

Raide Internacional Estremoz

CEI**70X70 / 140 Km.

Rodrigo Abascal Olascoaga

Triden Peu

Lic: 10210998 / Ldn: 107MF63

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**	**12:01:24**	**14:00:52**	**07:32:00**	**10:01:06**	**11:57:20**
Arrival Time	**11:18:15**	**13:17:22**	**15:18:41**	**09:15:03**	**11:11:31**	**13:01:07**
Time	01:48:15	01:15:58	01:17:49	01:43:03	01:10:25	01:03:47
Speed in Arri.	16,628	15,796	15,42	17,467	17,041	18,813
Accumu. Time	01:48:15	03:04:13	04:22:02	06:05:05	07:15:30	08:19:17
Accumu. Speed	16,628	16,285	16,028	16,434	16,532	16,824
Arrival Vet-in.	**11:21:24**	**13:20:52**	**15:23:32**	**09:21:06**	**11:17:20**	**13:13:05**
Vet-in Time	01:51:24	01:19:28	01:22:40	01:49:06	01:16:14	01:03:47
Vet-in Speed	16,157	15,1	14,516	16,498	15,741	18,813
Accumu. Time Vet	01:51:24	03:10:52	04:33:32	06:22:38	07:38:52	**08:42:39**
Accumu Speed	16,157	15,717	15,354	15,68	15,69	**16,071**
Recovery	00:03:09	00:03:30	00:04:51	00:06:03	00:05:49	~~00:11:58~~
Accu. Recovery	00:03:09	00:06:39	00:11:30	00:17:33	00:23:22	
Heart Rate	**64**	**63**	**64**	**63**	**58**	**60**
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:	1	4	2	2	2	2

