

RAID INTERNACIONAL BARROCA D'ALVA

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

Saeed Ahmad Rashed Abdulla Al Shamsi

Diva De Jalima

Lic: 10094997 / Ldn: 106RP91

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**	**08:23:13**	**10:46:02**	**13:11:02**	**15:15:30**	**17:09:39**
Arrival Time	**07:41:22**	**10:04:39**	**12:29:21**	**14:23:25**	**16:16:50**	**18:10:58**
Time	02:11:22	01:41:26	01:43:19	01:12:23	01:01:20	01:01:19
Speed in Arri.	18,269	17,745	17,422	16,578	19,565	19,57
Accumu. Time	02:11:22	03:52:48	05:36:07	06:48:30	07:49:50	08:51:09
Accumu. Speed	18,269	18,041	17,85	17,625	17,878	18,073
Arrival Vet-in.	**07:43:13**	**10:06:02**	**12:31:02**	**14:25:30**	**16:19:39**	**18:15:08**
Vet-in Time	02:13:13	01:42:49	01:45:00	01:14:28	01:04:09	01:01:19
Vet-in Speed	18,015	17,506	17,142	16,114	18,706	19,57
Accumu. Time Vet	02:13:13	03:56:02	05:41:02	06:55:30	07:59:39	**09:00:58**
Accumu Speed	18,015	17,794	17,593	17,328	17,512	**17,746**
Recovery	00:01:51	00:01:23	00:01:41	00:02:05	00:02:49	~~00:04:10~~
Accu. Recovery	00:01:51	00:03:14	00:04:55	00:07:00	00:09:49	
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:	2	3	3	3	3	2

