

RAID INTERNACIONAL QUINTA DO CARMO

16/03/2024

CEI2*70X70 / 140 Km.

Benvindo Carrajola

Nobre Das Tapadas

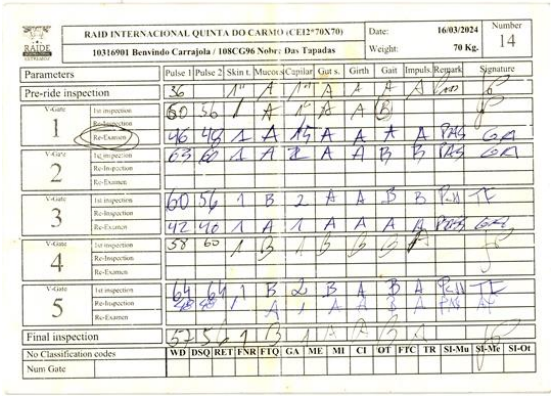
Lic: 10316901 / Ldn: 108CG96

RAIDE INTERNACIONAL Quinta do Carmo ESTREMOZ 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**	**12:17:54**	**14:25:27**	**09:30:20**	**12:21:44**	**14:32:06**
Arrival Time	**11:32:18**	**13:42:24**	**15:48:16**	**11:38:42**	**13:49:00**	**16:03:32**
Time	02:02:18	01:24:30	01:22:49	02:08:22	01:27:16	01:31:26
Speed in Arri.	14,717	14,201	14,489	14,022	13,75	13,124
Accumu. Time	02:02:18	03:26:48	04:49:37	06:57:59	08:25:15	09:56:41
Accumu. Speed	14,717	14,506	14,501	14,354	14,25	14,077
Arrival Vet-in.	**11:37:54**	**13:45:27**	**15:52:46**	**11:41:44**	**13:52:06**	**16:09:47**
Vet-in Time	02:07:54	01:27:33	01:27:19	02:11:24	01:30:22	01:31:26
Vet-in Speed	14,073	13,706	13,743	13,698	13,279	13,124
Accumu. Time Vet	02:07:54	03:35:27	05:02:46	07:14:10	08:44:32	**10:15:58**
Accumu Speed	14,073	13,924	13,872	13,819	13,726	**13,637**
Recovery	00:05:36	00:03:03	00:04:30	00:03:02	00:03:06	~~00:06:15~~
Accu. Recovery	00:05:36	00:08:39	00:13:09	00:16:11	00:19:17	
Heart Rate	**60**	**63**	**60**	**58**	**64**	**57**
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:	2	1	2	2	2	2





JAQUIMA