I RAID PINARES DE CONIL

CEA* YR / 82 Km.

Jazmin Amor Granm

W Inga Arezu Bend Vi De Lam

Lic: 226747 / Ldn: 142913

18/04/2026

Nº participantes: 4 **Clasificados: 2 (50%)** **No clasificados: 2 (50%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	21,000	20,000	21,000	20,000		
Departure	**08:50:00**	**10:51:46**	**12:21:07**	**13:58:06**		
Arrival Time	**10:20:20**	**11:50:30**	**13:26:00**	**14:51:03**		
Time	01:30:20	00:58:44	01:04:53	00:52:57		
Speed in Arri.	13,948	20,431	19,419	22,662		
Accumu. Time	01:30:20	02:29:04	03:33:57	04:26:54		
Accumu. Speed	13,948	16,502	17,387	18,433		
Arrival Vet-in.	**10:21:46**	**11:51:07**	**13:28:06**	**14:53:18**		
Vet-in Time	01:31:46	00:59:21	01:06:59	00:52:57		
Vet-in Speed	13,73	20,219	18,81	22,662		
Accumu. Time Vet	01:31:46	02:31:07	03:38:06	**04:31:03**		
Accumu Speed	13,73	16,278	17,056	**18,151**		
Recovery	00:01:26	00:00:37	00:02:06	~~00:02:15~~		
Accu. Recovery	00:01:26	00:02:03	00:04:09			
Heart Rate						
Into a hold	00:30:00	00:30:00	00:30:00			
Color:	Yellow	Red	Yellow	Red		
Close:				17:10:00		
Rank:	3	1	1	1		

JAQUIMA