

RAID HERDADE DA MITRA

16/12/2023

CEI * / 100 Km.

Isabel Nogueira

Ghalia De Crouz

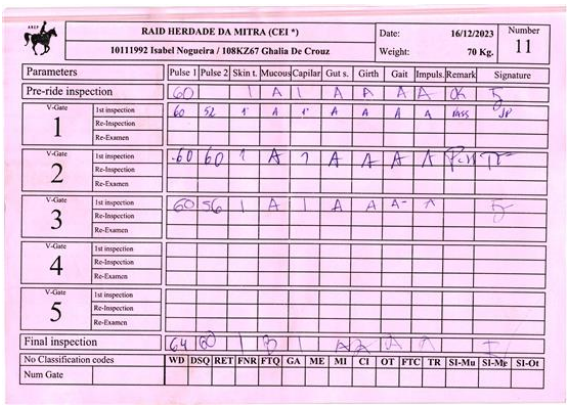
Lic: 10111992 / Ldn: 108KZ67

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**	**10:25:50**	**12:51:00**	**14:33:20**		
Arrival Time	**09:43:22**	**12:06:33**	**13:49:26**	**15:21:03**		
Time	01:43:22	01:40:43	00:58:26	00:47:43		
Speed in Arri.	17,413	17,871	20,536	25,148		
Accumu. Time	01:43:22	03:24:05	04:22:31	05:10:14		
Accumu. Speed	17,413	17,639	18,284	19,34		
Arrival Vet-in.	**09:45:50**	**12:11:00**	**13:53:20**	**15:31:45**		
Vet-in Time	01:45:50	01:45:10	01:02:20	00:47:43		
Vet-in Speed	17,007	17,115	19,251	25,148		
Accumu. Time Vet	01:45:50	03:31:00	04:33:20	**05:21:03**		
Accumu Speed	17,007	17,061	17,56	**18,688**		
Recovery	00:02:28	00:04:27	00:03:54	~~00:10:42~~		
Accu. Recovery	00:02:28	00:06:55	00:10:49			
Heart Rate	**60**	**60**	**60**	**64**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Red	Red		
Close:				17:08:34		
Rank:	2	4	4	3		





JAQUIMA