

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

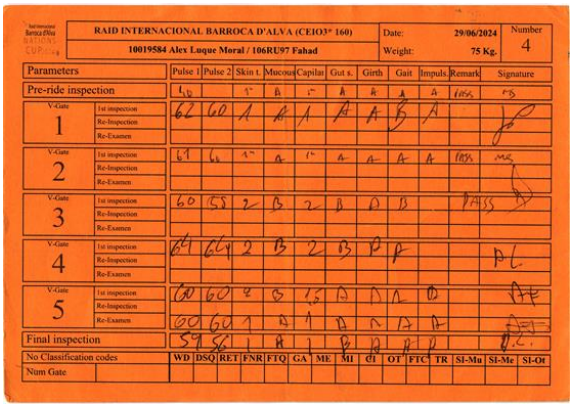
Alex Luque Moral

Fahad

Lic: 10019584 / Ldn: 106RU97

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**	**08:16:19**	**10:34:28**	**12:51:17**	**14:47:01**	**16:37:12**
Arrival Time	**07:34:54**	**09:52:23**	**12:07:12**	**13:54:53**	**15:43:58**	**17:27:42**
Time	02:04:54	01:36:04	01:32:44	01:03:36	00:56:57	00:50:30
Speed in Arri.	19,215	18,736	19,41	18,867	21,071	23,762
Accumu. Time	02:04:54	03:40:58	05:13:42	06:17:18	07:14:15	08:04:45
Accumu. Speed	19,215	19,007	19,126	19,082	19,343	19,804
Arrival Vet-in.	**07:36:19**	**09:54:28**	**12:11:17**	**13:57:01**	**15:47:12**	**17:36:29**
Vet-in Time	02:06:19	01:38:09	01:36:49	01:05:44	01:00:11	00:50:30
Vet-in Speed	18,999	18,339	18,591	18,255	19,939	23,762
Accumu. Time Vet	02:06:19	03:44:28	05:21:17	06:27:01	07:27:12	**08:17:42**
Accumu Speed	18,999	18,711	18,675	18,603	18,783	**19,288**
Recovery	00:01:25	00:02:05	00:04:05	00:02:08	00:03:14	~~00:08:47~~
Accu. Recovery	00:01:25	00:03:30	00:07:35	00:09:43	00:12:57	
Heart Rate	**62**	**61**	**60**	**64**	**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:	4	7	10	4	5	4



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