V RAID INTERNACIONAL HIPICO DE SINES

14/12/2024

CEI3* 160 / 160 Km.

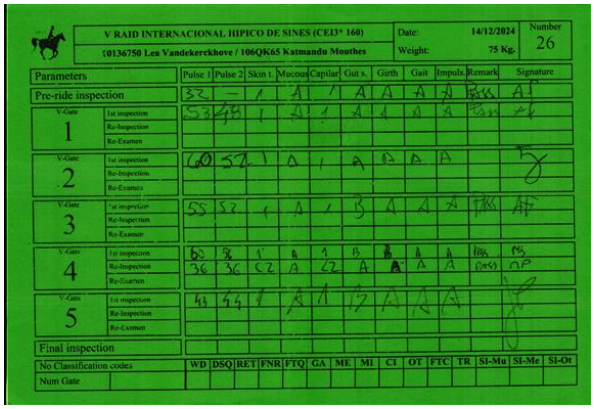
Lea Vandekerckhove

Katmandu Mouthes

Lic: 10136750 / Ldn: 106QK65

Nº participantes: 23 **Clasificados: 16 (69%)** **No clasificados: 7 (30%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	40,000	30,000	30,000	20,000	
Departure	**06:00:00**	**09:22:50**	**12:19:10**	**14:38:53**	**17:12:29**	
Arrival Time	**08:32:00**	**11:28:40**	**13:58:08**	**16:20:51**	**18:15:00**	
Time	02:32:00	02:05:50	01:38:58	01:41:58	01:02:31	
Speed in Arri.	15,789	19,072	18,187	17,652	19,194	
Accumu. Time	02:32:00	04:37:50	06:16:48	07:58:46	09:01:17	
Accumu. Speed	15,789	17,276	17,515	17,545	17,735	
Arrival Vet-in.	**08:32:50**	**11:29:10**	**13:58:53**	**16:22:29**	**18:23:10**	
Vet-in Time	02:32:50	02:06:20	01:39:43	01:43:36	01:02:31	
Vet-in Speed	15,703	18,997	18,051	17,374	19,194	
Accumu. Time Vet	02:32:50	04:39:10	06:18:53	08:02:29	**09:05:00**	
Accumu Speed	15,703	17,194	17,419	17,409	**17,614**	
Recovery	00:00:50	00:00:30	00:00:45	00:01:38	~~00:08:10~~	
Accu. Recovery	00:00:50	00:01:20	00:02:05	00:03:43		
Heart Rate	**53**	**60**	**55**	**60**	**43**	
Into a hold	00:50:00	00:50:00	00:40:00	00:50:00		
Color:	Yellow	Yellow	Green	Green	Pink	
Close:					20:35:43	
Rank:	22	20	18	15	12	



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