

I RAID DO FORNINHO

CEP 80 / 80 Km.

Miguel Brasão

Ordinario Do Sabino

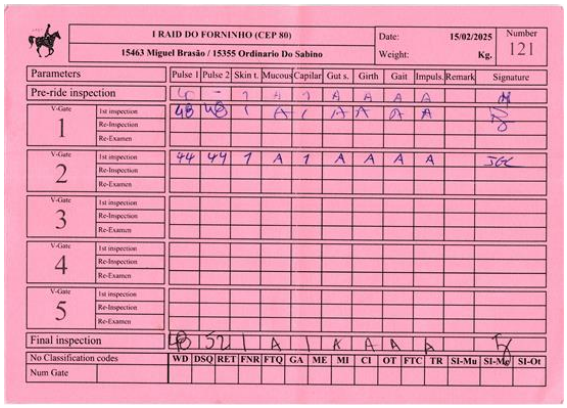
Lic: 15463 / Ldn: 15355

15/02/2025

AREP

Nº participantes: 11 **Clasificados: 9 (81%)** **No clasificados: 2 (18%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	30,000	20,000			
Departure	**08:30:00**	**11:04:29**	**13:38:38**			
Arrival Time	**10:23:05**	**12:57:22**	**14:54:20**			
Time	01:53:05	01:52:53	01:15:42			
Speed in Arri.	15,917	15,945	15,852			
Accumu. Time	01:53:05	03:45:58	05:01:40			
Accumu. Speed	15,917	15,931	15,911			
Arrival Vet-in.	**10:24:29**	**12:58:38**	**14:55:23**			
Vet-in Time	01:54:29	01:54:09	01:15:42			
Vet-in Speed	15,722	15,768	15,852			
Accumu. Time Vet	01:54:29	03:48:38	**05:04:20**			
Accumu Speed	15,722	15,745	**15,772**			
Recovery	00:01:24	00:01:16	~~00:01:03~~			
Accu. Recovery	00:01:24	00:02:40				
Heart Rate						
Into a hold	00:40:00	00:40:00				
Color:	Pink	Pink	Green			
Close:			16:30:00			
Rank:	3	4	2			



JAQUIMA