

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

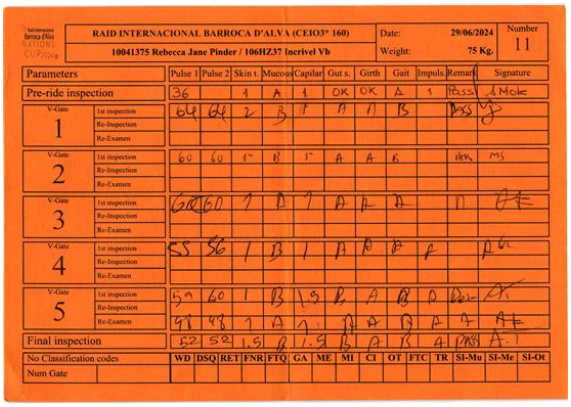
Rebecca Jane Pinder

Incrivel Vb

Lic: 10041375 / Ldn: 106HZ37

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**	**08:35:50**	**11:08:35**	**13:38:40**	**15:44:52**	**17:46:24**
Arrival Time	**07:53:38**	**10:27:00**	**12:51:06**	**14:52:07**	**16:53:25**	**18:55:06**
Time	02:23:38	01:51:10	01:42:31	01:13:27	01:08:33	01:08:42
Speed in Arri.	16,709	16,191	17,558	16,337	17,505	17,467
Accumu. Time	02:23:38	04:14:48	05:57:19	07:10:46	08:19:19	09:28:01
Accumu. Speed	16,709	16,483	16,791	16,714	16,822	16,9
Arrival Vet-in.	**07:55:50**	**10:28:35**	**12:58:40**	**14:54:52**	**16:56:24**	**19:02:00**
Vet-in Time	02:25:50	01:52:45	01:50:05	01:16:12	01:11:32	01:08:42
Vet-in Speed	16,457	15,964	16,351	15,748	16,775	17,467
Accumu. Time Vet	02:25:50	04:18:35	06:08:40	07:24:52	08:36:24	**09:45:06**
Accumu Speed	16,457	16,242	16,274	16,184	16,266	**16,407**
Recovery	00:02:12	00:01:35	00:07:34	00:02:45	00:02:59	~~00:06:54~~
Accu. Recovery	00:02:12	00:03:47	00:11:21	00:14:06	00:17:05	
Heart Rate	**64**	**60**	**60**	**55**	**59**	**52**
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:	22	17	19	16	14	13



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