

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

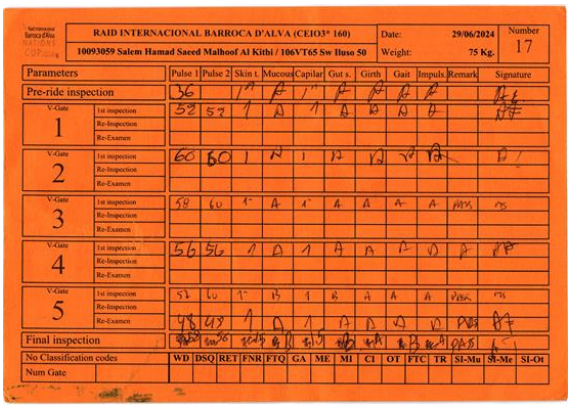
Salem Hamad Saeed Malhoof Al Kitbi

Sw Iluso 50

Lic: 10093059 / Ldn: 106VT65

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**	**08:16:45**	**10:35:10**	**12:51:02**	**14:49:04**	**16:38:47**
Arrival Time	**07:34:48**	**09:52:27**	**12:07:20**	**13:54:50**	**15:44:04**	**17:26:04**
Time	02:04:48	01:35:42	01:32:10	01:03:48	00:55:00	00:47:17
Speed in Arri.	19,23	18,808	19,529	18,808	21,818	25,378
Accumu. Time	02:04:48	03:40:30	05:12:40	06:16:28	07:11:28	07:58:45
Accumu. Speed	19,23	19,047	19,189	19,125	19,468	20,052
Arrival Vet-in.	**07:36:45**	**09:55:10**	**12:11:02**	**13:59:04**	**15:48:47**	**17:42:23**
Vet-in Time	02:06:45	01:38:25	01:35:52	01:08:02	00:59:43	00:47:17
Vet-in Speed	18,934	18,289	18,776	17,638	20,094	25,378
Accumu. Time Vet	02:06:45	03:45:10	05:21:02	06:29:04	07:28:47	**08:16:04**
Accumu Speed	18,934	18,652	18,689	18,505	18,717	**19,352**
Recovery	00:01:57	00:02:43	00:03:42	00:04:14	00:04:43	~~00:16:19~~
Accu. Recovery	00:01:57	00:04:40	00:08:22	00:12:36	00:17:19	
Heart Rate	**52**	**60**	**58**	**56**	**57**	**58**
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:	11	12	7	9	7	3



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