

Raid Internacional Barroca D´Alva

CEIJ** / 120 Km.

Nuno Cordovil Cabral

Iguazu De Iberica

Lic: 10187152 / Ldn: 106WP37

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**	**10:03:08**	**12:26:34**	**14:24:57**		
Arrival Time	**09:19:39**	**11:42:37**	**13:38:32**	**15:12:01**		
Time	01:49:39	01:39:29	01:11:58	00:47:04		
Speed in Arri.	21,887	21,109	20,842	25,495		
Accumu. Time	01:49:39	03:29:08	04:41:06	05:28:10		
Accumu. Speed	21,887	21,517	21,344	21,94		
Arrival Vet-in.	**09:23:08**	**11:46:34**	**13:44:57**	**15:29:29**		
Vet-in Time	01:53:08	01:43:26	01:18:23	00:47:04		
Vet-in Speed	21,213	20,302	19,136	25,495		
Accumu. Time Vet	01:53:08	03:36:34	04:54:57			
Accumu Speed	21,213	20,778	20,342			
Recovery	00:03:29	00:03:57	00:06:25	~~00:17:28~~		
Accu. Recovery	00:03:29	00:07:26	00:13:51			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	6	7	7			

Eliminated:	FTQ	GA