

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

Rui Lanternas

Elshir

Lic: 10064744 / Ldn: 105ZT10

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**	**08:16:16**	**10:33:36**			
Arrival Time	**07:34:44**	**09:51:59**	**12:07:15**			
Time	02:04:44	01:35:43	01:33:39			
Speed in Arri.	19,241	18,805	19,22			
Accumu. Time	02:04:44	03:40:27	05:14:06			
Accumu. Speed	19,241	19,051	19,102			
Arrival Vet-in.	**07:36:16**	**09:53:36**	**12:10:27**			
Vet-in Time	02:06:16	01:37:20	01:36:51			
Vet-in Speed	19,007	18,493	18,585			
Accumu. Time Vet	02:06:16	03:43:36				
Accumu Speed	19,007	18,783				
Recovery	00:01:32	00:01:37	00:03:12			
Accu. Recovery	00:01:32	00:03:09	00:06:21			
Heart Rate	**55**	**60**	**60**			
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:	3	1				

Eliminated:	FTQ	GA

