

Raid Internacional Barroca D´Alva

CEIJ** / 120 Km.

Pedro Sá E Almeida

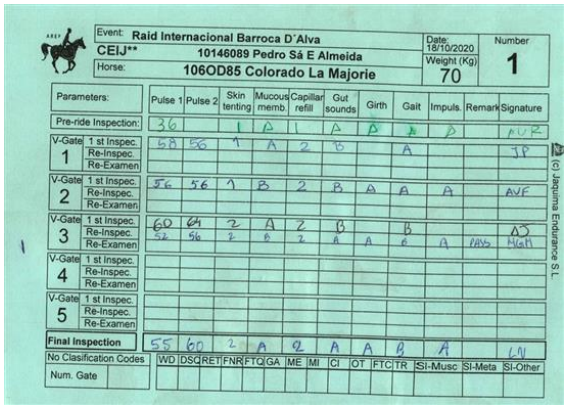
Colorado La Majorie

Lic: 10146089 / Ldn: 106OD85

18/10/2020

Nº participantes: 15 Clasificados: 7 (46%) No clasificados: 8 (53%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	35,000	25,000	20,000		
Departure	**07:30:00**	**10:01:04**	**12:24:13**	**14:05:14**		
Arrival Time	**09:19:38**	**11:42:28**	**13:22:04**	**14:50:30**		
Time	01:49:38	01:41:24	00:57:51	00:45:16		
Speed in Arri.	21,891	20,71	25,929	26,509		
Accumu. Time	01:49:38	03:31:02	04:28:53	05:14:09		
Accumu. Speed	21,891	21,323	22,314	22,918		
Arrival Vet-in.	**09:21:04**	**11:44:13**	**13:25:14**	**15:01:15**		
Vet-in Time	01:51:04	01:43:09	01:01:01	00:45:16		
Vet-in Speed	21,608	20,358	24,583	26,509		
Accumu. Time Vet	01:51:04	03:34:13	04:35:14	**05:20:30**		
Accumu Speed	21,608	21,006	21,799	**22,464**		
Recovery	00:01:26	00:01:45	00:03:10	~~00:10:45~~		
Accu. Recovery	00:01:26	00:03:11	00:06:21			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	1	4	1	1		



JAQUIMA