

Campeonato Nacional Sénior De Raides

CEI*** 160 / 160 Km.

09/04/2022

AREP

Nuno Miguel Carido

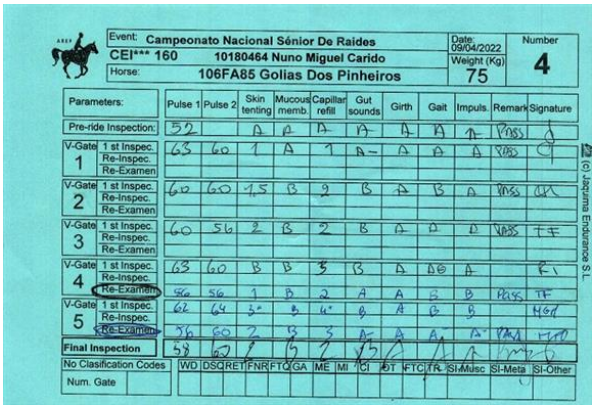
Golias Dos Pinheiros

Lic: 10180464 / Ldn: 106FA85

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**	**08:57:29**	**11:18:54**	**13:10:55**	**15:34:56**	**17:41:10**
Arrival Time	**08:13:17**	**10:34:08**	**12:24:47**	**14:46:59**	**16:45:15**	**19:04:32**
Time	02:13:17	01:36:39	01:05:53	01:36:04	01:10:19	01:23:22
Speed in Arri.	18,006	18,623	18,214	18,736	17,065	14,394
Accumu. Time	02:13:17	03:49:56	04:55:49	06:31:53	07:42:12	09:05:34
Accumu. Speed	18,006	18,266	18,254	18,372	18,173	17,596
Arrival Vet-in.	**08:17:29**	**10:38:54**	**12:30:55**	**14:54:56**	**16:51:10**	**19:11:45**
Vet-in Time	02:17:29	01:41:25	01:12:01	01:44:01	01:16:14	01:23:22
Vet-in Speed	17,456	17,748	16,662	17,304	15,741	14,394
Accumu. Time Vet	02:17:29	03:58:54	05:10:55	06:54:56	08:11:10	**09:34:32**
Accumu Speed	17,456	17,58	17,367	17,352	17,102	**16,709**
Recovery	00:04:12	00:04:46	00:06:08	00:07:57	00:05:55	~~00:07:13~~
Accu. Recovery	00:04:12	00:08:58	00:15:06	00:23:03	00:28:58	
Heart Rate	**63**	**60**	**60**	**63**	**62**	**58**
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:	7	6	7	8	5	5





JAQUIMA