


# Campeonato Nacional Sénior De Raides

CEI*** 160 / 160 Km.

09/04/2022

AREP

## Olatz Areitio Arregi

## Al Ma Ur

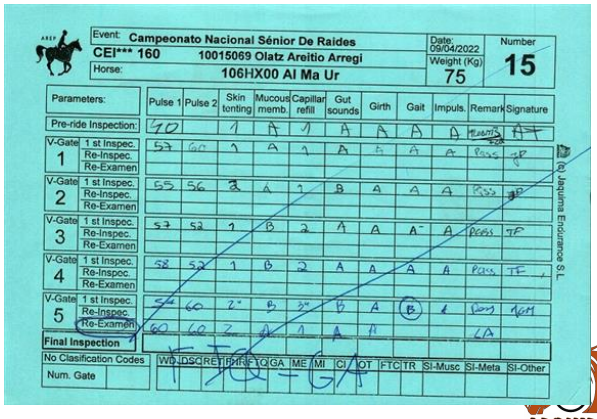
Lic: 10015069 / Ldn: 106HX00

**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** | **08:55:13** | **11:17:08** | **13:06:08** | **15:28:27** | |
| Arrival Time | **08:13:15** | **10:34:11** | **12:24:45** | **14:46:52** | **16:35:15** | |
| Time | 02:13:15 | 01:38:58 | 01:07:37 | 01:40:44 | 01:06:48 | |
| Speed in Arri. | 18,011 | 18,187 | 17,747 | 17,868 | 17,964 | |
| Accumu. Time | 02:13:15 | 03:52:13 | 04:59:50 | 06:40:34 | 07:47:22 | |
| Accumu. Speed | 18,011 | 18,086 | 18,01 | 17,974 | 17,973 | |
| Arrival Vet-in. | **08:15:13** | **10:37:08** | **12:26:08** | **14:48:27** | **16:37:09** | |
| Vet-in Time | 02:15:13 | 01:41:55 | 01:09:00 | 01:42:19 | 01:08:42 | |
| Vet-in Speed | 17,749 | 17,661 | 17,391 | 17,592 | 17,467 | |
| Accumu. Time Vet | 02:15:13 | 03:57:08 | 05:06:08 | 06:48:27 | | |
| Accumu Speed | 17,749 | 17,711 | 17,639 | 17,627 | | |
| Recovery | 00:01:58 | 00:02:57 | 00:01:23 | 00:01:35 | 00:01:54 | |
| Accu. Recovery | 00:01:58 | 00:04:55 | 00:06:18 | 00:07:53 | 00:09:47 | |
| Heart Rate | **57** | **55** | **57** | **58** | **57** | |
| 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: | 6 | 5 | 5 | 5 | | |

Eliminated: | FTQ | GA




JAQUIMA