

Raide Internacional Estremoz

CEI**70X70 / 140 Km.

João Pedro Pereira Lopes

Luke

Lic: 10054663 / Ldn: 107XS76

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**	**12:11:14**	**14:17:29**	**07:48:58**	**10:28:41**	**12:34:41**
Arrival Time	**11:29:15**	**13:35:24**	**15:37:39**	**09:45:53**	**11:51:58**	**13:55:34**
Time	01:59:15	01:24:10	01:20:10	01:56:55	01:23:17	01:20:53
Speed in Arri.	15,094	14,257	14,968	15,395	14,408	14,836
Accumu. Time	01:59:15	03:23:25	04:43:35	06:40:30	08:03:47	09:24:40
Accumu. Speed	15,094	14,748	14,81	14,981	14,882	14,876
Arrival Vet-in.	**11:31:14**	**13:37:29**	**15:40:30**	**09:48:41**	**11:54:41**	**13:59:44**
Vet-in Time	02:01:14	01:26:15	01:23:01	01:59:43	01:26:00	01:20:53
Vet-in Speed	14,847	13,913	14,454	15,035	13,953	14,836
Accumu. Time Vet	02:01:14	03:27:29	04:50:30	06:50:13	08:16:13	**09:37:06**
Accumu Speed	14,847	14,458	14,457	14,626	14,509	**14,555**
Recovery	00:01:59	00:02:05	00:02:51	00:02:48	00:02:43	~~00:04:10~~
Accu. Recovery	00:01:59	00:04:04	00:06:55	00:09:43	00:12:26	
Heart Rate	**60**	**60**	**64**	**60**	**52**	**52**
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:	7	7	6	5	5	5

