Companhia Das Lezirias

CEI***160 / 160 Km.

José Pedro Filipe

Couma Cabirat

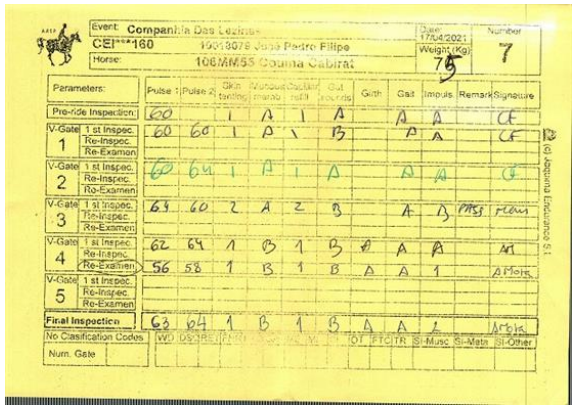
Lic: 10018079 / Ldn: 106MM55

17/04/2021

AREP

Nº participantes: 8 **Clasificados: 6 (75%)** **No clasificados: 2 (25%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	40,000	30,000	30,000	20,000	
Departure	**06:30:00**	**09:40:37**	**12:50:04**	**15:20:22**	**18:13:53**	
Arrival Time	**08:54:44**	**12:02:30**	**14:30:57**	**17:14:54**	**19:17:03**	
Time	02:24:44	02:21:53	01:40:53	01:54:32	01:03:10	
Speed in Arri.	16,582	16,915	17,842	15,715	18,997	
Accumu. Time	02:24:44	04:46:37	06:27:30	08:22:02	09:25:12	
Accumu. Speed	16,582	16,747	17,032	16,731	16,985	
Arrival Vet-in.	**09:00:37**	**12:10:04**	**14:40:22**	**17:23:53**	**19:34:39**	
Vet-in Time	02:30:37	02:29:27	01:50:18	02:03:31	01:03:10	
Vet-in Speed	15,934	16,058	16,319	14,572	18,997	
Accumu. Time Vet	02:30:37	05:00:04	06:50:22	08:53:53	**09:57:03**	
Accumu Speed	15,934	15,996	16,083	15,733	**16,079**	
Recovery	00:05:53	00:07:34	00:09:25	00:08:59	~~00:17:36~~	
Accu. Recovery	00:05:53	00:13:27	00:22:52	00:31:51		
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00	00:50:00		
Color:	Blue	Blue	Red	Red	Yellow	
Close:					20:45:43	
Rank:	8	8	8	6	4	



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