

Raid Internacional Barroca D´Alva

CEIJ** / 120 Km.

Bruna Pujols Aumatell

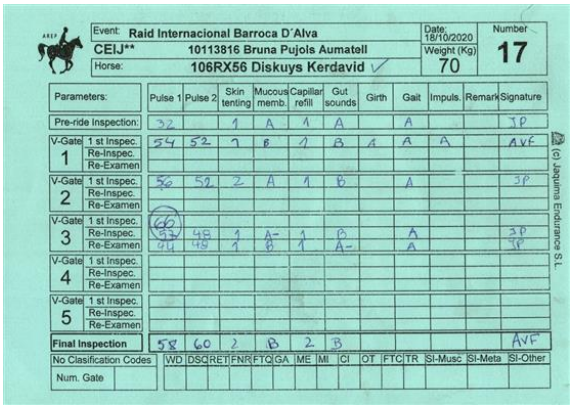
Diskuys Kerdavid

Lic: 10113816 / Ldn: 106RX56

18/10/2020

Nº participantes: 15 Clasificados: 7 (46%) No clasificados: 8 (53%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	35,000	25,000	20,000		
Departure	**07:30:00**	**10:01:19**	**12:23:32**	**14:07:52**		
Arrival Time	**09:19:42**	**11:42:30**	**13:22:05**	**14:52:29**		
Time	01:49:42	01:41:11	00:58:33	00:44:37		
Speed in Arri.	21,877	20,754	25,619	26,895		
Accumu. Time	01:49:42	03:30:53	04:29:26	05:14:03		
Accumu. Speed	21,877	21,338	22,268	22,926		
Arrival Vet-in.	**09:21:19**	**11:43:32**	**13:27:52**	**15:01:41**		
Vet-in Time	01:51:19	01:42:13	01:04:20	00:44:37		
Vet-in Speed	21,56	20,544	23,316	26,895		
Accumu. Time Vet	01:51:19	03:33:32	04:37:52	**05:22:29**		
Accumu Speed	21,56	21,073	21,593	**22,326**		
Recovery	00:01:37	00:01:02	00:05:47	~~00:09:12~~		
Accu. Recovery	00:01:37	00:02:39	00:08:26			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	4	1	2	2		



JAQUIMA