



Planilha: Tempos Ideais CASARÃO DE ITU

CASARÃO
de Itu

Categoria: TREKKERS

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	200		00:03:20
2	V	64	0	100		00:04:54
3	V	62	0	100		00:06:31
4	V	57	0	100		00:08:16
5	V	52	0	100		00:10:11
6	V	47	0	100		00:12:19
7	V	67	0	100		00:13:49
8	V	52	0	100		00:15:44
9	V	77	0	201		00:18:21
10	N	0	0	0	00:01:10	00:19:31
11	V	54	0	255		00:24:14
12	V	50	0	306		00:30:21
13	V	48	0	127		00:33:00
14	V	60	0	232		00:36:52
15	V	58	0	215		00:40:34
16	V	60	0	277		00:45:11
17	V	63	0	307		00:50:03
18	V	50	0	448		00:59:01
19	V	55	0	255		01:03:39
20	V	58	0	240		01:07:47
21	V	62	0	197		01:10:58
22	V	66	0	305		01:15:35
23	V	70	0	115		01:17:14
24	V	72	0	106		01:18:42
25	N	0	0	0	00:11:18	01:30:00
26	V	60	0	240		01:34:00
27	V	55	0	254		01:38:37
28	V	62	0	256		01:42:45
29	V	58	0	238		01:46:51
30	V	62	0	124		01:48:51
31	N	0	0	0	00:02:00	01:50:51
32	V	35	0	43		01:52:05
33	V	54	0	348		01:58:32
34	V	50	0	224		02:03:01
35	V	62	0	281		02:07:33
36	V	65	0	225		02:11:01
37	V	42	0	137		02:14:17
38	N	0	0	0	00:02:00	02:16:17
39	V	50	0	161		02:19:30
40	V	52	0	191		02:23:10
41	V	40	0	214		02:28:31
42	V	52	0	305		02:34:23
43	N	0	0	0	00:02:00	02:36:23
44	V	55	0	189		02:39:49
45	V	56	0	237		02:44:03
46	V	54	0	112		02:46:07
47	V	50	0	309		02:52:18
48	N	0	0	0	00:02:00	02:54:18
49	V	48	0	140		02:57:13
50	V	55	0	268		03:02:05
51	V	62	0	214		03:05:32
52	N	0	0	0	00:05:00	03:10:32

53	V	85	0	28	03:10:52
54	V	60	0	100	03:12:32
55	V	50	0	100	03:14:32
56	V	55	0	100	03:16:21
57	V	60	0	100	03:18:01
58	V	62	0	100	03:19:38
59	V	60	0	100	03:21:18
60	V	70	0	90	03:22:35

Tempo Andando: 02:57:07

Tempo Neutro: 00:25:28

Metragem Total: 9.914