



Planilha: Tempos Ideais ARARITA



Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	N	0	0	0	00:00:10	00:00:10
2	V	57	0	377		00:06:47
3	V	55	0	106		00:08:43
4	V	59	0	127		00:10:52
5	V	57	0	207		00:14:30
6	V	53	0	162		00:17:33
7	V	62	0	313		00:22:36
8	V	57	0	719		00:35:13
9	V	56	0	169		00:38:14
10	V	50	0	32		00:38:52
11	V	47	0	159		00:42:15
12	V	58	0	572		00:52:07
13	V	63	0	236		00:55:52
14	V	55	0	109		00:57:51
15	V	62	0	228		01:01:32
16	V	63	0	139		01:03:44
17	N	0	0	0	00:05:00	01:08:44
18	V	57	0	215		01:12:30
19	V	61	0	337		01:18:01
20	N	0	0	0	00:14:00	01:32:01
21	V	66	0	197		01:35:00
22	V	51	0	197		01:38:52
23	V	49	0	234		01:43:39
24	V	53	0	280		01:48:56
25	V	57	0	314		01:54:27
26	V	55	0	625		02:05:49
27	V	61	0	174		02:08:40
28	N	0	0	0	00:03:00	02:11:40
29	V	64	0	140		02:13:51
30	V	67	0	75		02:14:58
31	V	61	0	213		02:18:28
32	V	57	0	331		02:24:16
33	V	63	0	500		02:32:12
34	V	57	0	183		02:35:25
35	V	56	0	237		02:39:39
36	V	61	0	221		02:43:16
37	V	57	0	215		02:47:02
38	N	0	0	0	00:02:00	02:49:02
39	V	53	0	300		02:54:42
40	V	62	0	302		02:59:34
41	V	84	0	70		03:00:24

Tempo Andando: 02:36:14

Tempo Neutro: 00:24:10

Metragem Total: 9.015