



# XVI Raid Ademuz

CEI\*\*\* / 140 Km.

Majed Aldaihani

Demira De La Fichade

Lic: 10184193 / Ldn: 106WG36

13/11/2021



Nº participantes: 8    Clasificados: 7 (87%)    No clasificados: 1 (12%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	36,000	30,000	29,000	20,000	25,000	
Departure	<b>06:45:00</b>	<b>09:40:47</b>	<b>12:14:16</b>	<b>14:46:37</b>	<b>17:05:13</b>	
Arrival Time	<b>08:58:21</b>	<b>11:32:19</b>	<b>13:54:21</b>	<b>16:11:54</b>	<b>18:42:35</b>	
Time	02:13:21	01:51:32	01:40:05	01:25:17	01:37:22	
Speed in Arri.	16,197	16,138	17,385	14,07	15,405	
Accumu. Time	02:13:21	04:04:53	05:44:58	07:10:15	08:47:37	
Accumu. Speed	16,197	16,17	16,523	16,037	15,92	
Arrival Vet-in.	<b>09:00:47</b>	<b>11:34:16</b>	<b>13:56:37</b>	<b>16:15:13</b>	<b>18:47:12</b>	
Vet-in Time	02:15:47	01:53:29	01:42:21	01:28:36	01:37:22	
Vet-in Speed	15,907	15,861	17	13,544	15,405	
Accumu. Time Vet	02:15:47	04:09:16	05:51:37	07:20:13	<b>08:57:35</b>	
Accumu Speed	15,907	15,886	16,21	15,674	<b>15,625</b>	
Recovery	00:02:26	00:01:57	00:02:16	00:03:19	<b>00:04:37</b>	
Accu. Recovery	00:02:26	00:04:23	00:06:39	00:09:58		
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00	00:50:00		
Color:	Purple	Green	Red	Blue	White	
Close:					20:31:09	
Rank:	8	8	7	7	7	