

Raid Internacional Barroca D´Alva

CEIJ** / 120 Km.

Alba Ruiz De Villa Alvarez

Bailany

Lic: 10187473 / Ldn: 106IR93

18/10/2020

Nº participantes: 15 **Clasificados: 7 (46%)** **No clasificados: 8 (53%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	35,000	25,000	20,000		
Departure	**07:30:00**	**10:05:38**	**12:25:07**	**14:22:05**		
Arrival Time	**09:19:41**	**11:42:31**	**13:38:34**	**15:11:59**		
Time	01:49:41	01:36:53	01:13:27	00:49:54		
Speed in Arri.	21,881	21,675	20,422	24,048		
Accumu. Time	01:49:41	03:26:34	04:40:01	05:29:55		
Accumu. Speed	21,881	21,784	21,427	21,823		
Arrival Vet-in.	**09:25:38**	**11:45:07**	**13:42:05**	**15:29:53**		
Vet-in Time	01:55:38	01:39:29	01:16:58	00:49:54		
Vet-in Speed	20,755	21,109	19,488	24,048		
Accumu. Time Vet	01:55:38	03:35:07	04:52:05	**05:41:59**		
Accumu Speed	20,755	20,918	20,542	**21,053**		
Recovery	00:05:57	00:02:36	00:03:31	~~00:17:54~~		
Accu. Recovery	00:05:57	00:08:33	00:12:04			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	10	6	5	5		

JAQUIMA