

RAID HERDADE DA MITRA

16/12/2023

CEI * / 100 Km.

Abdulrahman Aljughaiman

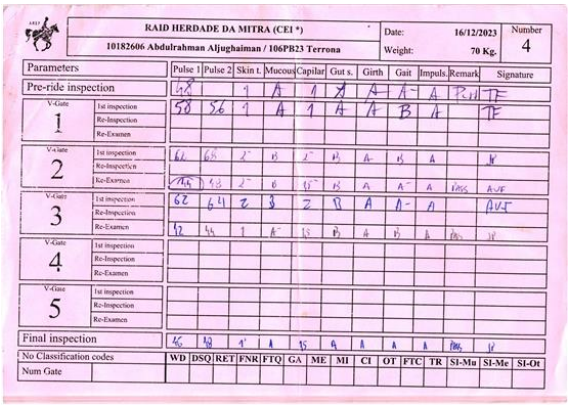
Terrona

Lic: 10182606 / Ldn: 106PB23

Nº participantes: 12 Clasificados: 9 (75%) No clasificados: 3 (25%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	30,000	20,000	20,000		
Departure	**08:00:00**	**10:43:02**	**13:32:09**	**16:07:54**		
Arrival Time	**10:01:06**	**12:48:56**	**15:21:25**	**17:02:00**		
Time	02:01:06	02:05:54	01:49:16	00:54:06		
Speed in Arri.	14,863	14,297	10,982	22,181		
Accumu. Time	02:01:06	04:07:00	05:56:16	06:50:22		
Accumu. Speed	14,863	14,574	13,473	14,621		
Arrival Vet-in.	**10:03:02**	**12:52:09**	**15:27:54**	**17:13:48**		
Vet-in Time	02:03:02	02:09:07	01:55:45	00:54:06		
Vet-in Speed	14,63	13,94	10,367	22,181		
Accumu. Time Vet	02:03:02	04:12:09	06:07:54	**07:02:00**		
Accumu Speed	14,63	14,277	13,047	**14,218**		
Recovery	00:01:56	00:03:13	00:06:29	~~00:11:48~~		
Accu. Recovery	00:01:56	00:05:09	00:11:38			
Heart Rate	**58**	**62**	**62**	**46**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Red	Red		
Close:				17:08:34		
Rank:	9	10	9	9		





JAQUIMA