



Planilha: Tempos Ideais CASARÃO DE ITU

CASARÃO
de Itu

Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	200		00:03:20
2	V	70	0	100		00:04:46
3	V	65	0	100		00:06:18
4	V	60	0	100		00:07:58
5	V	55	0	100		00:09:47
6	V	50	0	100		00:11:47
7	V	70	0	100		00:13:13
8	V	55	0	100		00:15:02
9	V	80	0	201		00:17:33
10	N	0	0	0	00:01:27	00:19:00
11	V	57	0	255		00:23:28
12	V	55	0	306		00:29:02
13	V	50	0	127		00:31:34
14	V	66	0	232		00:35:05
15	V	62	0	215		00:38:33
16	V	63	0	277		00:42:57
17	V	65	0	307		00:47:40
18	V	52	0	448		00:56:17
19	V	58	0	255		01:00:41
20	V	62	0	240		01:04:33
21	V	67	0	197		01:07:29
22	V	69	0	305		01:11:54
23	V	70	0	115		01:13:33
24	V	74	0	106		01:14:59
25	N	0	0	0	00:15:01	01:30:00
26	V	60	0	240		01:34:00
27	V	58	0	254		01:38:23
28	V	65	0	256		01:42:19
29	V	62	0	238		01:46:09
30	V	66	0	124		01:48:02
31	N	0	0	0	00:03:00	01:51:02
32	V	40	0	43		01:52:06
33	V	57	0	348		01:58:12
34	V	54	0	224		02:02:21
35	V	65	0	281		02:06:40
36	V	68	0	225		02:09:59
37	V	46	0	137		02:12:58
38	N	0	0	0	00:03:00	02:15:58
39	V	54	0	161		02:18:57
40	V	56	0	191		02:22:22
41	V	43	0	214		02:27:21
42	V	56	0	305		02:32:48
43	N	0	0	0	00:02:00	02:34:48
44	V	60	0	189		02:37:57
45	V	58	0	237		02:42:02
46	V	56	0	112		02:44:02
47	V	54	0	309		02:49:45
48	N	0	0	0	00:02:00	02:51:45
49	V	60	0	140		02:54:05
50	V	60	0	268		02:58:33
51	V	64	0	214		03:01:54
52	N	0	0	0	00:05:00	03:06:54

53	V	85	0	28	03:07:14
54	V	60	0	100	03:08:54
55	V	50	0	100	03:10:54
56	V	55	0	100	03:12:43
57	V	60	0	100	03:14:23
58	V	62	0	100	03:16:00
59	V	70	0	100	03:17:26
60	V	80	0	90	03:18:34

Tempo Andando: 02:47:06

Tempo Neutro: 00:31:28

Metragem Total: 9.914