


# RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

## Jodie Lee Salinas

## Bar Diamond Ignition

Lic: 10047854 / Ldn: 108BG28

**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** | **08:29:19** | **11:01:20** | **13:27:20** | **15:29:14** | **17:30:17** |
| Arrival Time | **07:47:49** | **10:19:38** | **12:43:25** | **14:36:04** | **16:36:17** | **18:41:18** |
| Time | 02:17:49 | 01:50:19 | 01:42:05 | 01:08:44 | 01:07:03 | 01:11:01 |
| Speed in Arri. | 17,414 | 16,316 | 17,632 | 17,458 | 17,897 | 16,897 |
| Accumu. Time | 02:17:49 | 04:08:08 | 05:50:13 | 06:58:57 | 08:06:00 | 09:17:01 |
| Accumu. Speed | 17,414 | 16,926 | 17,132 | 17,185 | 17,283 | 17,234 |
| Arrival Vet-in. | **07:49:19** | **10:21:20** | **12:47:20** | **14:39:14** | **16:40:17** | **18:48:27** |
| Vet-in Time | 02:19:19 | 01:52:01 | 01:46:00 | 01:11:54 | 01:11:03 | 01:11:01 |
| Vet-in Speed | 17,226 | 16,069 | 16,981 | 16,689 | 16,889 | 16,897 |
| Accumu. Time Vet | 02:19:19 | 04:11:20 | 05:57:20 | 07:09:14 | 08:20:17 | **09:31:18** |
| Accumu Speed | 17,226 | 16,71 | 16,791 | 16,774 | 16,79 | **16,803** |
| Recovery | 00:01:30 | 00:01:42 | 00:03:55 | 00:03:10 | 00:04:00 | ~~00:07:09~~ |
| Accu. Recovery | 00:01:30 | 00:03:12 | 00:07:07 | 00:10:17 | 00:14:17 | |
| Heart Rate | **52** | **61** | **60** | **62** | **60** | **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: | 15 | 15 | 14 | 12 | 11 | 11 |

