



Planilha: Tempos Ideais CAMPING PARAGUAÇU



Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	62	0	150		00:02:25
2	V	37	0	156		00:06:38
3	V	53	0	108		00:08:40
4	V	55	0	86		00:10:14
5	V	47	0	203		00:14:33
6	V	51	0	156		00:17:37
7	V	59	0	235		00:21:36
8	V	37	0	77		00:23:41
9	V	61	0	266		00:28:03
10	V	62	0	260		00:32:15
11	V	59	0	216		00:35:55
12	N	0	0	0	00:02:00	00:37:55
13	V	57	0	368		00:44:22
14	V	56	0	118		00:46:28
15	V	62	0	111		00:48:15
16	V	39	0	161		00:52:23
17	V	57	0	274		00:57:11
18	V	35	0	228		01:03:42
19	V	53	0	138		01:06:18
20	V	65	0	433		01:12:58
21	V	57	0	286		01:17:59
22	V	65	0	90		01:19:22
23	N	0	0	0	00:15:00	01:34:22
24	V	61	0	169		01:37:08
25	V	63	0	115		01:38:58
26	V	51	0	98		01:40:53
27	V	62	0	114		01:42:43
28	V	49	0	170		01:46:11
29	V	55	0	319		01:51:59
30	N	0	0	0	00:01:00	01:52:59
31	V	57	0	259		01:57:32
32	V	53	0	176		02:00:51
33	V	49	0	239		02:05:44
34	V	61	0	202		02:09:03
35	N	0	0	0	00:04:00	02:13:03
36	V	54	0	277		02:18:11
37	V	57	0	170		02:21:10
38	V	59	0	140		02:23:32
39	V	59	0	382		02:30:00
40	V	58	0	629		02:40:51

Tempo Andando: 02:18:51

Tempo Neutro: 00:22:00

Metragem Total: 7.579