

V Raid Montemor O Novo

CEI** / 120 Km.

Rui Lanternas

Triden Peu

Lic: 10064744 / Ldn: 107MF63

11/02/2023

Nº participantes: 14 Clasificados: 7 (50%) No clasificados: 7 (50%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	30,000	20,000		
Departure	08:00:00	10:54:17	13:10:51	15:37:39		
Arrival Time	10:10:36	12:28:04	14:44:30	16:28:51		
Time	02:10:36	01:33:47	01:33:39	00:51:12		
Speed in Arri.	18,376	19,193	19,22	23,437		
Accumu. Time	02:10:36	03:44:23	05:18:02	06:09:14		
Accumu. Speed	18,376	18,717	18,865	19,499		
Arrival Vet-in.	10:14:17	12:30:51	14:47:39	16:36:19		
Vet-in Time	02:14:17	01:36:34	01:36:48	00:51:12		
Vet-in Speed	17,872	18,639	18,595	23,437		
Accumu. Time Vet	02:14:17	03:50:51	05:27:39	06:18:51		
Accumu Speed	17,872	18,193	18,312	19,004		
Recovery	00:03:41	00:02:47	00:03:09	00:07:28		
Accu. Recovery	00:03:41	00:06:28	00:09:37			
Heart Rate	62	60	60	56		
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Red	Yellow	Yellow	Blue		
Close:				18:44:17		
Rank:	3	3	2	1		

[illegible]