

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

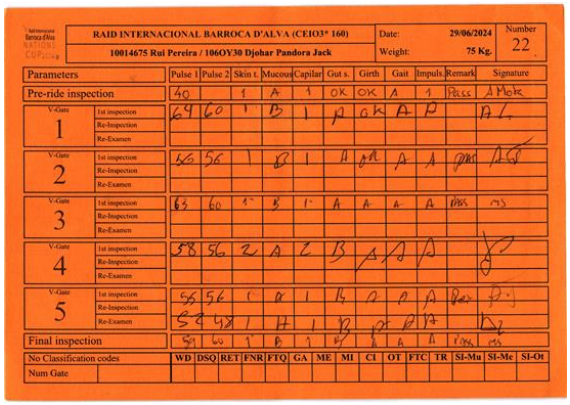
Rui Pereira

Djohar Pandora Jack

Lic: 10014675 / Ldn: 106OY30

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**	**08:16:30**	**10:34:33**	**12:48:54**	**14:46:53**	**16:36:11**
Arrival Time	**07:34:58**	**09:52:48**	**12:07:14**	**13:54:36**	**15:43:51**	**17:37:48**
Time	02:04:58	01:36:18	01:32:41	01:05:42	00:56:58	01:01:37
Speed in Arri.	19,205	18,691	19,42	18,264	21,064	19,475
Accumu. Time	02:04:58	03:41:16	05:13:57	06:19:39	07:16:37	08:18:14
Accumu. Speed	19,205	18,981	19,111	18,964	19,238	19,268
Arrival Vet-in.	**07:36:30**	**09:54:33**	**12:08:54**	**13:56:53**	**15:46:11**	**17:43:48**
Vet-in Time	02:06:30	01:38:03	01:34:21	01:07:59	00:59:18	01:01:37
Vet-in Speed	18,972	18,357	19,077	17,651	20,236	19,475
Accumu. Time Vet	02:06:30	03:44:33	05:18:54	06:26:53	07:26:11	**08:27:48**
Accumu Speed	18,972	18,704	18,814	18,61	18,826	**18,905**
Recovery	00:01:32	00:01:45	00:01:40	00:02:17	00:02:20	~~00:06:00~~
Accu. Recovery	00:01:32	00:03:17	00:04:57	00:07:14	00:09:34	
Heart Rate	**64**	**56**	**63**	**58**	**55**	**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:	6	8	3	3	3	6



JAQUIMA