

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

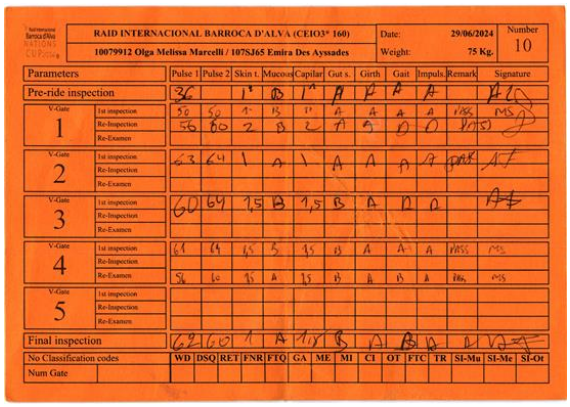
Olga Melissa Marcelli

Emira Des Ayssades

Lic: 10079912 / Ldn: 107SJ65

Nº participantes: 26 **Clasificados: 19 (73%)** **No clasificados: 7 (26%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	30,000	20,000	20,000	20,000
Departure	**05:30:00**	**08:16:32**	**10:34:20**	**12:50:14**	**14:47:05**	**16:36:47**
Arrival Time	**07:35:00**	**09:52:49**	**12:07:12**	**13:54:43**	**15:43:48**	**17:37:48**
Time	02:05:00	01:36:17	01:32:52	01:04:29	00:56:43	01:01:01
Speed in Arri.	19,2	18,694	19,382	18,609	21,157	19,666
Accumu. Time	02:05:00	03:41:17	05:14:09	06:18:38	07:15:21	08:16:22
Accumu. Speed	19,2	18,98	19,099	19,015	19,294	19,34
Arrival Vet-in.	**07:36:32**	**09:54:20**	**12:10:14**	**13:57:05**	**15:46:47**	**17:48:10**
Vet-in Time	02:06:32	01:37:48	01:35:54	01:06:51	00:59:42	01:01:01
Vet-in Speed	18,967	18,404	18,769	17,95	20,1	19,666
Accumu. Time Vet	02:06:32	03:44:20	05:20:14	06:27:05	07:26:47	**08:27:48**
Accumu Speed	18,967	18,722	18,736	18,6	18,801	**18,905**
Recovery	00:01:32	00:01:31	00:03:02	00:02:22	00:02:59	~~00:10:22~~
Accu. Recovery	00:01:32	00:03:03	00:06:05	00:08:27	00:11:26	
Heart Rate	**50**	**63**	**60**	**61**	**56**	**62**
Into a hold	00:40:00	00:40:00	00:40:00	00:50:00	00:50:00	
Color:	Yellow	Red	Blue	Pink	Green	Pink
Close:						20:35:43
Rank:	7	6	4	5	4	5



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