Companhia Das Lezirias

CEI***160 / 160 Km.

Maria Peña Barquero

Kamil Rc

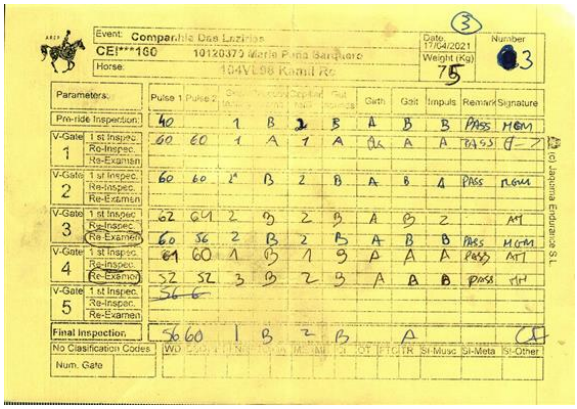
Lic: 10120370 / Ldn: 104VL98

17/04/2021

AREP

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**	**09:36:00**	**12:44:48**	**15:17:20**	**18:07:22**	
Arrival Time	**08:54:46**	**12:02:33**	**14:34:57**	**17:14:55**	**19:26:39**	
Time	02:24:46	02:26:33	01:50:09	01:57:35	01:19:17	
Speed in Arri.	16,578	16,376	16,341	15,308	15,135	
Accumu. Time	02:24:46	04:51:19	06:41:28	08:39:03	09:58:20	
Accumu. Speed	16,578	16,476	16,439	16,183	16,044	
Arrival Vet-in.	**08:56:00**	**12:04:48**	**14:37:20**	**17:17:22**	**19:31:49**	
Vet-in Time	02:26:00	02:28:48	01:52:32	02:00:02	01:19:17	
Vet-in Speed	16,438	16,129	15,995	14,995	15,135	
Accumu. Time Vet	02:26:00	04:54:48	06:47:20	08:47:22	**10:06:39**	
Accumu Speed	16,438	16,282	16,202	15,928	**15,824**	
Recovery	00:01:14	00:02:15	00:02:23	00:02:27	~~00:05:10~~	
Accu. Recovery	00:01:14	00:03:29	00:05:52	00:08:19		
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:	7	7	7	4	6	



JAQUIMA