



# I Fundão Internacional Endurance Weekend

13/08/2022

CEI \* / 100 Km.  
Nuno Miguel Carido  
Jerez



Lic: 10180464 / Ldn: 106VI75

Nº participantes: 11    Clasificados: 11 (100%)    No clasificados: 0 (0%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	20,000	30,000	20,000		
Departure	<b>06:30:00</b>	<b>09:15:00</b>	<b>11:45:00</b>	<b>14:00:00</b>		
Arrival Time	<b>08:32:24</b>	<b>11:00:00</b>	<b>13:15:00</b>	<b>15:15:15</b>		
Time	02:02:24	01:45:00	01:30:00	01:15:15		
Speed in Arri.	14,705	11,428	20	15,946		
Accumu. Time	02:02:24	03:47:24	05:17:24	06:32:39		
Accumu. Speed	14,705	13,192	15,122	15,28		
Arrival Vet-in.	<b>08:35:00</b>	<b>11:05:00</b>	<b>13:20:00</b>	<b>15:20:00</b>		
Vet-in Time	02:05:00	01:50:00	01:35:00	01:15:15		
Vet-in Speed	14,4	10,909	18,947	15,946		
Accumu. Time Vet	02:05:00	03:55:00	05:30:00	<b>06:45:15</b>		
Accumu Speed	14,4	12,765	14,545	<b>14,805</b>		
Recovery	00:02:36	00:05:00	00:05:00	<b>00:04:45</b>		
Accu. Recovery	00:02:36	00:07:36	00:12:36			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Blue	Yellow	Blue	Yellow		
Close:				16:50:00		
Rank:	1	1	1	1		