


# Raide Internacional Estremoz

CEI**70X70 / 140 Km.

## Cristina Lobera Sales

## Kentacky

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12/05/2023

**Nº participantes: 12** **Clasificados: 6 (50%)** **No clasificados: 6 (50%)**

| | Phase I | Phase II | Phase III | Phase IV | Phase V | Phase VI |
|---|---|---|---|---|---|---|
| kilometers | 30,000 | 20,000 | 20,000 | 30,000 | 20,000 | 20,000 |
| Departure | **09:30:00** | **12:12:57** | **14:19:18** | **07:53:01** | **10:32:03** | **12:37:50** |
| Arrival Time | **11:29:12** | **13:35:23** | **15:37:41** | **09:45:54** | **11:51:59** | **13:55:33** |
| Time | 01:59:12 | 01:22:26 | 01:18:23 | 01:52:53 | 01:19:56 | 01:17:43 |
| Speed in Arri. | 15,1 | 14,557 | 15,309 | 15,945 | 15,012 | 15,44 |
| Accumu. Time | 01:59:12 | 03:21:38 | 04:40:01 | 06:32:54 | 07:52:50 | 09:10:33 |
| Accumu. Speed | 15,1 | 14,878 | 14,999 | 15,271 | 15,227 | 15,257 |
| Arrival Vet-in. | **11:32:57** | **13:39:18** | **15:44:33** | **09:52:03** | **11:57:50** | **14:05:50** |
| Vet-in Time | 02:02:57 | 01:26:21 | 01:25:15 | 01:59:02 | 01:25:47 | 01:17:43 |
| Vet-in Speed | 14,64 | 13,896 | 14,076 | 15,121 | 13,988 | 15,44 |
| Accumu. Time Vet | 02:02:57 | 03:29:18 | 04:54:33 | 06:53:35 | 08:19:22 | **09:37:05** |
| Accumu Speed | 14,64 | 14,333 | 14,259 | 14,507 | 14,418 | **14,555** |
| Recovery | 00:03:45 | 00:03:55 | 00:06:52 | 00:06:09 | 00:05:51 | ~~00:10:17~~ |
| Accu. Recovery | 00:03:45 | 00:07:40 | 00:14:32 | 00:20:41 | 00:26:32 | |
| Heart Rate | **57** | **63** | **57** | **59** | **62** | **59** |
| Into a hold | 00:40:00 | 00:40:00 | 00:40:00 | 00:40:00 | 00:40:00 | |
| Color: | Blue | Red | Red | Blue | Red | Red |
| Close: | | | 16:40:00 | | | 15:20:00 |
| Rank: | 11 | 9 | 8 | 7 | 6 | 4 |

