

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

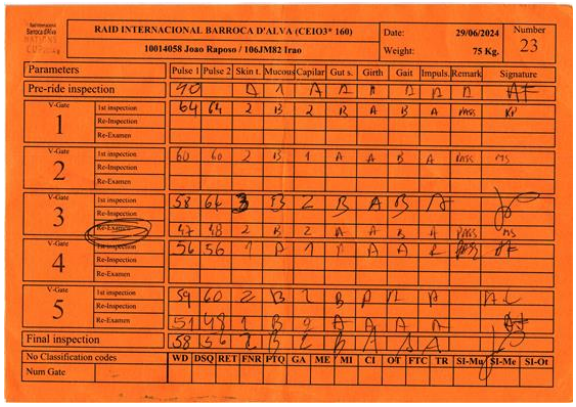
Joao Raposo

Irao

Lic: 10014058 / Ldn: 106JM82

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**	**08:40:20**	**11:13:36**	**13:43:21**	**15:52:37**	**18:00:17**
Arrival Time	**07:57:49**	**10:28:54**	**12:59:54**	**14:58:11**	**17:03:56**	**19:16:26**
Time	02:27:49	01:48:34	01:46:18	01:14:50	01:11:19	01:16:09
Speed in Arri.	16,236	16,579	16,933	16,035	16,826	15,758
Accumu. Time	02:27:49	04:16:23	06:02:41	07:17:31	08:28:50	09:44:59
Accumu. Speed	16,236	16,381	16,543	16,456	16,508	16,41
Arrival Vet-in.	**08:00:20**	**10:33:36**	**13:03:21**	**15:02:37**	**17:10:17**	**19:24:19**
Vet-in Time	02:30:20	01:53:16	01:49:45	01:19:16	01:17:40	01:16:09
Vet-in Speed	15,964	15,891	16,4	15,138	15,45	15,758
Accumu. Time Vet	02:30:20	04:23:36	06:13:21	07:32:37	08:50:17	**10:06:26**
Accumu Speed	15,964	15,933	16,07	15,907	15,84	**15,83**
Recovery	00:02:31	00:04:42	00:03:27	00:04:26	00:06:21	~~00:07:53~~
Accu. Recovery	00:02:31	00:07:13	00:10:40	00:15:06	00:21:27	
Heart Rate	**64**	**60**	**58**	**56**	**59**	**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:	24	24	22	21	18	18



JAQUIMA