



I Fundão Internacional Endurance Weekend

13/08/2022

CEI * / 100 Km.
Nuno Miguel Carido
Jerez



Lic: 10180464 / Ldn: 106VI75

Nº participantes: 11 Clasificados: 11 (100%) No clasificados: 0 (0%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	20,000	30,000	20,000		
Departure	06:30:00	09:15:00	11:45:00	14:00:00		
Arrival Time	08:32:24	11:00:00	13:15:00	15:15:15		
Time	02:02:24	01:45:00	01:30:00	01:15:15		
Speed in Arri.	14,705	11,428	20	15,946		
Accumu. Time	02:02:24	03:47:24	05:17:24	06:32:39		
Accumu. Speed	14,705	13,192	15,122	15,28		
Arrival Vet-in.	08:35:00	11:05:00	13:20:00	15:20:00		
Vet-in Time	02:05:00	01:50:00	01:35:00	01:15:15		
Vet-in Speed	14,4	10,909	18,947	15,946		
Accumu. Time Vet	02:05:00	03:55:00	05:30:00	06:45:15		
Accumu Speed	14,4	12,765	14,545	14,805		
Recovery	00:02:36	00:05:00	00:05:00	00:04:45		
Accu. Recovery	00:02:36	00:07:36	00:12:36			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Blue	Yellow	Blue	Yellow		
Close:				16:50:00		
Rank:	1	1	1	1		