

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

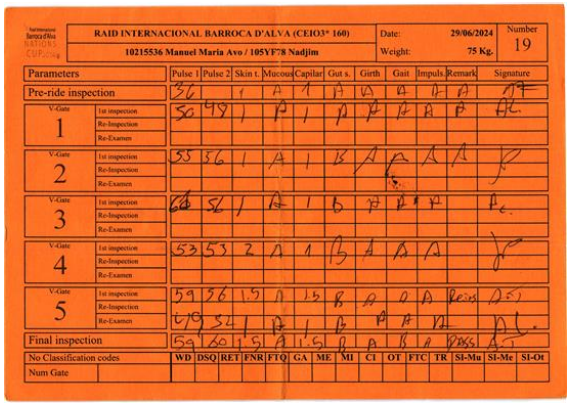
Manuel Maria Avo

Nadjim

Lic: 10215536 / Ldn: 105YF78

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**	**10:35:08**	**12:51:07**	**14:49:19**	**16:38:28**
Arrival Time	**07:34:53**	**09:52:28**	**12:07:20**	**13:54:35**	**15:44:53**	**17:46:16**
Time	02:04:53	01:35:43	01:32:12	01:03:28	00:55:34	01:07:48
Speed in Arri.	19,217	18,805	19,522	18,907	21,595	17,699
Accumu. Time	02:04:53	03:40:36	05:12:48	06:16:16	07:11:50	08:19:38
Accumu. Speed	19,217	19,038	19,181	19,135	19,451	19,214
Arrival Vet-in.	**07:36:45**	**09:55:08**	**12:11:07**	**13:59:19**	**15:48:28**	**17:54:00**
Vet-in Time	02:06:45	01:38:23	01:35:59	01:08:12	00:59:09	01:07:48
Vet-in Speed	18,934	18,295	18,753	17,595	20,287	17,699
Accumu. Time Vet	02:06:45	03:45:08	05:21:07	06:29:19	07:28:28	**08:36:16**
Accumu Speed	18,934	18,655	18,684	18,493	18,73	**18,595**
Recovery	00:01:52	00:02:40	00:03:47	00:04:44	00:03:35	~~00:07:44~~
Accu. Recovery	00:01:52	00:04:32	00:08:19	00:13:03	00:16:38	
Heart Rate	**50**	**55**	**61**	**53**	**59**	**59**
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:	12	11	8	10	6	8



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