

RAID INTERNACIONAL BARROCA D'ALVA

CEI3* 160 / 160 Km.

30/06/2024

Ana Barbas

Vulcane De Crouz

Lic: 10013970 / Ldn: 105HJ08

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**	**08:30:19**	**10:56:09**	**13:21:50**	**15:26:58**	**17:28:27**
Arrival Time	**07:49:00**	**10:14:47**	**12:40:15**	**14:33:12**	**16:33:58**	**18:46:18**
Time	02:19:00	01:44:28	01:44:06	01:11:22	01:07:00	01:17:51
Speed in Arri.	17,266	17,23	17,291	16,814	17,91	15,414
Accumu. Time	02:19:00	04:03:28	05:47:34	06:58:56	08:05:56	09:23:47
Accumu. Speed	17,266	17,25	17,262	17,186	17,286	17,027
Arrival Vet-in.	**07:50:19**	**10:16:09**	**12:41:50**	**14:36:58**	**16:38:27**	**18:53:16**
Vet-in Time	02:20:19	01:45:50	01:45:41	01:15:08	01:11:29	01:17:51
Vet-in Speed	17,104	17,007	17,032	15,971	16,787	15,414
Accumu. Time Vet	02:20:19	04:06:09	05:51:50	07:06:58	08:18:27	**09:36:18**
Accumu Speed	17,104	17,062	17,053	16,863	16,852	**16,657**
Recovery	00:01:19	00:01:22	00:01:35	00:03:46	00:04:29	~~00:06:58~~
Accu. Recovery	00:01:19	00:02:41	00:04:16	00:08:02	00:12:31	
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:	5	5	5	6	5	5

