

RAID INTERNACIONAL ALTER DO CHÃO 14/10/2023

CEI** 120 / 120 Km.

Luis José Marcelino Santos

Atila 52 12

Lic: 10299980 / Ldn: 107UB80

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**	**10:12:04**	**12:51:20**	**15:39:57**		
Arrival Time	**09:28:27**	**12:07:30**	**14:44:10**	**16:50:42**		
Time	02:28:27	01:55:26	01:52:50	01:10:45		
Speed in Arri.	16,167	15,593	15,952	16,961		
Accumu. Time	02:28:27	04:23:53	06:16:43	07:27:28		
Accumu. Speed	16,167	15,916	15,927	16,09		
Arrival Vet-in.	**09:32:04**	**12:11:20**	**14:49:57**	**17:05:50**		
Vet-in Time	02:32:04	01:59:16	01:58:37	01:10:45		
Vet-in Speed	15,782	15,092	15,174	16,961		
Accumu. Time Vet	02:32:04	04:31:20	06:29:57	**07:40:42**		
Accumu Speed	15,782	15,479	15,386	**15,628**		
Recovery	00:03:37	00:03:50	00:05:47	~~00:15:08~~		
Accu. Recovery	00:03:37	00:07:27	00:13:14			
Heart Rate	**57**	**57**	**45**			
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Green		
Close:				17:44:17		
Rank:	11	9	8	8		



