

Raid Internacional Barroca D´Alva

CEIJ** / 120 Km.

João Afonso Comenda

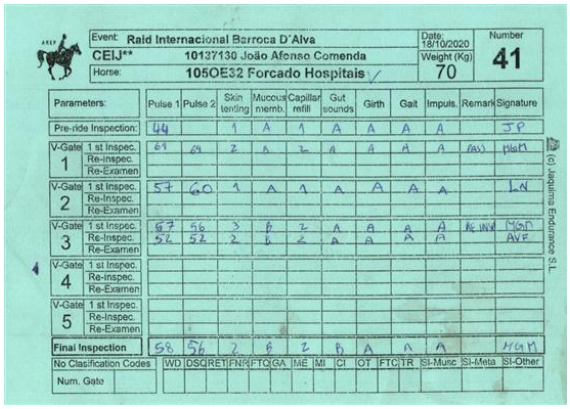
Forcado Hospitais

Lic: 10137130 / Ldn: 105OE32

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**	**10:04:15**	**12:27:02**	**14:22:27**		
Arrival Time	**09:21:25**	**11:43:22**	**13:38:33**	**15:11:58**		
Time	01:51:25	01:39:07	01:11:31	00:49:31		
Speed in Arri.	21,54	21,187	20,974	24,234		
Accumu. Time	01:51:25	03:30:32	04:42:03	05:31:34		
Accumu. Speed	21,54	21,374	21,272	21,715		
Arrival Vet-in.	**09:24:15**	**11:47:02**	**13:42:27**	**15:26:34**		
Vet-in Time	01:54:15	01:42:47	01:15:25	00:49:31		
Vet-in Speed	21,006	20,431	19,889	24,234		
Accumu. Time Vet	01:54:15	03:37:02	04:52:27	**05:41:58**		
Accumu Speed	21,006	20,734	20,516	**21,054**		
Recovery	00:02:50	00:03:40	00:03:54	~~00:14:36~~		
Accu. Recovery	00:02:50	00:06:30	00:10:24			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	8	8	6	4		



JAQUIMA