



XVI Raid Ademuz

CEI*** / 140 Km.

Majed Aldaihani

Demira De La Fichade

Lic: 10184193 / Ldn: 106WG36

13/11/2021



Nº participantes: 8 Clasificados: 7 (87%) No clasificados: 1 (12%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	36,000	30,000	29,000	20,000	25,000	
Departure	06:45:00	09:40:47	12:14:16	14:46:37	17:05:13	
Arrival Time	08:58:21	11:32:19	13:54:21	16:11:54	18:42:35	
Time	02:13:21	01:51:32	01:40:05	01:25:17	01:37:22	
Speed in Arri.	16,197	16,138	17,385	14,07	15,405	
Accumu. Time	02:13:21	04:04:53	05:44:58	07:10:15	08:47:37	
Accumu. Speed	16,197	16,17	16,523	16,037	15,92	
Arrival Vet-in.	09:00:47	11:34:16	13:56:37	16:15:13	18:47:12	
Vet-in Time	02:15:47	01:53:29	01:42:21	01:28:36	01:37:22	
Vet-in Speed	15,907	15,861	17	13,544	15,405	
Accumu. Time Vet	02:15:47	04:09:16	05:51:37	07:20:13	08:57:35	
Accumu Speed	15,907	15,886	16,21	15,674	15,625	
Recovery	00:02:26	00:01:57	00:02:16	00:03:19	00:04:37	
Accu. Recovery	00:02:26	00:04:23	00:06:39	00:09:58		
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00	00:50:00		
Color:	Purple	Green	Red	Blue	White	
Close:					20:31:09	
Rank:	8	8	7	7	7	