

Raide Internacional Estremoz

CEI**70X70 / 140 Km.

Rui Lanternas

Lalique Js

Lic: 10064744 / Ldn: 107MU38

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**	**12:01:32**	**14:00:26**	**07:30:00**	**09:59:55**	**11:55:17**
Arrival Time	**11:18:13**	**13:17:21**	**15:18:40**	**09:15:02**	**11:11:30**	**13:01:06**
Time	01:48:13	01:15:49	01:18:14	01:45:02	01:11:35	01:05:49
Speed in Arri.	16,633	15,827	15,338	17,137	16,763	18,232
Accumu. Time	01:48:13	03:04:02	04:22:16	06:07:18	07:18:53	08:24:42
Accumu. Speed	16,633	16,301	16,014	16,335	16,405	16,643
Arrival Vet-in.	**11:21:32**	**13:20:26**	**15:21:32**	**09:19:55**	**11:15:17**	**13:11:46**
Vet-in Time	01:51:32	01:18:54	01:21:06	01:49:55	01:15:22	01:05:49
Vet-in Speed	16,138	15,209	14,796	16,376	15,922	18,232
Accumu. Time Vet	01:51:32	03:10:26	04:31:32	06:21:27	07:36:49	**08:42:38**
Accumu Speed	16,138	15,753	15,467	15,729	15,761	**16,072**
Recovery	00:03:19	00:03:05	00:02:52	00:04:53	00:03:47	~~00:10:40~~
Accu. Recovery	00:03:19	00:06:24	00:09:16	00:14:09	00:17:56	
Heart Rate	**55**	**59**	**60**	**62**	**61**	**58**
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:	2	1	1	1	1	1