



Planilha: Tempos Ideais PARAGUAÇU



Categoria: ELITE

Trecho	Tipo	Velocidade	Início	Fim	Duração	Hora Ideal
1	V	60	0	445		00:07:25
2	V	62	0	351		00:13:05
3	V	56	0	187		00:16:25
4	V	40	0	133		00:19:45
5	V	58	0	467		00:27:48
6	V	66	0	50		00:28:33
7	V	34	0	591		00:45:56
8	V	62	0	431		00:52:53
9	V	64	0	260		00:56:57
10	N	0	0	0	00:02:03	00:59:00
11	V	66	0	1569		01:22:46
12	N	0	0	0	00:01:13	01:23:59
13	V	60	0	285		01:28:44
14	V	64	0	229		01:32:19
15	N	0	0	0	00:15:00	01:47:19
16	V	68	0	282		01:51:28
17	V	61	0	280		01:56:03
18	V	50	0	234		02:00:44
19	V	61	0	350		02:06:28
20	V	64	0	216		02:09:51
21	V	67	0	240		02:13:26
22	V	70	0	125		02:15:13
23	V	62	0	481		02:22:58
24	N	0	0	0	00:02:00	02:24:58
25	V	60	0	383		02:31:21
26	V	48	0	239		02:36:20
27	V	58	0	418		02:43:32
28	N	0	0	0	00:02:00	02:45:32
29	V	56	0	235		02:49:44
30	V	32	0	169		02:55:01
31	N	0	0	0	00:01:00	02:56:01
32	V	38	0	82		02:58:10
33	V	54	0	259		03:02:58
34	V	46	0	104		03:05:14
35	V	61	0	246		03:09:16

Tempo Andando: 02:46:00

Tempo Neutro: 00:23:16

Metragem Total: 9.341