

RAID HERDADE DA MITRA

16/12/2023

CEI * / 100 Km.

Rui Lanternas

Nasser

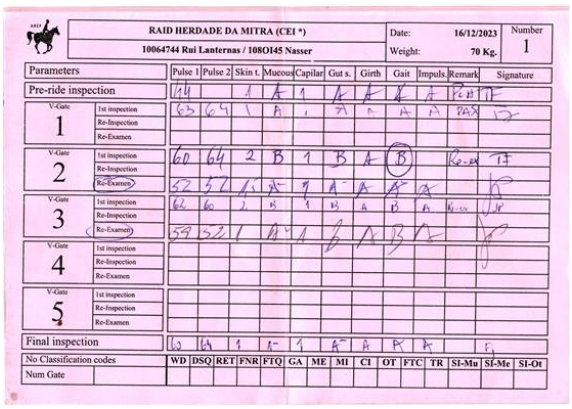
Lic: 10064744 / Ldn: 108OI45

AREP

Nº participantes: 12 Clasificados: 9 (75%) No clasificados: 3 (25%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	30,000	20,000	20,000		
Departure	**08:00:00**	**10:30:00**	**12:51:40**	**14:38:08**		
Arrival Time	**09:47:00**	**12:06:28**	**13:52:15**	**15:39:58**		
Time	01:47:00	01:36:28	01:00:35	01:01:50		
Speed in Arri.	16,822	18,659	19,807	19,407		
Accumu. Time	01:47:00	03:23:28	04:24:03	05:25:53		
Accumu. Speed	16,822	17,693	18,178	18,411		
Arrival Vet-in.	**09:50:00**	**12:11:40**	**13:58:08**	**15:47:55**		
Vet-in Time	01:50:00	01:41:40	01:06:28	01:01:50		
Vet-in Speed	16,363	17,704	18,054	19,407		
Accumu. Time Vet	01:50:00	03:31:40	04:38:08	**05:39:58**		
Accumu Speed	16,363	17,007	17,257	**17,648**		
Recovery	00:03:00	00:05:12	00:05:53	~~00:07:57~~		
Accu. Recovery	00:03:00	00:08:12	00:14:05			
Heart Rate	**63**	**60**	**62**	**60**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Red	Red		
Close:				17:08:34		
Rank:	7	6	6	5		





JAQUIMA