

Montemor O Novo

CEI** / 120 Km.

Miguel Brasão

Chelem De Crouz

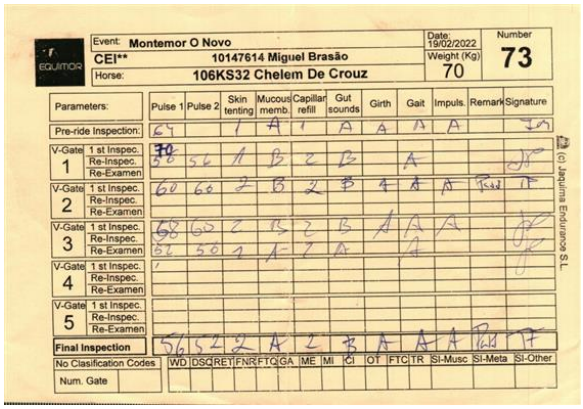
Lic: 10147614 / Ldn: 106KS32

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**	**10:51:47**	**13:06:10**	**15:35:30**		
Arrival Time	**10:04:15**	**12:23:05**	**14:42:31**	**16:41:16**		
Time	02:04:15	01:31:18	01:36:21	01:05:46		
Speed in Arri.	19,315	19,715	18,681	18,246		
Accumu. Time	02:04:15	03:35:33	05:11:54	06:17:40		
Accumu. Speed	19,315	19,485	19,236	19,064		
Arrival Vet-in.	**10:11:47**	**12:26:10**	**14:45:30**	**16:48:53**		
Vet-in Time	02:11:47	01:34:23	01:39:20	01:05:46		
Vet-in Speed	18,211	19,071	18,12	18,246		
Accumu. Time Vet	02:11:47	03:46:10	05:25:30	**06:31:16**		
Accumu Speed	18,211	18,57	18,433	**18,401**		
Recovery	00:07:32	00:03:05	00:02:59	~~00:07:37~~		
Accu. Recovery	00:07:32	00:10:37	00:13:36			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Blue		
Close:				20:10:00		
Rank:	2	2	1	1		





JAQUIMA