


# RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

## João Pedro Pereira Lopes

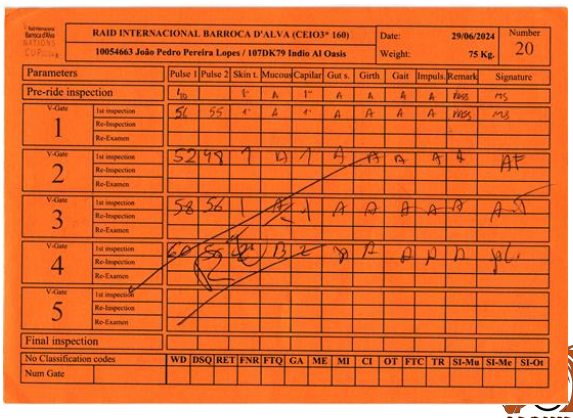
## Indio Al Oasis

Lic: 10054663 / Ldn: 107DK79

**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** | **08:35:08** | **11:09:13** | **13:38:15** | | |
| Arrival Time | **07:53:44** | **10:27:58** | **12:56:36** | **14:53:22** | | |
| Time | 02:23:44 | 01:52:50 | 01:47:23 | 01:15:07 | | |
| Speed in Arri. | 16,697 | 15,952 | 16,762 | 15,975 | | |
| Accumu. Time | 02:23:44 | 04:16:34 | 06:03:57 | 07:19:04 | | |
| Accumu. Speed | 16,697 | 16,37 | 16,485 | 16,398 | | |
| Arrival Vet-in. | **07:55:08** | **10:29:13** | **12:58:15** | **14:58:48** | | |
| Vet-in Time | 02:25:08 | 01:54:05 | 01:49:02 | 01:20:33 | | |
| Vet-in Speed | 16,536 | 15,777 | 16,508 | 14,897 | | |
| Accumu. Time Vet | 02:25:08 | 04:19:13 | 06:08:15 | 07:28:48 | | |
| Accumu Speed | 16,536 | 16,202 | 16,293 | 16,042 | | |
| Recovery | 00:01:24 | 00:01:15 | 00:01:39 | 00:05:26 | | |
| Accu. Recovery | 00:01:24 | 00:02:39 | 00:04:18 | 00:09:44 | | |
| Heart Rate | **56** | **52** | **58** | **60** | | |
| 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: | 17 | 20 | 18 | 19 | | |

Eliminated: RET

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