

RAID INTERNACIONAL BARROCA D'ALVA

CEI3* 160 / 160 Km.

30/06/2024

Rui Pereira

Caryca Aa

Lic: 10014675 / Ldn: 107KS32

Nº participantes: 11 Clasificados: 7 (63%) No clasificados: 4 (36%)

	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**	**08:33:43**	**11:00:06**	**13:26:44**	**15:35:07**	**17:30:04**
Arrival Time	**07:49:00**	**10:14:45**	**12:40:14**	**14:37:04**	**16:34:55**	**18:46:21**
Time	02:19:00	01:41:02	01:40:08	01:10:20	00:59:48	01:16:17
Speed in Arri.	17,266	17,815	17,976	17,061	20,066	15,73
Accumu. Time	02:19:00	04:00:02	05:40:10	06:50:30	07:50:18	09:06:35
Accumu. Speed	17,266	17,497	17,638	17,539	17,86	17,563
Arrival Vet-in.	**07:53:43**	**10:20:06**	**12:46:44**	**14:45:07**	**16:40:04**	**18:52:57**
Vet-in Time	02:23:43	01:46:23	01:46:38	01:18:23	01:04:57	01:16:17
Vet-in Speed	16,699	16,919	16,88	15,309	18,475	15,73
Accumu. Time Vet	02:23:43	04:10:06	05:56:44	07:15:07	08:20:04	**09:36:21**
Accumu Speed	16,699	16,793	16,819	16,547	16,797	**16,656**
Recovery	00:04:43	00:05:21	00:06:30	00:08:03	00:05:09	~~00:06:36~~
Accu. Recovery	00:04:43	00:10:04	00:16:34	00:24:37	00:29:46	
Heart Rate						
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:	9	8	8	7	6	6

