



**GOLEGÃ**  
CEI1\* 100 / 100 Km.  
**Carlota Micharet Botello**  
**Cumba De Bozouls**  
Lic: 10240426 / Ldn: 106GU23

05/11/2022



**Nº participantes: 9    Clasificados: 7 (77%)    No clasificados: 2 (22%)**

|                  | Phase I         | Phase II        | Phase III       | Phase IV        | Phase V | Phase VI |
|------------------|-----------------|-----------------|-----------------|-----------------|---------|----------|
| kilometers       | 40,000          | 20,000          | 20,000          | 20,000          |         |          |
| Departure        | <b>09:00:00</b> | <b>12:33:03</b> | <b>14:31:08</b> | <b>16:31:20</b> |         |          |
| Arrival Time     | <b>11:51:09</b> | <b>13:48:27</b> | <b>15:46:02</b> | <b>17:42:32</b> |         |          |
| Time             | 02:51:09        | 01:15:24        | 01:14:54        | 01:11:12        |         |          |
| Speed in Arri.   | 14,022          | 15,915          | 16,021          | 16,853          |         |          |
| Accumu. Time     | 02:51:09        | 04:06:33        | 05:21:27        | 06:32:39        |         |          |
| Accumu. Speed    | 14,022          | 14,601          | 14,932          | 15,28           |         |          |
| Arrival Vet-in.  | <b>11:53:03</b> | <b>13:51:08</b> | <b>15:51:20</b> | <b>17:52:55</b> |         |          |
| Vet-in Time      | 02:53:03        | 01:18:05        | 01:20:12        | 01:11:12        |         |          |
| Vet-in Speed     | 13,868          | 15,368          | 14,962          | 16,853          |         |          |
| Accumu. Time Vet | 02:53:03        | 04:11:08        | 05:31:20        | <b>06:42:32</b> |         |          |
| Accumu Speed     | 13,868          | 14,335          | 14,486          | <b>14,905</b>   |         |          |
| Recovery         | 00:01:54        | 00:02:41        | 00:05:18        | 00:10:23        |         |          |
| Accu. Recovery   | 00:01:54        | 00:04:35        | 00:09:53        |                 |         |          |
| Heart Rate       | <b>60</b>       | <b>60</b>       | <b>60</b>       | <b>56</b>       |         |          |
| Into a hold      | 00:40:00        | 00:40:00        | 00:40:00        |                 |         |          |
| Color:           | Red             | Red             | Red             | Red             |         |          |
| Close:           |                 |                 |                 | 18:08:34        |         |          |
| Rank:            | 9               | 9               | 7               | 7               |         |          |