

Montemor O Novo

CEI** / 120 Km.

Pedro Godinho

Alto De Traclin

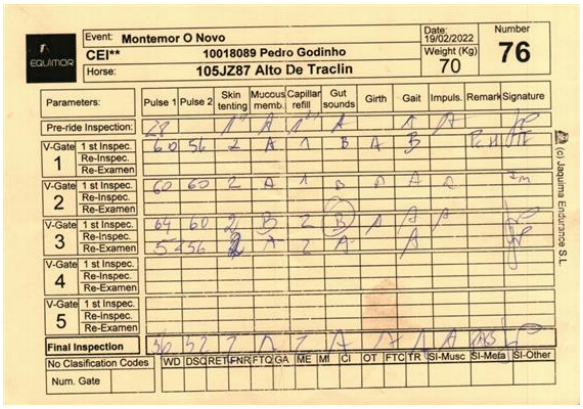
Lic: 10018089 / Ldn: 105JZ87

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**	**10:57:27**	**13:22:29**	**15:57:21**		
Arrival Time	**10:16:34**	**12:41:24**	**15:05:17**	**17:10:21**		
Time	02:16:34	01:43:57	01:42:48	01:13:00		
Speed in Arri.	17,573	17,316	17,509	16,438		
Accumu. Time	02:16:34	04:00:31	05:43:19	06:56:19		
Accumu. Speed	17,573	17,462	17,476	17,294		
Arrival Vet-in.	**10:17:27**	**12:42:29**	**15:07:21**	**17:26:27**		
Vet-in Time	02:17:27	01:45:02	01:44:52	01:13:00		
Vet-in Speed	17,46	17,137	17,164	16,438		
Accumu. Time Vet	02:17:27	04:02:29	05:47:21	**07:00:21**		
Accumu Speed	17,46	17,32	17,273	**17,128**		
Recovery	00:00:53	00:01:05	00:02:04	~~00:16:06~~		
Accu. Recovery	00:00:53	00:01:58	00:04:02			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Blue		
Close:				20:10:00		
Rank:	4	4	4	4		





JAQUIMA