

RAID INTERNACIONAL BARROCA D'ALVA

CEI3* 160 / 160 Km. 30/06/2024

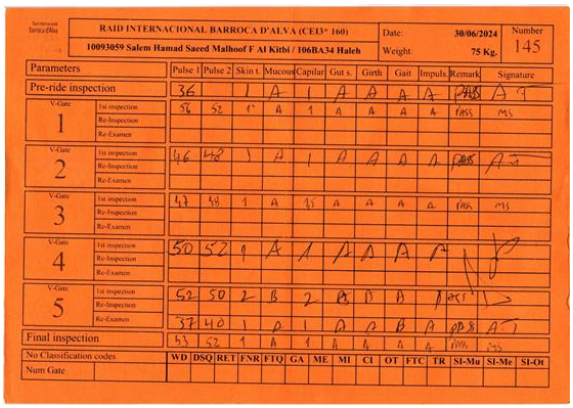
Salem Hamad Saeed Malhoof F Al Kitbi

Haleh

Lic: 10093059 / Ldn: 106BA34

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**	**08:22:26**	**10:45:48**	**13:10:30**	**15:14:41**	**17:08:54**
Arrival Time	**07:41:20**	**10:04:37**	**12:29:19**	**14:23:24**	**16:16:49**	**18:10:57**
Time	02:11:20	01:42:11	01:43:31	01:12:54	01:02:08	01:02:03
Speed in Arri.	18,274	17,615	17,388	16,46	19,313	19,339
Accumu. Time	02:11:20	03:53:31	05:37:02	06:49:56	07:52:04	08:54:07
Accumu. Speed	18,274	17,985	17,802	17,563	17,794	17,973
Arrival Vet-in.	**07:42:26**	**10:05:48**	**12:30:30**	**14:24:41**	**16:18:54**	**18:13:56**
Vet-in Time	02:12:26	01:43:22	01:44:42	01:14:11	01:04:13	01:02:03
Vet-in Speed	18,122	17,413	17,191	16,176	18,686	19,339
Accumu. Time Vet	02:12:26	03:55:48	05:40:30	06:54:41	07:58:54	**09:00:57**
Accumu Speed	18,122	17,811	17,621	17,362	17,54	**17,746**
Recovery	00:01:06	00:01:11	00:01:11	00:01:17	00:02:05	~~00:02:59~~
Accu. Recovery	00:01:06	00:02:17	00:03:28	00:04:45	00:06:50	
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:	1	1	1	1	1	1



JAQUIMA