

Raide Internacional Estremoz

CEI**70X70 / 140 Km.

Nuno Miguel Carido

Jerez

Lic: 10180464 / Ldn: 106VI75

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**	**12:03:11**	**14:01:26**			
Arrival Time	**11:18:17**	**13:17:20**	**15:27:40**			
Time	01:48:17	01:14:09	01:26:14			
Speed in Arri.	16,623	16,183	13,915			
Accumu. Time	01:48:17	03:02:26	04:28:40			
Accumu. Speed	16,623	16,444	15,632			
Arrival Vet-in.	**11:23:11**	**13:21:26**	**15:33:56**			
Vet-in Time	01:53:11	01:18:15	01:32:30			
Vet-in Speed	15,903	15,335	12,972			
Accumu. Time Vet	01:53:11	03:11:26				
Accumu Speed	15,903	15,671				
Recovery	00:04:54	00:04:06	00:06:16			
Accu. Recovery	00:04:54	00:09:00	00:15:16			
Heart Rate	**56**	**53**	**62**			
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:	6	5				

Eliminated: | FTQ | GA