



**GOLEGÃ**  
CEI1\* 100 / 100 Km.  
**José Willian Teixeira Dos Santos**  
**Maestro De Ameira**  
Lic: 10192500 / Ldn: 108AH29

05/11/2022



**Nº participantes: 9    Classificados: 7 (77%)    No classificados: 2 (22%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	20,000	20,000	20,000		
Departure	<b>09:00:00</b>	<b>12:32:54</b>	<b>14:26:53</b>	<b>16:16:40</b>		
Arrival Time	<b>11:51:10</b>	<b>13:44:50</b>	<b>15:34:35</b>	<b>17:35:01</b>		
Time	02:51:10	01:11:56	01:07:42	01:18:21		
Speed in Arri.	14,021	16,682	17,725	15,315		
Accumu. Time	02:51:10	04:03:06	05:10:48	06:29:09		
Accumu. Speed	14,021	14,808	15,444	15,418		
Arrival Vet-in.	<b>11:52:54</b>	<b>13:46:53</b>	<b>15:36:40</b>	<b>17:37:30</b>		
Vet-in Time	02:52:54	01:13:59	01:09:47	01:18:21		
Vet-in Speed	13,88	16,219	17,196	15,315		
Accumu. Time Vet	02:52:54	04:06:53	05:16:40	<b>06:35:01</b>		
Accumu Speed	13,88	14,581	15,157	<b>15,189</b>		
Recovery	00:01:44	00:02:03	00:02:05	<b>00:02:29</b>		
Accu. Recovery	00:01:44	00:03:47	00:05:52			
Heart Rate	<b>64</b>	<b>60</b>	<b>60</b>	<b>60</b>		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Red	Red	Red	Red		
Close:				18:08:34		
Rank:	7	7	5	5		

