

Raid Internacional Barroca D´Alva

CEIJ** / 120 Km.

Alexandre Grilo Palmela

Hercules

Lic: 10215537 / Ldn: 106WP23

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**	**10:08:42**	**12:30:18**	**14:26:00**		
Arrival Time	**09:19:44**	**11:46:55**	**13:43:17**	**15:18:49**		
Time	01:49:44	01:38:13	01:12:59	00:52:49		
Speed in Arri.	21,871	21,381	20,552	22,72		
Accumu. Time	01:49:44	03:27:57	04:40:56	05:33:45		
Accumu. Speed	21,871	21,639	21,357	21,573		
Arrival Vet-in.	**09:28:42**	**11:50:18**	**13:46:00**	**15:26:28**		
Vet-in Time	01:58:42	01:41:36	01:15:42	00:52:49		
Vet-in Speed	20,219	20,669	19,815	22,72		
Accumu. Time Vet	01:58:42	03:40:18	04:56:00	**05:48:49**		
Accumu Speed	20,219	20,426	20,27	**20,641**		
Recovery	00:08:58	00:03:23	00:02:43	~~00:07:39~~		
Accu. Recovery	00:08:58	00:12:21	00:15:04			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	12	9	8	6		

JAQUIMA