

Raide Internacional Estremoz

CEI**70X70 / 140 Km.

Jana Kupper

Tejo Do Cambou

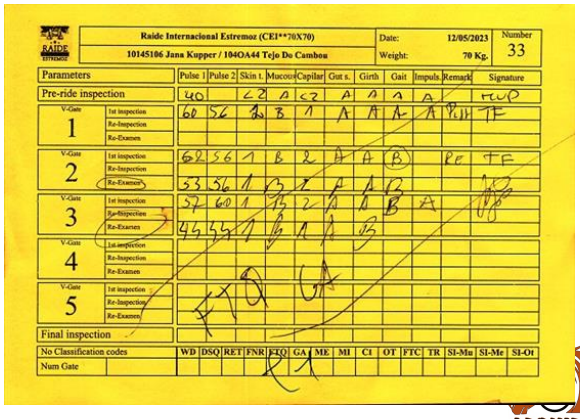
Lic: 10145106 / Ldn: 104OA44

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**	**12:15:10**	**14:39:08**			
Arrival Time	**11:29:19**	**13:54:01**	**16:00:00**			
Time	01:59:19	01:38:51	01:20:52			
Speed in Arri.	15,085	12,139	14,839			
Accumu. Time	01:59:19	03:38:10	04:59:02			
Accumu. Speed	15,085	13,75	14,045			
Arrival Vet-in.	**11:35:10**	**13:59:08**	**16:05:07**			
Vet-in Time	02:05:10	01:43:58	01:25:59			
Vet-in Speed	14,38	11,542	13,956			
Accumu. Time Vet	02:05:10	03:49:08				
Accumu Speed	14,38	13,092				
Recovery	00:05:51	00:05:07	00:05:07			
Accu. Recovery	00:05:51	00:10:58	00:16:05			
Heart Rate	**60**	**62**	**57**			
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:	12	11				

Eliminated: | FTQ | GA



JAQUIMA