

RAID INTERNACIONAL BARROCA D'ALVA

CEI3* 160 / 160 Km.

30/06/2024

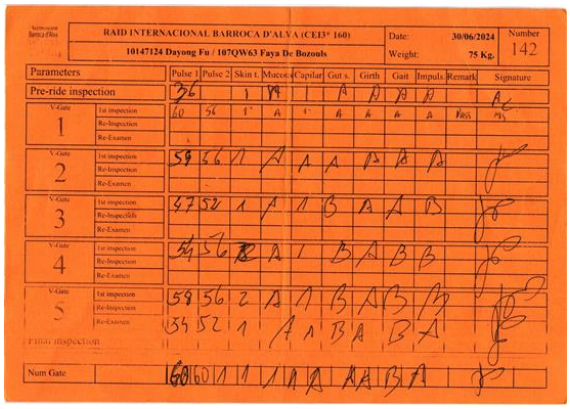
Dayong Fu

Faya De Bozouls

Lic: 10147124 / Ldn: 107QW63

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**	**08:34:12**	**11:04:18**	**13:39:05**	**15:46:43**	**17:49:00**
Arrival Time	**07:51:41**	**10:22:06**	**12:57:58**	**14:53:56**	**16:55:42**	**19:02:53**
Time	02:21:41	01:47:54	01:53:40	01:14:51	01:08:59	01:13:53
Speed in Arri.	16,939	16,682	15,835	16,032	17,395	16,241
Accumu. Time	02:21:41	04:09:35	06:03:15	07:18:06	08:27:05	09:40:58
Accumu. Speed	16,939	16,828	16,517	16,434	16,565	16,524
Arrival Vet-in.	**07:54:12**	**10:24:18**	**12:59:05**	**14:56:43**	**16:59:00**	**19:09:00**
Vet-in Time	02:24:12	01:50:06	01:54:47	01:17:38	01:12:17	01:13:53
Vet-in Speed	16,643	16,348	15,681	15,457	16,601	16,241
Accumu. Time Vet	02:24:12	04:14:18	06:09:05	07:26:43	08:39:00	**09:52:53**
Accumu Speed	16,643	16,515	16,256	16,117	16,184	**16,192**
Recovery	00:02:31	00:02:12	00:01:07	00:02:47	00:03:18	~~00:06:07~~
Accu. Recovery	00:02:31	00:04:43	00:05:50	00:08:37	00:11:55	
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:	10	9	9	8	7	7



JAQUIMA