

Raid Internacional Barroca D´Alva

CEIJ** / 120 Km.

Filipe Presado Costa

Yashira Db

Lic: 10212523 / Ldn: 106VH77

18/10/2020

Nº participantes: 15 Clasificados: 7 (46%) No clasificados: 8 (53%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	35,000	25,000	20,000		
Departure	**07:30:00**	**10:19:14**	**12:50:41**	**14:51:12**		
Arrival Time	**09:37:39**	**12:09:11**	**14:08:40**			
Time	02:07:39	01:49:57	01:17:59			
Speed in Arri.	18,801	19,099	19,234			
Accumu. Time	02:07:39	03:57:36	05:15:35			
Accumu. Speed	18,801	18,939	19,012			
Arrival Vet-in.	**09:39:14**	**12:10:41**	**14:11:12**			
Vet-in Time	02:09:14	01:51:27	01:20:31			
Vet-in Speed	18,571	18,842	18,629			
Accumu. Time Vet	02:09:14	04:00:41	05:21:12			
Accumu Speed	18,571	18,696	18,679			
Recovery	00:01:35	00:01:30	00:02:32			
Accu. Recovery	00:01:35	00:03:05	00:05:37			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	14	12	9			

Loop	Color	Reinspect	Start	Km.
4	Blue	14:36:12	14:51:12	20

JAQUIMA