

Raid Internacional Barroca D´Alva

CEIJ** / 120 Km.

Luis Miguel Barradas

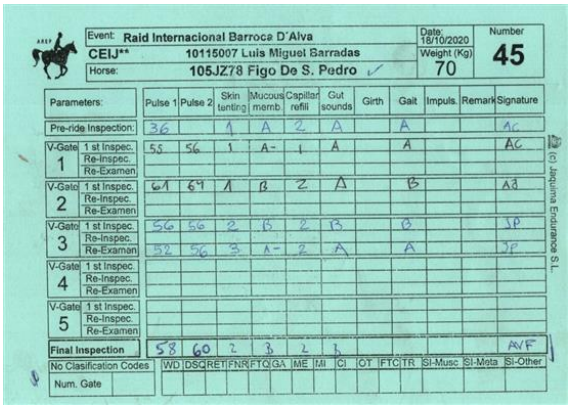
Figo De S. Pedro

Lic: 10115007 / Ldn: 105JZ78

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**	**10:02:30**	**12:24:37**	**14:14:53**		
Arrival Time	**09:21:07**	**11:42:27**	**13:30:47**	**15:06:04**		
Time	01:51:07	01:39:57	01:06:10	00:51:11		
Speed in Arri.	21,598	21,01	22,67	23,445		
Accumu. Time	01:51:07	03:31:04	04:37:14	05:28:25		
Accumu. Speed	21,598	21,32	21,642	21,923		
Arrival Vet-in.	**09:22:30**	**11:44:37**	**13:34:53**	**15:12:59**		
Vet-in Time	01:52:30	01:42:07	01:10:16	00:51:11		
Vet-in Speed	21,333	20,564	21,347	23,445		
Accumu. Time Vet	01:52:30	03:34:37	04:44:53	**05:36:04**		
Accumu Speed	21,333	20,967	21,061	**21,424**		
Recovery	00:01:23	00:02:10	00:04:06	~~00:06:55~~		
Accu. Recovery	00:01:23	00:03:33	00:07:39			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	5	5	4	3		



JAQUIMA