



# I Raide Quita Da Lageosa

CEP 80 / 80 Km.

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Imany Font Noire

Lic: 3894 / Ldn: 14515

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Nº participantes: 7    Clasificados: 7 (100%)    No clasificados: 0 (0%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	30,000	20,000			
Departure	<b>09:00:00</b>	<b>12:28:17</b>	<b>15:26:05</b>			
Arrival Time	<b>11:45:06</b>	<b>14:44:12</b>	<b>17:06:46</b>			
Time	02:45:06	02:15:55	01:40:41			
Speed in Arri.	10,902	13,243	11,918			
Accumu. Time	02:45:06	05:01:01	06:41:42			
Accumu. Speed	10,902	11,959	11,949			
Arrival Vet-in.	<b>11:48:17</b>	<b>14:46:05</b>	<b>17:10:28</b>			
Vet-in Time	02:48:17	02:17:48	01:40:41			
Vet-in Speed	10,696	13,062	11,918			
Accumu. Time Vet	02:48:17	05:06:05	<b>06:46:46</b>			
Accumu Speed	10,696	11,761	<b>11,8</b>			
Recovery	00:03:11	00:01:53	<b>00:03:42</b>			
Accu. Recovery	00:03:11	00:05:04				
Heart Rate	<b>48</b>	<b>56</b>	<b>60</b>			
Into a hold	00:40:00	00:40:00				
Color:	Blue	Blue	Yellow			
Close:			18:20:00			
Rank:	6	6	6			