

Raide Internacional Estremoz

CEI**70X70 / 140 Km.

Mariana Gomes Oliveira

Alarcos De Guadarranque

Lic: 10114986 / Ldn: 107YK91

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**	**12:11:31**	**14:17:45**	**07:48:47**	**10:27:42**	**12:34:28**
Arrival Time	**11:29:17**	**13:35:25**	**15:37:42**	**09:45:52**	**11:51:56**	**13:55:35**
Time	01:59:17	01:23:54	01:19:57	01:57:05	01:24:14	01:21:07
Speed in Arri.	15,09	14,302	15,009	15,373	14,246	14,793
Accumu. Time	01:59:17	03:23:11	04:43:08	06:40:13	08:04:27	09:25:34
Accumu. Speed	15,09	14,764	14,834	14,991	14,862	14,852
Arrival Vet-in.	**11:31:31**	**13:37:45**	**15:40:19**	**09:47:42**	**11:54:28**	**13:58:54**
Vet-in Time	02:01:31	01:26:14	01:22:34	01:58:55	01:26:46	01:21:07
Vet-in Speed	14,812	13,915	14,533	15,136	13,83	14,793
Accumu. Time Vet	02:01:31	03:27:45	04:50:19	06:49:14	08:16:00	**09:37:07**
Accumu Speed	14,812	14,44	14,466	14,661	14,516	**14,555**
Recovery	00:02:14	00:02:20	00:02:37	00:01:50	00:02:32	~~00:03:19~~
Accu. Recovery	00:02:14	00:04:34	00:07:11	00:09:01	00:11:33	
Heart Rate	**57**	**58**	**59**	**58**	**51**	**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:	8	8	5	4	4	6

