



I Raide Quita Da Lageosa

CEP 80 / 80 Km.

Joao Pedro Pereira Lopes

Imany Font Noire

Lic: 3894 / Ldn: 14515

29/04/2023



Nº participantes: 7 Clasificados: 7 (100%) No clasificados: 0 (0%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	30,000	20,000			
Departure	09:00:00	12:28:17	15:26:05			
Arrival Time	11:45:06	14:44:12	17:06:46			
Time	02:45:06	02:15:55	01:40:41			
Speed in Arri.	10,902	13,243	11,918			
Accumu. Time	02:45:06	05:01:01	06:41:42			
Accumu. Speed	10,902	11,959	11,949			
Arrival Vet-in.	11:48:17	14:46:05	17:10:28			
Vet-in Time	02:48:17	02:17:48	01:40:41			
Vet-in Speed	10,696	13,062	11,918			
Accumu. Time Vet	02:48:17	05:06:05	06:46:46			
Accumu Speed	10,696	11,761	11,8			
Recovery	00:03:11	00:01:53	00:03:42			
Accu. Recovery	00:03:11	00:05:04				
Heart Rate	48	56	60			
Into a hold	00:40:00	00:40:00				
Color:	Blue	Blue	Yellow			
Close:			18:20:00			
Rank:	6	6	6			