

Campeonato Nacional Sénior De Raides

CEI*** 160 / 160 Km.

09/04/2022

AREP

José Pedro Filipe

Couma Cabirat

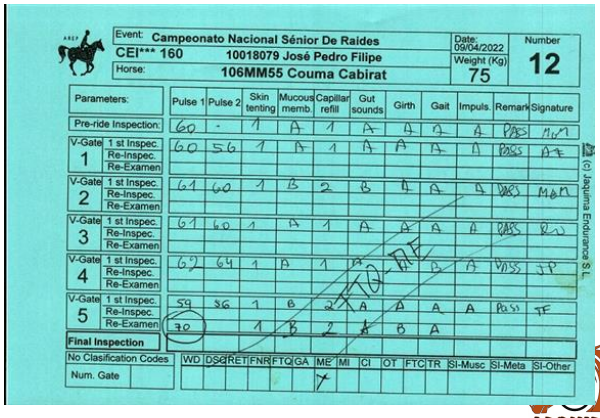
Lic: 10018079 / Ldn: 106MM55

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**	**08:59:42**	**11:19:51**	**13:10:46**	**15:34:45**	
Arrival Time	**08:13:16**	**10:34:09**	**12:24:46**	**14:46:51**	**16:45:02**	
Time	02:13:16	01:34:27	01:04:55	01:36:05	01:10:17	
Speed in Arri.	18,009	19,057	18,485	18,733	17,073	
Accumu. Time	02:13:16	03:47:43	04:52:38	06:28:43	07:39:00	
Accumu. Speed	18,009	18,443	18,453	18,522	18,3	
Arrival Vet-in.	**08:19:42**	**10:39:51**	**12:30:46**	**14:54:45**	**16:53:09**	
Vet-in Time	02:19:42	01:40:09	01:10:55	01:43:59	01:18:24	
Vet-in Speed	17,179	17,973	16,921	17,31	15,306	
Accumu. Time Vet	02:19:42	03:59:51	05:10:46	06:54:45		
Accumu Speed	17,179	17,51	17,376	17,359		
Recovery	00:06:26	00:05:42	00:06:00	00:07:54	00:08:07	
Accu. Recovery	00:06:26	00:12:08	00:18:08	00:26:02	00:34:09	
Heart Rate	**60**	**61**	**61**	**62**	**59**	
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:	11	7	6	7		

Eliminated: FTQ ME





JAQUIMA