

Raid Internacional Barroca D´Alva

CEIJ** / 120 Km.

Miguel Brasão

Tambor Cid - Pony

Lic: 10147614 / Ldn: 105FA85

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**	**10:01:12**	**12:23:52**	**14:08:02**		
Arrival Time	**09:19:43**	**11:42:36**	**13:22:03**	**14:48:55**		
Time	01:49:43	01:41:24	00:58:11	00:40:53		
Speed in Arri.	21,874	20,71	25,78	29,351		
Accumu. Time	01:49:43	03:31:07	04:29:18	05:10:11		
Accumu. Speed	21,874	21,315	22,279	23,212		
Arrival Vet-in.	**09:21:12**	**11:43:52**	**13:28:02**	**15:06:40**		
Vet-in Time	01:51:12	01:42:40	01:04:10	00:40:53		
Vet-in Speed	21,582	20,454	23,376	29,351		
Accumu. Time Vet	01:51:12	03:33:52	04:38:02			
Accumu Speed	21,582	21,041	21,58			
Recovery	00:01:29	00:01:16	00:05:59	~~00:17:45~~		
Accu. Recovery	00:01:29	00:02:45	00:08:44			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	2	2	3			

Eliminated:	FTQ	GA