


# RAID INTERNACIONAL BARROCA D'ALVA

CEI3* 160 / 160 Km.

30/06/2024

## Saeed Salem Atiq Khamis Almuhairi

## Bjez La Majorie

Lic: 10135254 / Ldn: 106BL86

**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** | **08:23:16** | **10:46:01** | **13:10:43** | **15:15:19** | **17:09:33** |
| Arrival Time | **07:41:21** | **10:04:36** | **12:29:18** | **14:23:23** | **16:16:48** | **18:10:59** |
| Time | 02:11:21 | 01:41:20 | 01:43:17 | 01:12:40 | 01:01:29 | 01:01:26 |
| Speed in Arri. | 18,271 | 17,763 | 17,427 | 16,513 | 19,517 | 19,533 |
| Accumu. Time | 02:11:21 | 03:52:41 | 05:35:58 | 06:48:38 | 07:50:07 | 08:51:33 |
| Accumu. Speed | 18,271 | 18,05 | 17,858 | 17,619 | 17,867 | 18,06 |
| Arrival Vet-in. | **07:43:16** | **10:06:01** | **12:30:43** | **14:25:19** | **16:19:33** | **18:16:07** |
| Vet-in Time | 02:13:16 | 01:42:45 | 01:44:42 | 01:14:36 | 01:04:14 | 01:01:26 |
| Vet-in Speed | 18,009 | 17,518 | 17,191 | 16,085 | 18,681 | 19,533 |
| Accumu. Time Vet | 02:13:16 | 03:56:01 | 05:40:43 | 06:55:19 | 07:59:33 | **09:00:59** |
| Accumu Speed | 18,009 | 17,795 | 17,609 | 17,336 | 17,516 | **17,745** |
| Recovery | 00:01:55 | 00:01:25 | 00:01:25 | 00:01:56 | 00:02:45 | ~~00:05:08~~ |
| Accu. Recovery | 00:01:55 | 00:03:20 | 00:04:45 | 00:06:41 | 00:09:26 | |
| 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: | 3 | 2 | 2 | 2 | 2 | 3 |

