III Raid Sines

CEI3* 160 / 160 Km.

Jerome Biados

Alkima

Lic: 10100526 / Ldn: 106GR51

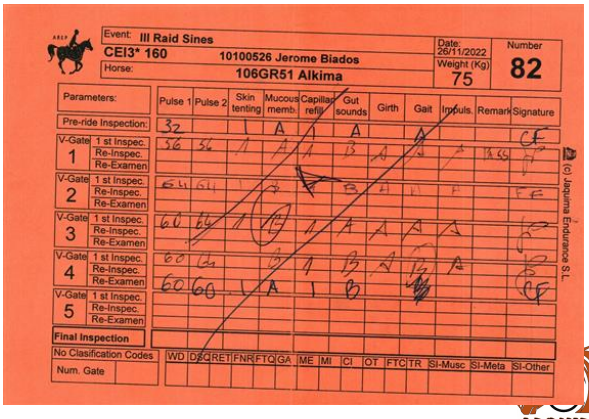
26/11/2022

AREP

Nº participantes: 19 **Clasificados: 14 (73%)** **No clasificados: 5 (26%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	40,000	30,000	30,000	20,000	
Departure	**06:00:00**	**08:58:17**	**11:44:07**	**14:02:40**		
Arrival Time	**08:16:07**	**11:02:25**	**13:20:05**	**15:36:42**		
Time	02:16:07	02:04:08	01:35:58	01:34:02		
Speed in Arri.	17,631	19,334	18,756	19,142		
Accumu. Time	02:16:07	04:20:15	05:56:13	07:30:15		
Accumu. Speed	17,631	18,443	18,528	18,656		
Arrival Vet-in.	**08:18:17**	**11:04:07**	**13:22:40**	**15:39:27**		
Vet-in Time	02:18:17	02:05:50	01:38:33	01:36:47		
Vet-in Speed	17,355	19,072	18,264	18,598		
Accumu. Time Vet	02:18:17	04:24:07	06:02:40			
Accumu Speed	17,355	18,173	18,198			
Recovery	00:02:10	00:01:42	00:02:35	00:02:45		
Accu. Recovery	00:02:10	00:03:52	00:06:27	00:09:12		
Heart Rate	**56**	**64**	**60**	**60**		
Into a hold	00:40:00	00:40:00	00:40:00	00:50:00		
Color:	Blue	Blue	Red	Red	Yellow	
Close:					20:15:43	
Rank:	11	10	10			

Eliminated: FTQ GA



JAQUIMA