



Planilha: Tempos Ideais ARARITA



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:30	00:00:30
2	V	60	0	377		00:06:47
3	V	58	0	106		00:08:37
4	V	62	0	127		00:10:40
5	V	60	0	207		00:14:07
6	V	56	0	162		00:17:01
7	V	65	0	313		00:21:50
8	V	61	0	719		00:33:37
9	V	59	0	168		00:36:28
10	V	22	0	48		00:38:39
11	V	50	0	204		00:42:44
12	V	61	0	572		00:52:07
13	V	66	0	236		00:55:42
14	V	58	0	109		00:57:35
15	V	65	0	228		01:01:05
16	V	66	0	139		01:03:11
17	N	0	0	0	00:05:00	01:08:11
18	V	60	0	215		01:11:46
19	V	64	0	337		01:17:02
20	N	0	0	0	00:15:00	01:32:02
21	V	69	0	197		01:34:53
22	V	54	0	197		01:38:32
23	V	52	0	234		01:43:02
24	V	56	0	280		01:48:02
25	V	60	0	314		01:53:16
26	V	58	0	625		02:04:03
27	V	64	0	174		02:06:46
28	N	0	0	0	00:05:00	02:11:46
29	V	67	0	140		02:13:51
30	V	70	0	75		02:14:55
31	V	64	0	213		02:18:15
32	V	60	0	331		02:23:46
33	V	66	0	500		02:31:21
34	V	60	0	183		02:34:24
35	V	59	0	237		02:38:25
36	V	64	0	221		02:41:52
37	V	60	0	215		02:45:27
38	N	0	0	0	00:03:44	02:49:11
39	V	56	0	300		02:54:32
40	V	65	0	302		02:59:11
41	V	84	0	70		03:00:01

Tempo Andando: 02:30:47

Tempo Neutro: 00:29:14

Metragem Total: 9.075