

Montemor O Novo

CEI** / 120 Km.

Carlos Augusto Amaral Paes De Barros

Koheilan Kajla

Lic: 10105509 / Ldn: 105EY97

19/02/2022

Nº participantes: 9 Clasificados: 6 (66%) No clasificados: 3 (33%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	30,000	20,000		
Departure	**08:00:00**	**10:57:30**	**13:22:32**	**15:57:14**		
Arrival Time	**10:16:35**	**12:41:22**	**15:05:16**	**17:10:20**		
Time	02:16:35	01:43:52	01:42:44	01:13:06		
Speed in Arri.	17,571	17,329	17,521	16,415		
Accumu. Time	02:16:35	04:00:27	05:43:11	06:56:17		
Accumu. Speed	17,571	17,467	17,483	17,295		
Arrival Vet-in.	**10:17:30**	**12:42:32**	**15:07:14**	**17:26:23**		
Vet-in Time	02:17:30	01:45:02	01:44:42	01:13:06		
Vet-in Speed	17,454	17,137	17,191	16,415		
Accumu. Time Vet	02:17:30	04:02:32	05:47:14	**07:00:20**		
Accumu Speed	17,454	17,317	17,279	**17,129**		
Recovery	00:00:55	00:01:10	00:01:58	~~00:16:03~~		
Accu. Recovery	00:00:55	00:02:05	00:04:03			
Heart Rate	**56**	**60**	**64**	**61**		
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Blue		
Close:				20:10:00		
Rank:	5	5	3	3		



