



## 3 Heures en individuel

**Dossard :** 554

**Participant :** FERNANDES Adelino

**Distance parcourue :** 40,120 km

**Classement scratch :** 1er / 43

**Catégorie :** Seniors

**Classement catégoriel :** 1er / 6

**Club / Assoc. / Ent. :**

### détails des temps intermédiaires :

Départ		15h 01m 50s		Place	Distance	Tps/Tour	Ecart	Km/H	Tps/Km	Cumul			
N° Tour	Heure									Distance	Temps	Km/H	Tps/Km
1	15h 13m 13s	6	-		2,593 km	11m 23s		13,677	4m 23s	<b>2,593 km</b>	0h 11m 23s	13,677	4m 23s
2	15h 24m 37s	6	→	-	2,593 km	11m 24s	+ 02s ↓	13,645	4m 24s	<b>5,186 km</b>	0h 22m 47s	13,661	4m 24s
3	15h 36m 04s	6	→	-	2,593 km	11m 27s	+ 03s ↓	13,587	4m 25s	<b>7,779 km</b>	0h 34m 14s	13,636	4m 24s
4	15h 47m 25s	5	↑	+1	2,593 km	11m 21s	- 06s ↑	13,704	4m 23s	<b>10,372 km</b>	0h 45m 35s	13,653	4m 24s
5	15h 58m 49s	5	→	-	2,593 km	11m 23s	+ 02s ↓	13,660	4m 24s	<b>12,965 km</b>	0h 56m 58s	13,654	4m 24s
6	16h 10m 20s	4	↑	+1	2,593 km	11m 31s	+ 08s ↓	13,504	4m 27s	<b>15,558 km</b>	1h 08m 30s	13,629	4m 24s
7	16h 21m 56s	3	↑	+1	2,593 km	11m 36s	+ 05s ↓	13,406	4m 29s	<b>18,151 km</b>	1h 20m 06s	13,597	4m 25s
8	16h 33m 33s	3	→	-	2,593 km	11m 37s	+ 01s ↓	13,396	4m 29s	<b>20,744 km</b>	1h 31m 43s	13,571	4m 25s
9	16h 45m 14s	3	→	-	2,593 km	11m 41s	+ 05s ↓	13,309	4m 30s	<b>23,337 km</b>	1h 43m 24s	13,542	4m 26s
10	16h 57m 01s	3	→	-	2,593 km	11m 47s	+ 05s ↓	13,210	4m 33s	<b>25,930 km</b>	1h 55m 11s	13,508	4m 27s
11	17h 08m 54s	2	↑	+1	2,593 km	11m 53s	+ 07s ↓	13,089	4m 35s	<b>28,523 km</b>	2h 07m 04s	13,468	4m 27s
12	17h 20m 46s	2	→	-	2,593 km	11m 52s	- 01s ↑	13,116	4m 34s	<b>31,116 km</b>	2h 18m 56s	13,438	4m 28s
13	17h 32m 40s	2	→	-	2,593 km	11m 54s	+ 02s ↓	13,073	4m 35s	<b>33,709 km</b>	2h 30m 50s	13,410	4m 28s
14	17h 44m 16s	2	→	-	2,593 km	11m 36s	- 18s ↑	13,420	4m 28s	<b>36,302 km</b>	2h 42m 25s	13,410	4m 28s
15	17h 56m 05s	2	→	-	2,593 km	11m 50s	+ 14s ↓	13,153	4m 34s	<b>38,895 km</b>	2h 54m 15s	13,393	4m 29s
solde	18h 01m 48s	1	↑	+1	1,225 km	5m 43s	-	12,857	4m 40s	<b>40,120 km</b>	2h 59m 58s	13,376	4m 29s