

I Fundão Internacional Endurance Weekend

13/08/2022

CEI * / 100 Km.

Nuno Miguel Carido

Jerez

Lic: 10180464 / Ldn: 106VI75

Nº participantes: 11 **Clasificados: 11 (100%)** **No clasificados: 0 (0%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	20,000	30,000	20,000		
Departure	**06:30:00**	**09:15:00**	**11:45:00**	**14:00:00**		
Arrival Time	**08:32:24**	**11:00:00**	**13:15:00**	**15:15:15**		
Time	02:02:24	01:45:00	01:30:00	01:15:15		
Speed in Arri.	14,705	11,428	20	15,946		
Accumu. Time	02:02:24	03:47:24	05:17:24	06:32:39		
Accumu. Speed	14,705	13,192	15,122	15,28		
Arrival Vet-in.	**08:35:00**	**11:05:00**	**13:20:00**	**15:20:00**		
Vet-in Time	02:05:00	01:50:00	01:35:00	01:15:15		
Vet-in Speed	14,4	10,909	18,947	15,946		
Accumu. Time Vet	02:05:00	03:55:00	05:30:00	**06:45:15**		
Accumu Speed	14,4	12,765	14,545	**14,805**		
Recovery	00:02:36	00:05:00	00:05:00	~~00:04:45~~		
Accu. Recovery	00:02:36	00:07:36	00:12:36			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Blue	Yellow	Blue	Yellow		
Close:				16:50:00		
Rank:	1	1	1	1		

JAQUIMA