

Raide Internacional Estremoz

CEI**70X70 / 140 Km.

João Pedro Carpinteiro

Indico Rio Frio

Lic: 10103757 / Ldn: 106TC62

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**	**12:12:33**	**14:15:31**	**07:45:08**	**10:04:08**	**12:01:08**
Arrival Time	**11:29:21**	**13:29:58**	**15:29:30**	**09:16:35**	**11:14:12**	**13:13:59**
Time	01:59:21	01:17:25	01:13:59	01:31:27	01:10:04	01:12:51
Speed in Arri.	15,081	15,5	16,219	19,682	17,126	16,472
Accumu. Time	01:59:21	03:16:46	04:30:45	06:02:12	07:12:16	08:25:07
Accumu. Speed	15,081	15,246	15,512	16,565	16,656	16,629
Arrival Vet-in.	**11:32:33**	**13:35:31**	**15:36:40**	**09:24:08**	**11:21:08**	**13:24:34**
Vet-in Time	02:02:33	01:22:58	01:21:09	01:39:00	01:17:00	01:12:51
Vet-in Speed	14,687	14,463	14,787	18,181	15,584	16,472
Accumu. Time Vet	02:02:33	03:25:31	04:46:40	06:25:40	07:42:40	**08:55:31**
Accumu Speed	14,687	14,597	14,651	15,557	15,561	**15,685**
Recovery	00:03:12	00:05:33	00:07:10	00:07:33	00:06:56	~~00:10:35~~
Accu. Recovery	00:03:12	00:08:45	00:15:55	00:23:28	00:30:24	
Heart Rate	**64**	**63**	**62**	**64**	**60**	**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:	10	6	4	3	3	3

