

Montemor O Novo

CEI** / 120 Km.

Leonor Moreira

Calimero De Crouz

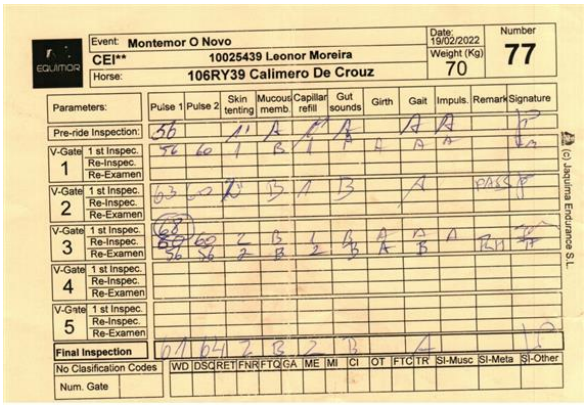
Lic: 10025439 / Ldn: 106RY39

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**	**10:51:51**	**13:06:14**	**15:39:10**		
Arrival Time	**10:08:59**	**12:23:04**	**14:42:30**	**16:41:17**		
Time	02:08:59	01:31:13	01:36:16	01:02:07		
Speed in Arri.	18,607	19,733	18,698	19,318		
Accumu. Time	02:08:59	03:40:12	05:16:28	06:18:35		
Accumu. Speed	18,607	19,073	18,959	19,018		
Arrival Vet-in.	**10:11:51**	**12:26:14**	**14:49:10**	**16:54:47**		
Vet-in Time	02:11:51	01:34:23	01:42:56	01:02:07		
Vet-in Speed	18,202	19,071	17,487	19,318		
Accumu. Time Vet	02:11:51	03:46:14	05:29:10	**06:31:17**		
Accumu Speed	18,202	18,564	18,227	**18,4**		
Recovery	00:02:52	00:03:10	00:06:40	~~00:13:30~~		
Accu. Recovery	00:02:52	00:06:02	00:12:42			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Blue		
Close:				20:10:00		
Rank:	3	3	2	2		





JAQUIMA