

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

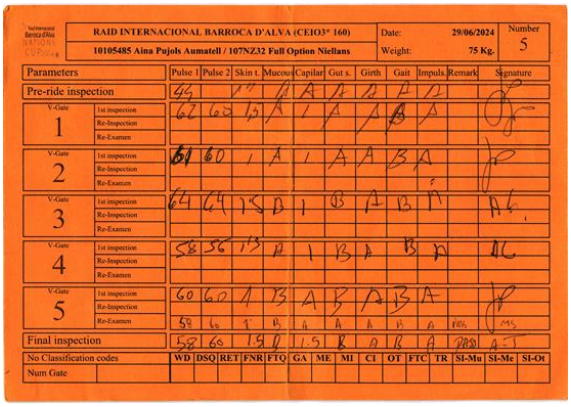
Aina Pujols Aumatell

Full Option Niellans

Lic: 10105485 / Ldn: 107NZ32

Nº participantes: 26 **Clasificados: 19 (73%)** **No clasificados: 7 (26%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	30,000	20,000	20,000	20,000
Departure	**05:30:00**	**08:29:23**	**11:01:38**	**13:25:44**	**15:29:50**	**17:30:45**
Arrival Time	**07:47:46**	**10:19:38**	**12:43:22**	**14:36:04**	**16:36:17**	**18:41:19**
Time	02:17:46	01:50:15	01:41:44	01:10:20	01:06:27	01:10:34
Speed in Arri.	17,42	16,326	17,693	17,061	18,058	17,005
Accumu. Time	02:17:46	04:08:01	05:49:45	07:00:05	08:06:32	09:17:06
Accumu. Speed	17,42	16,934	17,155	17,139	17,265	17,232
Arrival Vet-in.	**07:49:23**	**10:21:38**	**12:45:44**	**14:39:50**	**16:40:45**	**18:50:04**
Vet-in Time	02:19:23	01:52:15	01:44:06	01:14:06	01:10:55	01:10:34
Vet-in Speed	17,218	16,035	17,291	16,194	16,921	17,005
Accumu. Time Vet	02:19:23	04:11:38	05:55:44	07:09:50	08:20:45	**09:31:19**
Accumu Speed	17,218	16,69	16,866	16,75	16,774	**16,803**
Recovery	00:01:37	00:02:00	00:02:22	00:03:46	00:04:28	~~00:08:45~~
Accu. Recovery	00:01:37	00:03:37	00:05:59	00:09:45	00:14:13	
Heart Rate	**62**	**61**	**64**	**58**	**60**	**58**
Into a hold	00:40:00	00:40:00	00:40:00	00:50:00	00:50:00	
Color:	Yellow	Red	Blue	Pink	Green	Pink
Close:						20:35:43
Rank:	16	16	13	13	12	12



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