

Sant Joan VC 60 Km

30/08/2009

Clas.	Dor.	Jinete			Caballo				Total Tiempo	Total Recup.	Vel. C.Eliminación
4		Bossoms Fernandez Marc			Petit				05:11:55	00:14:06	11,54
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:28:18	10:32:04	1:28:18	1:32:04	0:03:46	13,03 Km/h	0			
2	11:02:04	12:40:56	12:46:39	1:38:52	1:44:35	0:05:43	11,47 Km/h	0			
3	13:16:39	15:07:18	15:11:55	1:50:39	1:55:16	0:04:37	10,41 Km/h	0			
5		Garcia Coll, Paquita			Ocume				05:13:26	00:16:46	11,49
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:28:32	10:32:49	1:28:32	1:32:49	0:04:17	12,93 Km/h	0			
2	11:02:49	12:41:35	12:48:21	1:38:46	1:45:32	0:06:46	11,37 Km/h	0			
3	13:18:21	15:07:43	15:13:26	1:49:22	1:55:05	0:05:43	10,43 Km/h	0			
11		Berenguer Carrera, Gil			Maver Didala				05:27:46	00:10:11	10,98
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:43:42	10:46:27	1:43:42	1:46:27	0:02:45	11,27 Km/h	0			
2	11:16:27	13:08:16	13:11:38	1:51:49	1:55:11	0:03:22	10,42 Km/h	0			
3	13:41:38	15:23:42	15:27:46	1:42:04	1:46:08	0:04:04	11,31 Km/h	0			
9		Pujadas Casellas, Berta			Liebling Donaueschingen Bin 1				05:30:27	00:18:35	10,89
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:44:33	10:49:43	1:44:33	1:49:43	0:05:10	10,94 Km/h	0			
2	11:19:43	13:14:00	13:20:13	1:54:17	2:00:30	0:06:13	9,96 Km/h	0			
3	13:50:13	15:23:15	15:30:27	1:33:02	1:40:14	0:07:12	11,97 Km/h	0			
2		Arrabal Casas, Toni			Espigul-c				05:31:00	00:16:53	10,88
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:43:35	10:45:50	1:43:35	1:45:50	0:02:15	11,34 Km/h	0			
2	11:15:50	13:04:08	13:09:37	1:48:18	1:53:47	0:05:29	10,55 Km/h	0			
3	13:39:37	15:21:51	15:31:00	1:42:14	1:51:23	0:09:09	10,77 Km/h	0			
10		Manubens Vergara, Fatima			Maver Ford				05:31:14	00:16:05	10,87
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:43:39	10:46:37	1:43:39	1:46:37	0:02:58	11,26 Km/h	0			
2	11:16:37	13:08:14	13:14:09	1:51:37	1:57:32	0:05:55	10,21 Km/h	0			
3	13:44:09	15:24:02	15:31:14	1:39:53	1:47:05	0:07:12	11,21 Km/h	0			
12		Capdevila De Chopitea, Maria			Dolça				05:33:52	00:21:24	10,78
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:43:33	10:46:45	1:43:33	1:46:45	0:03:12	11,24 Km/h	0			
2	11:16:45	13:06:41	13:14:18	1:49:56	1:57:33	0:07:37	10,21 Km/h	0			
3	13:44:18	15:23:17	15:33:52	1:38:59	1:49:34	0:10:35	10,95 Km/h	0			
1		Soldevila Altarriba, Ramon			Albert Nocturn Star Ais				05:44:35	00:00:00	0,00 METABOLICO
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:44:35	10:56:20	1:44:35	1:56:20	0:11:45	10,32 Km/h	0			
2	11:26:20	13:13:51	13:22:30	1:47:31	1:56:10	0:08:39	10,33 Km/h	0			
3	13:52:30	15:23:08	15:44:35	1:30:38	1:52:05	0:21:27	10,71 Km/h	0			
3		Clement Serra, Xavier *			Tristan ais				05:45:55	00:00:00	0,00 METABOLICO
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:28:35	10:34:41	1:28:35	1:34:41	0:06:06	12,67 Km/h	0			
2	11:04:41	12:41:36	12:55:47	1:36:55	1:51:06	0:14:11	10,80 Km/h	0			
3	13:25:47	15:25:00	15:45:55	1:59:13	2:20:08	0:20:55	8,56 Km/h	0			
6		Sanchez Perez, Alba			Pinxo				14:00:00	00:00:00	0,00 NO COM REC
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:28:27	10:35:58	1:28:27	1:35:58	0:07:31	12,50 Km/h	0			
2	11:05:58	12:41:32	12:49:58	1:35:34	1:44:00	0:08:26	11,54 Km/h	0			
3	13:19:58	15:33:05	0:00:00	2:13:07	10:40:02	8:26:55	1,87 Km/h	0			
8		Gallego Domingo, Arantxa			Chester de Graells				14:00:00	00:00:00	0,00 NO COM REC
Fase	Salida	Llegada	Control	T.Meta	T.Control	T.Recup	Velocidad	Pulso			
1	9:00:00	10:28:24	10:36:12	1:28:24	1:36:12	0:07:48	12,47 Km/h	0			
2	11:06:12	12:41:31	12:52:29	1:35:19	1:46:17	0:10:58	11,29 Km/h	0			
3	13:22:29	15:33:10	0:00:00	2:10:41	10:37:31	8:26:50	1,88 Km/h	0			