

Campeonato Nacional Sénior De Raides

CEI*** 160 / 160 Km.

09/04/2022

AREP

Teresa Falcao

Hirada Das Vargens

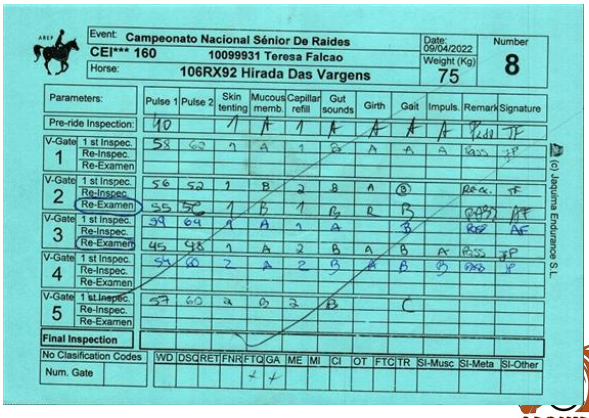
Lic: 10099931 / Ldn: 106RX92

Nº participantes: 14 Clasificados: 5 (35%) No clasificados: 9 (64%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	20,000	30,000	20,000	20,000
Departure	**06:00:00**	**08:59:02**	**11:22:14**	**13:12:33**	**15:41:03**	
Arrival Time	**08:17:21**	**10:40:35**	**12:30:46**	**14:58:59**	**16:53:54**	
Time	02:17:21	01:41:33	01:08:32	01:46:26	01:12:51	
Speed in Arri.	17,473	17,725	17,509	16,911	16,472	
Accumu. Time	02:17:21	03:58:54	05:07:26	06:53:52	08:06:43	
Accumu. Speed	17,473	17,58	17,564	17,396	17,258	
Arrival Vet-in.	**08:19:02**	**10:42:14**	**12:32:33**	**15:01:03**	**16:57:14**	
Vet-in Time	02:19:02	01:43:12	01:10:19	01:48:30	01:16:11	
Vet-in Speed	17,262	17,441	17,065	16,589	15,751	
Accumu. Time Vet	02:19:02	04:02:14	05:12:33	07:01:03		
Accumu Speed	17,262	17,338	17,277	17,1		
Recovery	00:01:41	00:01:39	00:01:47	00:02:04	00:03:20	
Accu. Recovery	00:01:41	00:03:20	00:05:07	00:07:11	00:10:31	
Heart Rate	**58**	**56**	**59**	**54**	**57**	
Into a hold	00:40:00	00:40:00	00:40:00	00:40:00	00:50:00	
Color:	Blue	Red	Green	Red	Green	Yellow
Close:						20:55:43
Rank:	9	10	8	9		

Eliminated: | FTQ | GA





JAQUIMA