

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

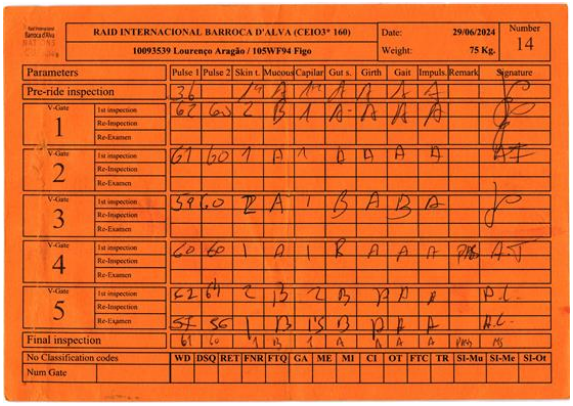
Lourenço Aragão

Figo

Lic: 10093539 / Ldn: 105WF94

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**	**08:17:18**	**10:36:06**	**12:51:34**	**14:49:24**	**16:41:55**
Arrival Time	**07:34:56**	**09:52:26**	**12:07:14**	**13:54:53**	**15:44:03**	**17:46:12**
Time	02:04:56	01:35:08	01:31:08	01:03:19	00:54:39	01:04:17
Speed in Arri.	19,21	18,92	19,751	18,952	21,957	18,667
Accumu. Time	02:04:56	03:40:04	05:11:12	06:14:31	07:09:10	08:13:27
Accumu. Speed	19,21	19,085	19,28	19,224	19,572	19,454
Arrival Vet-in.	**07:37:18**	**09:56:06**	**12:11:34**	**13:59:24**	**15:51:55**	**18:01:04**
Vet-in Time	02:07:18	01:38:48	01:35:28	01:07:50	01:02:31	01:04:17
Vet-in Speed	18,853	18,218	18,854	17,69	19,194	18,667
Accumu. Time Vet	02:07:18	03:46:06	05:21:34	06:29:24	07:31:55	**08:36:12**
Accumu Speed	18,853	18,575	18,658	18,489	18,587	**18,597**
Recovery	00:02:22	00:03:40	00:04:20	00:04:31	00:07:52	~~00:14:52~~
Accu. Recovery	00:02:22	00:06:02	00:10:22	00:14:53	00:22:45	
Heart Rate	**62**	**61**	**59**	**60**	**62**	**61**
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:	13	13	11	11	9	7



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