

RAID INTERNACIONAL BARROCA D'ALVA

CEI3* 160 / 160 Km.

30/06/2024

Huilin Jia

Astree Des Ajoncs

Lic: 10073052 / Ldn: 105KQ17

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**	**08:31:43**	**10:57:05**	**13:22:44**	**15:20:37**	**17:16:03**
Arrival Time	**07:49:24**	**10:15:11**	**12:40:22**	**14:28:02**	**16:24:54**	**18:29:09**
Time	02:19:24	01:43:28	01:43:17	01:05:18	01:04:17	01:13:06
Speed in Arri.	17,216	17,396	17,427	18,376	18,667	16,415
Accumu. Time	02:19:24	04:02:52	05:46:09	06:51:27	07:55:44	09:08:50
Accumu. Speed	17,216	17,293	17,333	17,499	17,656	17,491
Arrival Vet-in.	**07:51:43**	**10:17:05**	**12:42:44**	**14:30:37**	**16:26:03**	**18:33:00**
Vet-in Time	02:21:43	01:45:22	01:45:39	01:07:53	01:05:26	01:13:06
Vet-in Speed	16,935	17,083	17,037	17,677	18,339	16,415
Accumu. Time Vet	02:21:43	04:07:05	05:52:44	07:00:37	08:06:03	**09:19:09**
Accumu Speed	16,935	16,998	17,01	17,117	17,282	**17,168**
Recovery	00:02:19	00:01:54	00:02:22	00:02:35	00:01:09	~~00:03:51~~
Accu. Recovery	00:02:19	00:04:13	00:06:35	00:09:10	00:10:19	
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:	6	6	6	5	4	4

