

RAID INTERNACIONAL ALTER DO CHÃO 14/10/2023

CEI** 120 / 120 Km.

Laurette Refis

Lisha D'arsol

Lic: 10224072 / Ldn: 105RC04

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**	**09:56:15**	**12:25:55**			
Arrival Time	**09:13:33**	**11:39:31**	**14:01:36**			
Time	02:13:33	01:43:16	01:35:41			
Speed in Arri.	17,97	17,43	18,812			
Accumu. Time	02:13:33	03:56:49	05:32:30			
Accumu. Speed	17,97	17,735	18,045			
Arrival Vet-in.	**09:16:15**	**11:45:55**	**14:05:16**			
Vet-in Time	02:16:15	01:49:40	01:39:21			
Vet-in Speed	17,614	16,413	18,117			
Accumu. Time Vet	02:16:15	04:05:55				
Accumu Speed	17,614	17,078				
Recovery	00:02:42	00:06:24	00:03:40			
Accu. Recovery	00:02:42	00:09:06	00:12:46			
Heart Rate	**56**	**54**	**64**			
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Green		
Close:				17:44:17		
Rank:	4	6				

Eliminated: FTQ GA



