

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km. 29/06/2024

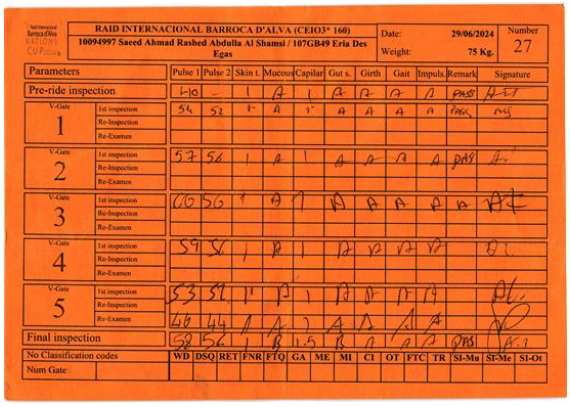
Saeed Ahmad Rashed Abdulla Al Shamsi

Eria Des Egas

Lic: 10094997 / Ldn: 107GB49

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**	**08:15:54**	**10:33:42**	**12:48:24**	**14:45:31**	**16:34:46**
Arrival Time	**07:34:47**	**09:52:24**	**12:07:07**	**13:54:16**	**15:43:42**	**17:26:02**
Time	02:04:47	01:36:30	01:33:25	01:05:52	00:58:11	00:51:16
Speed in Arri.	19,233	18,652	19,268	18,218	20,624	23,407
Accumu. Time	02:04:47	03:41:17	05:14:42	06:20:34	07:18:45	08:10:01
Accumu. Speed	19,233	18,98	19,065	18,919	19,145	19,591
Arrival Vet-in.	**07:35:54**	**09:53:42**	**12:08:24**	**13:55:31**	**15:44:46**	**17:32:54**
Vet-in Time	02:05:54	01:37:48	01:34:42	01:07:07	00:59:15	00:51:16
Vet-in Speed	19,062	18,404	19,007	17,879	20,253	23,407
Accumu. Time Vet	02:05:54	03:43:42	05:18:24	06:25:31	07:24:46	**08:16:02**
Accumu Speed	19,062	18,775	18,844	18,676	18,886	**19,353**
Recovery	00:01:07	00:01:18	00:01:17	00:01:15	00:01:04	~~00:06:52~~
Accu. Recovery	00:01:07	00:02:25	00:03:42	00:04:57	00:06:01	
Heart Rate	**54**	**57**	**60**	**59**	**53**	**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:	1	2	1	1	1	1



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