

RAID INTERNACIONAL ALTER DO CHÃO

14/10/2023

CEI** 120 / 120 Km.

Rui Lanternas

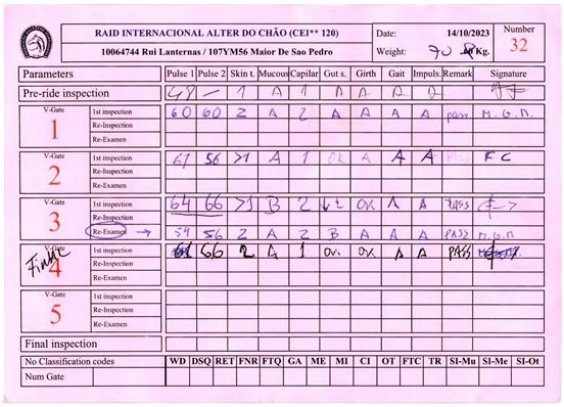
Maior De Sao Pedro

Lic: 10064744 / Ldn: 107YM56

Nº participantes: 13 Clasificados: 11 (84%) No clasificados: 2 (15%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	30,000	20,000		
Departure	**07:00:00**	**09:56:22**	**12:21:34**	**14:56:08**		
Arrival Time	**09:12:49**	**11:37:30**	**14:01:39**	**15:39:45**		
Time	02:12:49	01:41:08	01:40:05	00:43:37		
Speed in Arri.	18,07	17,798	17,985	27,512		
Accumu. Time	02:12:49	03:53:57	05:34:02	06:17:39		
Accumu. Speed	18,07	17,952	17,962	19,065		
Arrival Vet-in.	**09:16:22**	**11:41:34**	**14:06:08**	**15:58:53**		
Vet-in Time	02:16:22	01:45:12	01:44:34	00:43:37		
Vet-in Speed	17,599	17,11	17,213	27,512		
Accumu. Time Vet	02:16:22	04:01:34	05:46:08	**06:29:45**		
Accumu Speed	17,599	17,386	17,334	**18,473**		
Recovery	00:03:33	00:04:04	00:04:29	~~00:19:08~~		
Accu. Recovery	00:03:33	00:07:37	00:12:06			
Heart Rate	**60**	**61**	**64**	**61**		
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Green		
Close:				17:44:17		
Rank:	6	4	3	1		





JAQUIMA