



Planilha: Tempos Ideais TAPIRAÍ



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	69	0	204		00:02:57
2	V	72	0	206		00:05:49
3	V	72	0	658		00:14:57
4	V	58	0	236		00:19:01
5	V	54	0	267		00:23:58
6	V	60	0	169		00:26:47
7	V	60	0	257		00:31:04
8	V	62	0	160		00:33:39
9	V	52	0	160		00:36:44
10	V	60	0	336		00:42:20
11	V	56	0	238		00:46:35
12	V	55	0	282		00:51:43
13	V	68	0	85		00:52:58
14	V	57	0	240		00:57:11
15	V	62	0	422		01:03:59
16	V	60	0	197		01:07:16
17	V	42	0	143		01:10:40
18	V	60	0	101		01:12:21
19	V	42	0	221		01:17:37
20	N	0	0	0	00:02:00	01:19:37
21	V	44	0	112		01:22:10
22	N	0	0	0	00:02:00	01:24:10
23	V	60	0	262		01:28:32
24	V	63	0	210		01:31:52
25	V	66	0	312		01:36:36
26	V	68	0	243		01:40:10
27	V	65	0	378		01:45:59
28	N	0	0	0	00:05:00	01:50:59
29	V	64	0	349		01:56:26
30	V	60	0	160		01:59:06
31	V	52	0	45		01:59:58
32	V	28	0	405		02:14:26
33	V	48	0	157		02:17:42
34	V	50	0	357		02:24:50
35	V	66	0	177		02:27:31
36	N	0	0	0	00:05:00	02:32:31
37	V	65	0	310		02:37:17
38	V	50	0	62		02:38:31
39	V	42	0	92		02:40:42
40	N	0	0	0	00:03:00	02:43:42
41	V	40	0	172		02:48:00
42	N	0	0	0	00:15:01	03:03:01
43	V	65	0	751		03:14:34
44	V	50	0	51		03:15:35
45	V	68	0	1647		03:39:48
46	V	70	0	844		03:51:51
47	V	72	0	401		03:57:25
48	V	74	0	332		04:01:54

Tempo Andando: 03:29:53

Tempo Neutro: 00:32:01

Metragem Total: 12.411