

I RAID DO FORNINHO

CEP 80 / 80 Km.

Ana Barbas

Pataca VB

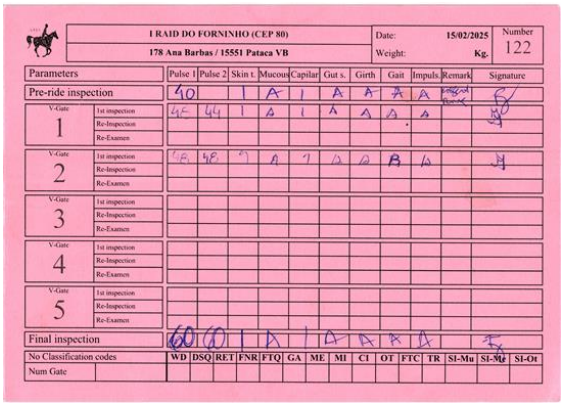
Lic: 178 / Ldn: 15551

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**	**11:04:05**	**13:37:58**			
Arrival Time	**10:23:10**	**12:57:12**	**14:54:22**			
Time	01:53:10	01:53:07	01:16:24			
Speed in Arri.	15,905	15,912	15,706			
Accumu. Time	01:53:10	03:46:17	05:02:41			
Accumu. Speed	15,905	15,909	15,858			
Arrival Vet-in.	**10:24:05**	**12:57:58**	**14:54:46**			
Vet-in Time	01:54:05	01:53:53	01:16:24			
Vet-in Speed	15,777	15,805	15,706			
Accumu. Time Vet	01:54:05	03:47:58	**05:04:22**			
Accumu Speed	15,777	15,791	**15,77**			
Recovery	00:00:55	00:00:46	~~00:00:24~~			
Accu. Recovery	00:00:55	00:01:41				
Heart Rate	**48**	**48**	**60**			
Into a hold	00:40:00	00:40:00				
Color:	Pink	Pink	Green			
Close:			16:30:00			
Rank:	1	1	3			



JAQUIMA