

RAID INTERNACIONAL DE ELVAS 16/09/2023

CEI1* 100 / 100 Km.

Ana Barbas

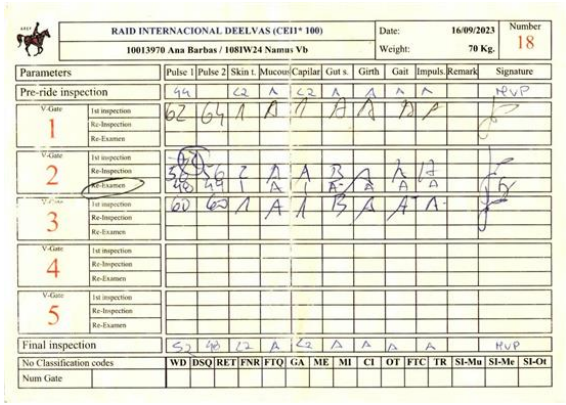
Faouzi De La Gesse

Lic: 10013970 / Ldn: 107MF15

AREP

Nº participantes: 14 Clasificados: 11 (78%) No clasificados: 3 (21%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	30,000	20,000	20,000		
Departure	**07:00:00**	**09:36:12**	**12:13:45**	**14:17:28**		
Arrival Time	**08:53:50**	**11:28:30**	**13:33:20**	**15:27:44**		
Time	01:53:50	01:52:18	01:19:35	01:10:16		
Speed in Arri.	15,812	16,028	15,078	17,077		
Accumu. Time	01:53:50	03:46:08	05:05:43	06:15:59		
Accumu. Speed	15,812	15,919	15,7	15,958		
Arrival Vet-in.	**08:56:12**	**11:33:45**	**13:37:28**	**15:32:12**		
Vet-in Time	01:56:12	01:57:33	01:23:43	01:10:16		
Vet-in Speed	15,49	15,312	14,334	17,077		
Accumu. Time Vet	01:56:12	03:53:45	05:17:28	**06:27:44**		
Accumu Speed	15,49	15,401	15,119	**15,474**		
Recovery	00:02:22	00:05:15	00:04:08	~~00:04:28~~		
Accu. Recovery	00:02:22	00:07:37	00:11:45			
Heart Rate	**62**	**56**	**60**	**52**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Pink	Pink	Green	Green		
Close:				16:08:34		
Rank:	8	8	9	5		



JAQUIMA