

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

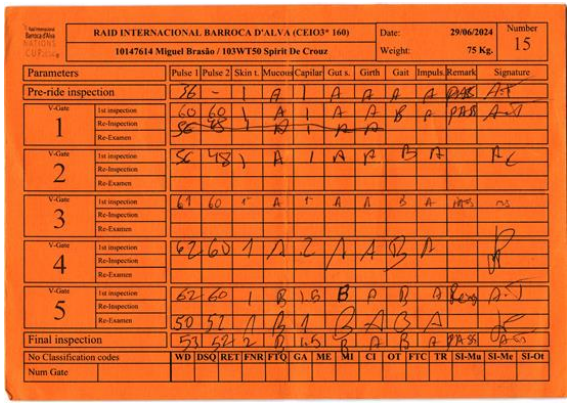
Miguel Brasão

Spirit De Crouz

Lic: 10147614 / Ldn: 103WT50

Nº participantes: 26 **Clasificados: 19 (73%)** **No clasificados: 7 (26%)**

	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**	**08:35:13**	**11:09:34**	**13:38:12**	**15:44:43**	**17:48:07**
Arrival Time	**07:53:42**	**10:27:58**	**12:56:32**	**14:52:40**	**16:55:16**	**19:01:06**
Time	02:23:42	01:52:45	01:46:58	01:14:28	01:10:33	01:12:59
Speed in Arri.	16,701	15,964	16,827	16,114	17,009	16,442
Accumu. Time	02:23:42	04:16:27	06:03:25	07:17:53	08:28:26	09:41:25
Accumu. Speed	16,701	16,377	16,509	16,442	16,521	16,511
Arrival Vet-in.	**07:55:13**	**10:29:34**	**12:58:12**	**14:54:43**	**16:58:07**	**19:09:45**
Vet-in Time	02:25:13	01:54:21	01:48:38	01:16:31	01:13:24	01:12:59
Vet-in Speed	16,527	15,741	16,569	15,682	16,348	16,442
Accumu. Time Vet	02:25:13	04:19:34	06:08:12	07:24:43	08:38:07	**09:51:06**
Accumu Speed	16,527	16,18	16,295	16,19	16,212	**16,24**
Recovery	00:01:31	00:01:36	00:01:40	00:02:03	00:02:51	~~00:08:39~~
Accu. Recovery	00:01:31	00:03:07	00:04:47	00:06:50	00:09:41	
Heart Rate	**60**	**56**	**61**	**62**	**62**	**53**
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:	18	21	17	15	15	15



JAQUIMA