Companhia Das Lezirias

CEI***160 / 160 Km.

Ana Margarida Candido Costa

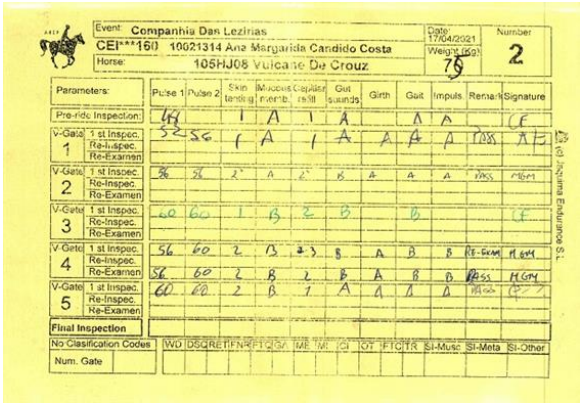
Vulcane De Crouz

Lic: 10021314 / Ldn: 105HJ08

17/04/2021

Nº participantes: 8 **Clasificados: 6 (75%)** **No clasificados: 2 (25%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	40,000	30,000	30,000	20,000	
Departure	**06:30:00**	**09:15:15**	**11:58:13**	**14:15:41**	**16:50:18**	
Arrival Time	**08:32:01**	**11:15:27**	**13:31:53**	**15:55:13**	**17:45:50**	
Time	02:02:01	02:00:12	01:33:40	01:39:32	00:55:32	
Speed in Arri.	19,669	19,966	19,217	18,084	21,608	
Accumu. Time	02:02:01	04:02:13	05:35:53	07:15:25	08:10:57	
Accumu. Speed	19,669	19,816	19,649	19,291	19,553	
Arrival Vet-in.	**08:35:15**	**11:18:13**	**13:35:41**	**16:00:18**	**17:56:30**	
Vet-in Time	02:05:15	02:02:58	01:37:28	01:44:37	00:55:32	
Vet-in Speed	19,161	19,517	18,467	17,205	21,608	
Accumu. Time Vet	02:05:15	04:08:13	05:45:41	07:30:18	**08:25:50**	
Accumu Speed	19,161	19,337	19,092	18,654	**18,978**	
Recovery	00:03:14	00:02:46	00:03:48	00:05:05	~~00:10:40~~	
Accu. Recovery	00:03:14	00:06:00	00:09:48	00:14:53		
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00	00:50:00		
Color:	Blue	Blue	Red	Red	Yellow	
Close:					20:45:43	
Rank:	3	1	1	1	2	



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