

Montemor O Novo

CEI** / 120 Km.

Ana Margarida Candido Costa

Indico Rio Frio

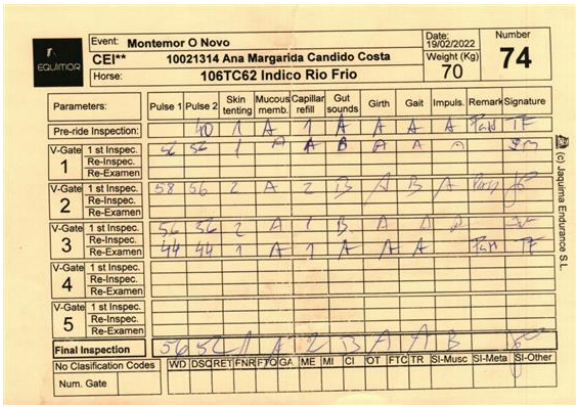
Lic: 10021314 / Ldn: 106TC62

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**	**11:01:11**	**13:24:20**	**16:03:27**		
Arrival Time	**10:19:16**	**12:42:44**	**15:09:48**	**17:15:09**		
Time	02:19:16	01:41:33	01:45:28	01:11:42		
Speed in Arri.	17,233	17,725	17,067	16,736		
Accumu. Time	02:19:16	04:00:49	05:46:17	06:57:59		
Accumu. Speed	17,233	17,44	17,326	17,225		
Arrival Vet-in.	**10:21:11**	**12:44:20**	**15:13:27**	**17:20:20**		
Vet-in Time	02:21:11	01:43:09	01:49:07	01:11:42		
Vet-in Speed	16,999	17,45	16,496	16,736		
Accumu. Time Vet	02:21:11	04:04:20	05:53:27	**07:05:09**		
Accumu Speed	16,999	17,189	16,975	**16,935**		
Recovery	00:01:55	00:01:36	00:03:39	~~00:05:11~~		
Accu. Recovery	00:01:55	00:03:31	00:07:10			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Blue		
Close:				20:10:00		
Rank:	6	6	5	6		





JAQUIMA