

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

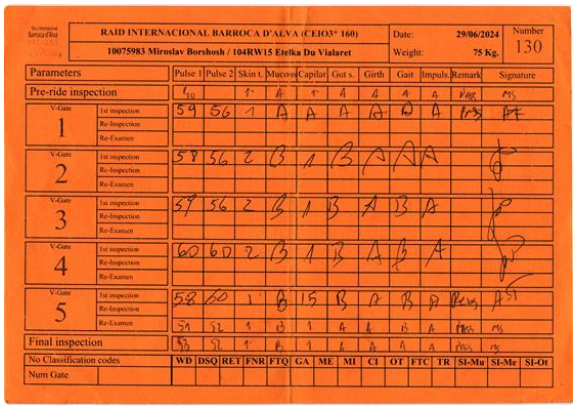
Miroslav Borshosh

Etelka Du Vialaret

Lic: 10075983 / Ldn: 104RW15

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**	**08:35:37**	**11:08:47**	**13:35:50**	**15:46:54**	**17:53:03**
Arrival Time	**07:53:38**	**10:27:00**	**12:51:07**	**14:52:06**	**16:56:16**	**19:01:06**
Time	02:23:38	01:51:23	01:42:20	01:16:16	01:09:22	01:08:03
Speed in Arri.	16,709	16,16	17,589	15,734	17,299	17,634
Accumu. Time	02:23:38	04:15:01	05:57:21	07:13:37	08:22:59	09:31:02
Accumu. Speed	16,709	16,469	16,79	16,604	16,7	16,811
Arrival Vet-in.	**07:55:37**	**10:28:47**	**12:55:50**	**14:56:54**	**17:03:03**	**19:19:14**
Vet-in Time	02:25:37	01:53:10	01:47:03	01:21:04	01:16:09	01:08:03
Vet-in Speed	16,481	15,905	16,814	14,802	15,758	17,634
Accumu. Time Vet	02:25:37	04:18:47	06:05:50	07:26:54	08:43:03	**09:51:06**
Accumu Speed	16,481	16,229	16,4	16,11	16,059	**16,24**
Recovery	00:01:59	00:01:47	00:04:43	00:04:48	00:06:47	~~00:18:08~~
Accu. Recovery	00:01:59	00:03:46	00:08:29	00:13:17	00:20:04	
Heart Rate	**59**	**58**	**59**	**60**	**58**	**53**
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:	20	19	16	18	16	16



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