

I RAID DO FORNINHO

CEP 80 / 80 Km.

15/02/2025

AREP



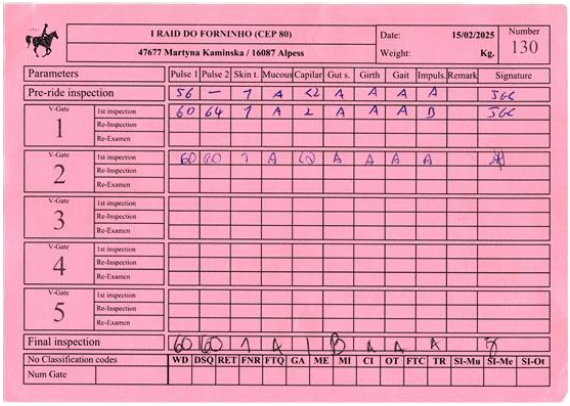
Martyna Kaminska

Alpess

Lic: 47677 / Ldn: 16087

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	**08:40:00**	**11:14:49**	**13:48:49**			
Arrival Time	**10:33:50**	**13:07:45**	**15:03:56**			
Time	01:53:50	01:52:56	01:15:07			
Speed in Arri.	15,812	15,938	15,975			
Accumu. Time	01:53:50	03:46:46	05:01:53			
Accumu. Speed	15,812	15,875	15,9			
Arrival Vet-in.	**10:34:49**	**13:08:49**	**15:04:02**			
Vet-in Time	01:54:49	01:54:00	01:15:07			
Vet-in Speed	15,677	15,789	15,975			
Accumu. Time Vet	01:54:49	03:48:49	**05:03:56**			
Accumu Speed	15,677	15,733	**15,792**			
Recovery	00:00:59	00:01:04	~~00:00:06~~			
Accu. Recovery	00:00:59	00:02:03				
Heart Rate	**60**	**60**	**60**			
Into a hold	00:40:00	00:40:00				
Color:	Pink	Pink	Green			
Close:			16:30:00			
Rank:	5	5	1			



JAQUIMA