15:00 | 01:37:41 |
| 23 | V | 53 | 0 | 305 | | 01:43:26 |
| 24 | V | 57 | 0 | 358 | | 01:49:43 |
| 25 | V | 53 | 0 | 139 | | 01:52:20 |
| 26 | V | 67 | 0 | 14 | | 01:52:33 |
| 27 | V | 47 | 0 | 160 | | 01:55:57 |
| 28 | N | 0 | 0 | 0 | 00:03:00 | 01:58:57 |
| 29 | V | 62 | 0 | 179 | | 02:01:50 |
| 30 | V | 51 | 0 | 354 | | 02:08:46 |
| 31 | N | 0 | 0 | 0 | 00:01:14 | 02:10:00 |
| 32 | V | 59 | 0 | 199 | | 02:13:22 |
| 33 | V | 55 | 0 | 121 | | 02:15:34 |
| 34 | V | 58 | 0 | 179 | | 02:18:39 |
| 35 | V | 61 | 0 | 315 | | 02:23:49 |
| 36 | V | 51 | 0 | 197 | | 02:27:41 |
| 37 | V | 39 | 0 | 131 | | 02:31:03 |
| 38 | V | 37 | 0 | 125 | | 02:34:26 |
| 39 | V | 59 | 0 | 88 | | 02:35:55 |
| 40 | V | 61 | 0 | 327 | | 02:41:17 |
| 41 | V | 39 | 0 | 130 | | 02:44:37 |
| 42 | N | 0 | 0 | 0 | 00:02:00 | 02:46:37 |
| 43 | V | 53 | 0 | 234 | | 02:51:02 |
| 44 | V | 57 | 0 | 143 | | 02:53:33 |
| 45 | N | 0 | 0 | 0 | 00:01:00 | 02:54:33 |
| 46 | V | 69 | 0 | 84 | | 02:55:46 |

Tempo Andando: 02:26:32

Tempo Neutro: 00:29:14

Metragem Total: 7.763