



Raide Internacional Estremoz

CEI**70X70 / 140 Km.

Rui Lanternas

Lalique Js

Lic: 10064744 / Ldn: 107MU38

12/05/2023



Nº participantes: 12 Clasificados: 6 (50%) No clasificados: 6 (50%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	20,000	20,000	30,000	20,000	20,000
Departure	09:30:00	12:01:32	14:00:26	07:30:00	09:59:55	11:55:17
Arrival Time	11:18:13	13:17:21	15:18:40	09:15:02	11:11:30	13:01:06
Time	01:48:13	01:15:49	01:18:14	01:45:02	01:11:35	01:05:49
Speed in Arri.	16,633	15,827	15,338	17,137	16,763	18,232
Accumu. Time	01:48:13	03:04:02	04:22:16	06:07:18	07:18:53	08:24:42
Accumu. Speed	16,633	16,301	16,014	16,335	16,405	16,643
Arrival Vet-in.	11:21:32	13:20:26	15:21:32	09:19:55	11:15:17	13:11:46
Vet-in Time	01:51:32	01:18:54	01:21:06	01:49:55	01:15:22	01:05:49
Vet-in Speed	16,138	15,209	14,796	16,376	15,922	18,232
Accumu. Time Vet	01:51:32	03:10:26	04:31:32	06:21:27	07:36:49	08:42:38
Accumu Speed	16,138	15,753	15,467	15,729	15,761	16,072
Recovery	00:03:19	00:03:05	00:02:52	00:04:53	00:03:47	00:10:40
Accu. Recovery	00:03:19	00:06:24	00:09:16	00:14:09	00:17:56	
Heart Rate	55	59	60	62	61	58
Into a hold	00:40:00	00:40:00	00:40:00	00:40:00	00:40:00	
Color:	Blue	Red	Red	Blue	Red	Red
Close:			16:40:00			15:20:00
Rank:	2	1	1	1	1	1