

XXV RAID INTERNACIONAL SANTA EULALIA

CEI * / 100 Km.

27/01/2024

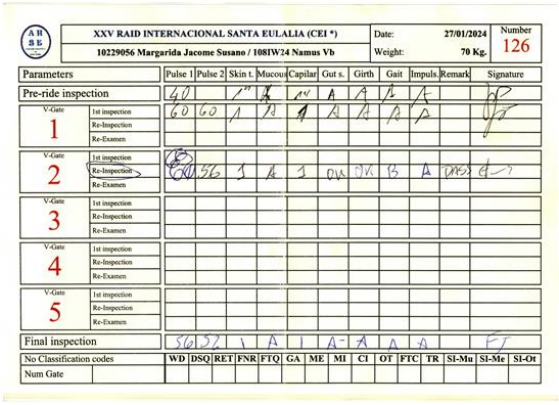
Margarida Jacome Susano

Nf Astrid Aa 90 63

Lic: 10229056 / Ldn: 108PD50

Nº participantes: 34 Clasificados: 27 (79%) No clasificados: 7 (20%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	40,000	20,000			
Departure	**08:05:00**	**10:59:45**	**13:59:06**			
Arrival Time	**10:17:17**	**13:13:33**	**15:05:04**			
Time	02:12:17	02:13:48	01:05:58			
Speed in Arri.	18,142	17,937	18,191			
Accumu. Time	02:12:17	04:26:05	05:32:03			
Accumu. Speed	18,142	18,039	18,069			
Arrival Vet-in.	**10:19:45**	**13:19:06**	**15:14:32**			
Vet-in Time	02:14:45	02:19:21	01:05:58			
Vet-in Speed	17,81	17,222	18,191			
Accumu. Time Vet	02:14:45	04:34:06	**05:40:04**			
Accumu Speed	17,81	17,511	**17,643**			
Recovery	00:02:28	00:05:33	~~00:09:28~~			
Accu. Recovery	00:02:28	00:08:01				
Heart Rate	**60**	**60**	**56**			
Into a hold	00:40:00	00:40:00				
Color:	White	White	White			
Close:			16:33:34			
Rank:	11	11	10			



JAQUIMA