

RAID HERDADE DA MITRA

16/12/2023

CEI * / 100 Km.

João Pedro Pereira Lopes

Jasmim

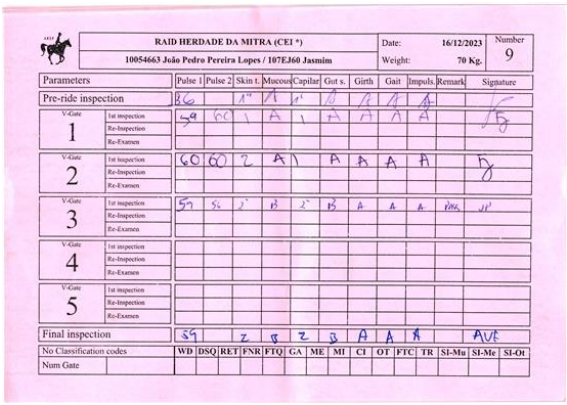
Lic: 10054663 / Ldn: 107EJ60

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**	**10:26:10**	**12:46:00**	**14:32:50**		
Arrival Time	**09:43:17**	**12:03:09**	**13:49:22**	**15:18:52**		
Time	01:43:17	01:36:59	01:03:22	00:46:02		
Speed in Arri.	17,427	18,559	18,937	26,068		
Accumu. Time	01:43:17	03:20:16	04:23:38	05:09:40		
Accumu. Speed	17,427	17,976	18,207	19,375		
Arrival Vet-in.	**09:46:10**	**12:06:00**	**13:52:50**	**15:32:42**		
Vet-in Time	01:46:10	01:39:50	01:06:50	00:46:02		
Vet-in Speed	16,954	18,03	17,955	26,068		
Accumu. Time Vet	01:46:10	03:26:00	04:32:50	**05:18:52**		
Accumu Speed	16,954	17,475	17,593	**18,816**		
Recovery	00:02:53	00:02:51	00:03:28	~~00:13:50~~		
Accu. Recovery	00:02:53	00:05:44	00:09:12			
Heart Rate	**59**	**60**	**59**	**59**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Red	Red		
Close:				17:08:34		
Rank:	3	1	2	1		





JAQUIMA