


# I RAID DO FORNINHO

CEP 80 / 80 Km.

## Carolina Balsas

## Alto De Traclin

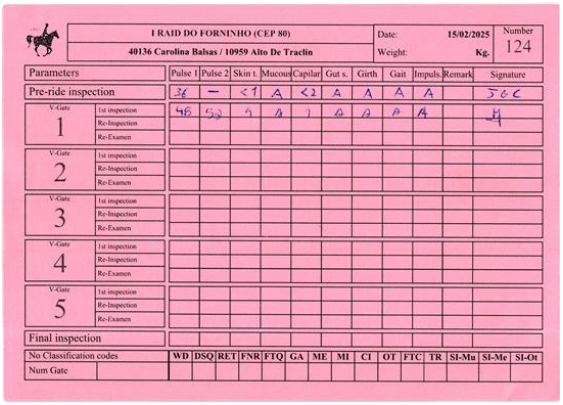
Lic: 40136 / Ldn: 10959

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 | **08:35:00** | **11:16:17** | **13:53:38** | | | |
| Arrival Time | **10:35:05** | **13:12:00** | **15:16:40** | | | |
| Time | 02:00:05 | 01:55:43 | 01:23:02 | | | |
| Speed in Arri. | 14,989 | 15,555 | 14,452 | | | |
| Accumu. Time | 02:00:05 | 03:55:48 | 05:18:50 | | | |
| Accumu. Speed | 14,989 | 15,267 | 15,054 | | | |
| Arrival Vet-in. | **10:36:17** | **13:13:38** | **15:18:22** | | | |
| Vet-in Time | 02:01:17 | 01:57:21 | 01:23:02 | | | |
| Vet-in Speed | 14,841 | 15,338 | 14,452 | | | |
| Accumu. Time Vet | 02:01:17 | 03:58:38 | **05:21:40** | | | |
| Accumu Speed | 14,841 | 15,085 | **14,922** | | | |
| Recovery | 00:01:12 | 00:01:38 | ~~00:01:42~~ | | | |
| Accu. Recovery | 00:01:12 | 00:02:50 | | | | |
| Heart Rate | **48** | **60** | **56** | | | |
| Into a hold | 00:40:00 | 00:40:00 | | | | |
| Color: | Pink | Pink | Green | | | |
| Close: | | | 16:30:00 | | | |
| Rank: | 7 | 7 | 7 | | | |




JAQUIMA