



# Planilha: Tempos Ideais TAPIRAÍ



Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	66	0	204		00:03:05
2	V	68	0	206		00:06:07
3	V	66	0	658		00:16:05
4	V	55	0	236		00:20:22
5	V	51	0	267		00:25:36
6	V	57	0	169		00:28:34
7	V	56	0	257		00:33:09
8	V	59	0	160		00:35:52
9	V	49	0	160		00:39:08
10	V	57	0	336		00:45:02
11	V	53	0	238		00:49:31
12	V	52	0	282		00:54:56
13	V	65	0	85		00:56:14
14	V	54	0	240		01:00:41
15	V	59	0	422		01:07:50
16	V	57	0	197		01:11:17
17	V	39	0	143		01:14:57
18	V	57	0	101		01:16:43
19	V	39	0	221		01:22:23
20	N	0	0	0	00:02:01	01:24:24
21	V	41	0	112		01:27:08
22	N	0	0	0	00:02:00	01:29:08
23	V	57	0	262		01:33:44
24	V	60	0	210		01:37:14
25	V	63	0	312		01:42:11
26	V	65	0	243		01:45:55
27	V	62	0	378		01:52:01
28	N	0	0	0	00:05:00	01:57:01
29	V	61	0	349		02:02:44
30	V	57	0	160		02:05:32
31	V	49	0	45		02:06:27
32	V	26	0	405		02:22:02
33	V	45	0	157		02:25:31
34	V	47	0	357		02:33:07
35	V	63	0	177		02:35:56
36	N	0	0	0	00:05:00	02:40:56
37	V	62	0	310		02:45:56
38	V	47	0	62		02:47:15
39	V	39	0	92		02:49:37
40	N	0	0	0	00:03:00	02:52:37
41	V	37	0	172		02:57:16
42	N	0	0	0	00:15:00	03:12:16
43	V	62	0	751		03:24:23
44	V	47	0	51		03:25:28
45	V	65	0	928		03:39:45

Tempo Andando: 03:07:44

Tempo Neutro: 00:32:01

Metragem Total: 10.115