

RAID HERDADE DA MITRA

16/12/2023

CEI * / 100 Km.

Rui Gamado

Maestro Da Ameira

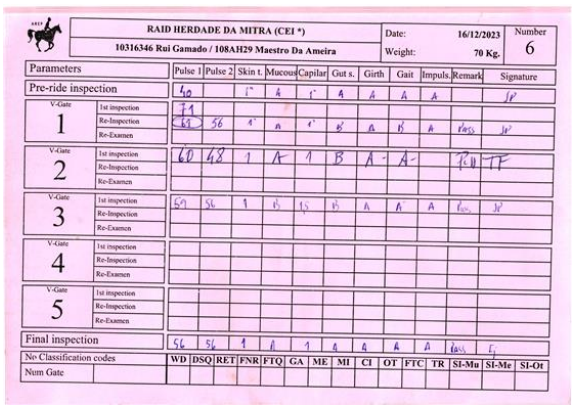
Lic: 10316346 / Ldn: 108AH29

AREP

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**	**10:45:17**	**13:30:45**	**15:25:50**		
Arrival Time	**10:01:03**	**12:48:55**	**14:42:58**	**16:31:26**		
Time	02:01:03	02:03:38	01:12:13	01:05:36		
Speed in Arri.	14,869	14,559	16,616	18,292		
Accumu. Time	02:01:03	04:04:41	05:16:54	06:22:30		
Accumu. Speed	14,869	14,712	15,146	15,686		
Arrival Vet-in.	**10:05:17**	**12:50:45**	**14:45:50**	**16:36:10**		
Vet-in Time	02:05:17	02:05:28	01:15:05	01:05:36		
Vet-in Speed	14,367	14,346	15,982	18,292		
Accumu. Time Vet	02:05:17	04:10:45	05:25:50	**06:31:26**		
Accumu Speed	14,367	14,356	14,731	**15,328**		
Recovery	00:04:14	00:01:50	00:02:52	~~00:04:44~~		
Accu. Recovery	00:04:14	00:06:04	00:08:56			
Heart Rate	**61**	**60**	**59**	**56**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Red	Red		
Close:				17:08:34		
Rank:	12	8	7	8		





JAQUIMA