

Montemor O Novo

CEI** / 120 Km.

Ana Barbas

Faouzi De La Gesse

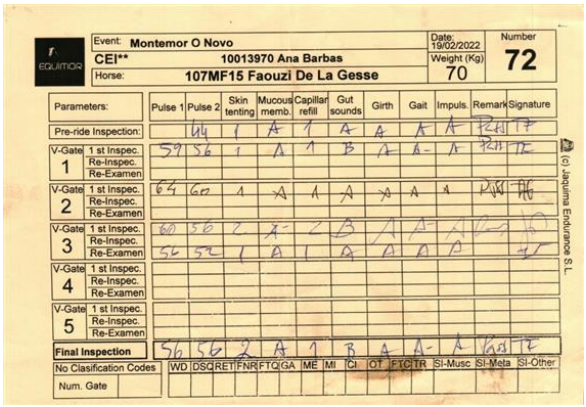
Lic: 10013970 / Ldn: 107MF15

19/02/2022

Nº participantes: 9 **Clasificados: 6 (66%)** **No clasificados: 3 (33%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	30,000	20,000		
Departure	**08:00:00**	**11:01:20**	**13:24:40**	**16:03:28**		
Arrival Time	**10:19:15**	**12:42:43**	**15:09:47**	**17:15:08**		
Time	02:19:15	01:41:23	01:45:07	01:11:40		
Speed in Arri.	17,235	17,754	17,123	16,744		
Accumu. Time	02:19:15	04:00:38	05:45:45	06:57:25		
Accumu. Speed	17,235	17,453	17,353	17,248		
Arrival Vet-in.	**10:21:20**	**12:44:40**	**15:13:28**	**17:21:38**		
Vet-in Time	02:21:20	01:43:20	01:48:48	01:11:40		
Vet-in Speed	16,981	17,419	16,544	16,744		
Accumu. Time Vet	02:21:20	04:04:40	05:53:28	**07:05:08**		
Accumu Speed	16,981	17,166	16,974	**16,935**		
Recovery	00:02:05	00:01:57	00:03:41	~~00:06:30~~		
Accu. Recovery	00:02:05	00:04:02	00:07:43			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Blue		
Close:				20:10:00		
Rank:	7	7	6	5		





JAQUIMA