



Raid Internacional Barroca D'Alva

17/10/2020

CEI*** / 160 Km.

Gil Berenguer Carrera

Diogene De Jansavis

Lic: 10064999 / Ldn: 104EW82



Nº participantes: 20 Clasificados: 6 (30%) No clasificados: 14 (70%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	35,000	25,000	35,000	25,000	
Departure	06:30:00	09:04:04	11:22:44	13:17:37	15:51:41	
Arrival Time	08:22:52	10:41:01	12:36:21	15:00:40	16:51:18	
Time	01:52:52	01:36:57	01:13:37	01:43:03	00:59:37	
Speed in Arri.	21,264	21,66	20,375	20,378	25,16	
Accumu. Time	01:52:52	03:29:49	04:43:26	06:26:29	07:26:06	
Accumu. Speed	21,264	21,447	21,168	20,958	21,519	
Arrival Vet-in.	08:24:04	10:42:44	12:37:37	15:01:41	16:57:33	
Vet-in Time	01:54:04	01:38:40	01:14:53	01:44:04	00:59:37	
Vet-in Speed	21,04	21,283	20,031	20,179	25,16	
Accumu. Time Vet	01:54:04	03:32:44	04:47:37	06:31:41	07:31:18	
Accumu Speed	21,04	21,153	20,861	20,679	21,271	
Recovery	00:01:12	00:01:43	00:01:16	00:01:01	00:06:15	
Accu. Recovery	00:01:12	00:02:55	00:04:11	00:05:12		
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00	00:50:00		
Color:	Yellow	Red	Green	Red	Green	
Close:					20:45:43	
Rank:	3	3	3	2	1	