

Campeonato Nacional Sénior De Raides

CEI*** 160 / 160 Km.

Lourenço Aragão

Figo

Lic: 10093539 / Ldn: 105WF94

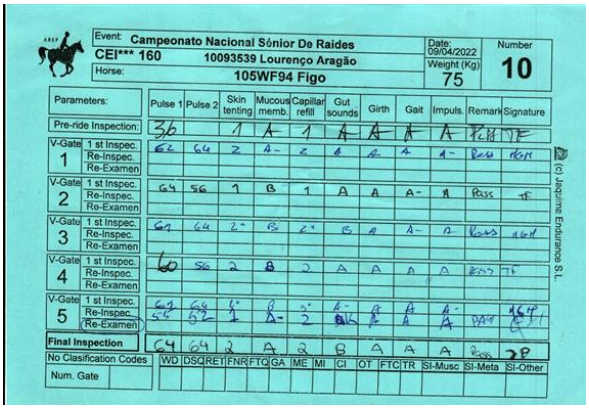
09/04/2022

AREP

Nº participantes: 14 **Clasificados: 5 (35%)** **No clasificados: 9 (64%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	20,000	30,000	20,000	20,000
Departure	**06:00:00**	**08:51:27**	**11:00:08**	**12:39:34**	**14:47:03**	**16:37:29**
Arrival Time	**08:08:05**	**10:16:15**	**11:55:33**	**14:02:03**	**15:41:25**	**17:24:38**
Time	02:08:05	01:24:48	00:55:25	01:22:29	00:54:22	00:47:09
Speed in Arri.	18,737	21,226	21,654	21,822	22,072	25,45
Accumu. Time	02:08:05	03:32:53	04:28:18	05:50:47	06:45:09	07:32:18
Accumu. Speed	18,737	19,729	20,126	20,525	20,733	21,224
Arrival Vet-in.	**08:11:27**	**10:20:08**	**11:59:34**	**14:07:03**	**15:47:29**	**17:43:36**
Vet-in Time	02:11:27	01:28:41	00:59:26	01:27:29	01:00:26	00:47:09
Vet-in Speed	18,257	20,296	20,19	20,575	19,856	25,45
Accumu. Time Vet	02:11:27	03:40:08	04:39:34	06:07:03	07:07:29	**07:54:38**
Accumu Speed	18,257	19,079	19,315	19,615	19,649	**20,226**
Recovery	00:03:22	00:03:53	00:04:01	00:05:00	00:06:04	~~00:18:58~~
Accu. Recovery	00:03:22	00:07:15	00:11:16	00:16:16	00:22:20	
Heart Rate	**62**	**64**	**61**	**60**	**61**	**64**
Into a hold	00:40:00	00:40:00	00:40:00	00:40:00	00:50:00	
Color:	Blue	Red	Green	Red	Green	Yellow
Close:						20:55:43
Rank:	3	3	3	3	2	1





JAQUIMA