

RAID INTERNACIONAL BARROCA D'ALVA

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

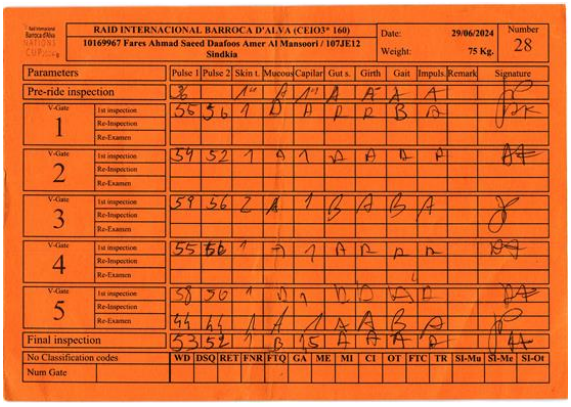
Fares Ahmad Saeed Daafoos Amer Al Mansoori

Sindkia

Lic: 10169967 / Ldn: 107JE12

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**	**08:16:26**	**10:34:01**	**12:48:35**	**14:45:37**	**16:35:02**
Arrival Time	**07:34:50**	**09:52:25**	**12:07:07**	**13:54:17**	**15:43:42**	**17:26:03**
Time	02:04:50	01:35:59	01:33:06	01:05:42	00:58:05	00:51:01
Speed in Arri.	19,225	18,753	19,334	18,264	20,659	23,521
Accumu. Time	02:04:50	03:40:49	05:13:55	06:19:37	07:17:42	08:08:43
Accumu. Speed	19,225	19,02	19,113	18,966	19,191	19,643
Arrival Vet-in.	**07:36:26**	**09:54:01**	**12:08:35**	**13:55:37**	**15:45:02**	**17:32:50**
Vet-in Time	02:06:26	01:37:35	01:34:34	01:07:02	00:59:25	00:51:01
Vet-in Speed	18,982	18,445	19,034	17,901	20,196	23,521
Accumu. Time Vet	02:06:26	03:44:01	05:18:35	06:25:37	07:25:02	**08:16:03**
Accumu Speed	18,982	18,748	18,833	18,671	18,874	**19,352**
Recovery	00:01:36	00:01:36	00:01:28	00:01:20	00:01:20	~~00:06:47~~
Accu. Recovery	00:01:36	00:03:12	00:04:40	00:06:00	00:07:20	
Heart Rate	**56**	**54**	**59**	**55**	**58**	**53**
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:	5	4	2	2	2	2



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