



RAID INTERNACIONAL QUINTA DO CARMO

CEI2*70X70 / 140 Km.

Nuno Miguel Carido

Golias Dos Pinheiros

Lic: 10180464 / Ldn: 106FA85

16/03/2024



Nº participantes: 3 Clasificados: 3 (100%) No clasificados: 0 (0%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	20,000	20,000	30,000	20,000	20,000
Departure	09:30:00	12:16:23	14:26:16	09:32:37	12:43:08	15:08:28
Arrival Time	11:31:36	13:42:23	15:48:22	11:54:15	14:23:08	16:45:44
Time	02:01:36	01:26:00	01:22:06	02:21:38	01:40:00	01:37:16
Speed in Arri.	14,802	13,953	14,616	12,708	12	12,337
Accumu. Time	02:01:36	03:27:36	04:49:42	07:11:20	08:51:20	10:28:36
Accumu. Speed	14,802	14,45	14,497	13,91	13,55	13,363
Arrival Vet-in.	11:36:23	13:46:16	15:55:03	12:03:08	14:28:28	16:54:37
Vet-in Time	02:06:23	01:29:53	01:28:47	02:30:31	01:45:20	01:37:16
Vet-in Speed	14,242	13,35	13,516	11,958	11,392	12,337
Accumu. Time Vet	02:06:23	03:36:16	05:05:03	07:35:34	09:20:54	10:58:10
Accumu Speed	14,242	13,871	13,768	13,17	12,836	12,762
Recovery	00:04:47	00:03:53	00:06:41	00:08:53	00:05:20	00:08:53
Accu. Recovery	00:04:47	00:08:40	00:15:21	00:24:14	00:29:34	
Heart Rate	62	58	60	61	61	60
Into a hold	00:40:00	00:40:00		00:40:00	00:40:00	
Color:	Blue	Red	Red	Blue	Red	Red
Close:						16:40:00
Rank:	1	3	3	3	3	3



RAID INTERNACIONAL QUINTA DO CARMO (CEI2*70X70)										Date:	16/03/2024	Number:	13		
10180464 Nuno Miguel Carido / 106FA85 Golias Dos Pinheiros										Weight:	70 Kg				
Parameters	Pulse 1	Pulse 2	Skin 1	Macrosc	Capilar	Gut s.	Grith	Gait	Impulse	Remark	Signature				
Pre-ride inspection	32	12	A	A	A	A	A	A	A	A					
1	62	60	2	B	A	B	A	A	A	A					
2	68	64	2	B	2	B	A	A	A	A					
3	60	64	2	B	1	B	A	A	A	A					
4	61	60	1	B	2	B	A	A	A	A					
5	59	60	2	B	2	B	A	B	A	A					
Final inspection	60	60	2	B	2	A	A	A	A	A					
No Classification codes	WD	DSO	RET	FNR	FTO	GA	ME	MI	CI	OT	FTC	TR	SI-Mu	SI-Me	SI-Of
Num Gate															

