



Raid Alcacer Do Sal

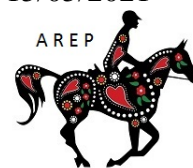
CEI** / 120 Km.

Pedro Godinho

Raid Endurance

Lic: 10018089 / Ldn: 105YP10

15/05/2021



Nº participantes: 4 Clasificados: 4 (100%) No clasificados: 0 (0%)

| | Phase I | Phase II | Phase III | Phase IV | Phase V | Phase VI |
|------------------|----------|----------|-----------|----------|---------|----------|
| kilometers | 40,000 | 30,000 | 30,000 | 20,000 | | |
| Departure | 07:00:00 | 09:55:26 | 12:24:30 | 14:50:16 | | |
| Arrival Time | 09:13:43 | 11:42:29 | 13:57:17 | 15:44:59 | | |
| Time | 02:13:43 | 01:47:03 | 01:32:47 | 00:54:43 | | |
| Speed in Arri. | 17,948 | 16,814 | 19,4 | 21,931 | | |
| Accumu. Time | 02:13:43 | 04:00:46 | 05:33:33 | 06:28:16 | | |
| Accumu. Speed | 17,948 | 17,444 | 17,988 | 18,543 | | |
| Arrival Vet-in. | 09:15:26 | 11:44:30 | 14:00:16 | 15:52:51 | | |
| Vet-in Time | 02:15:26 | 01:49:04 | 01:35:46 | 00:54:43 | | |
| Vet-in Speed | 17,72 | 16,503 | 18,795 | 21,931 | | |
| Accumu. Time Vet | 02:15:26 | 04:04:30 | 05:40:16 | 06:34:59 | | |
| Accumu Speed | 17,72 | 17,177 | 17,633 | 18,228 | | |
| Recovery | 00:01:43 | 00:02:01 | 00:02:59 | 00:07:52 | | |
| Accu. Recovery | 00:01:43 | 00:03:44 | 00:06:43 | | | |
| Heart Rate | | | | | | |
| Into a hold | 00:40:00 | 00:40:00 | 00:50:00 | | | |
| Color: | Red | Blue | Blue | Yellow | | |
| Close: | | | | 17:44:17 | | |
| Rank: | 1 | 1 | 1 | 2 | | |

Handwritten record sheet for the raid. It includes fields for Name (Pedro Godinho), Age (RAID), and a grid for recording performance data across five phases. The grid contains handwritten times and speeds for each phase, along with a final summary row.

