



Raide Internacional Estremoz

CEI**70X70 / 140 Km.

Nuno Miguel Carido

Jerez

Lic: 10180464 / Ldn: 106VI75

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	12:03:11	14:01:26			
Arrival Time	11:18:17	13:17:20	15:27:40			
Time	01:48:17	01:14:09	01:26:14			
Speed in Arri.	16,623	16,183	13,915			
Accumu. Time	01:48:17	03:02:26	04:28:40			
Accumu. Speed	16,623	16,444	15,632			
Arrival Vet-in.	11:23:11	13:21:26	15:33:56			
Vet-in Time	01:53:11	01:18:15	01:32:30			
Vet-in Speed	15,903	15,335	12,972			
Accumu. Time Vet	01:53:11	03:11:26				
Accumu Speed	15,903	15,671				
Recovery	00:04:54	00:04:06	00:06:16			
Accu. Recovery	00:04:54	00:09:00	00:15:16			
Heart Rate	56	53	62			
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:	6	5				

Eliminated: FTQ GA

