



# Raid Internacional Barroca D´Alva

18/10/2020

CEIJ\*\* / 120 Km.

Filipe Presado Costa

Yashira Db

Lic: 10212523 / Ldn: 106VH77



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	<b>07:30:00</b>	<b>10:19:14</b>	<b>12:50:41</b>	<b>14:51:12</b>		
Arrival Time	<b>09:37:39</b>	<b>12:09:11</b>	<b>14:08:40</b>			
Time	02:07:39	01:49:57	01:17:59			
Speed in Arri.	18,801	19,099	19,234			
Accumu. Time	02:07:39	03:57:36	05:15:35			
Accumu. Speed	18,801	18,939	19,012			
Arrival Vet-in.	<b>09:39:14</b>	<b>12:10:41</b>	<b>14:11:12</b>			
Vet-in Time	02:09:14	01:51:27	01:20:31			
Vet-in Speed	18,571	18,842	18,629			
Accumu. Time Vet	02:09:14	04:00:41	05:21:12			
Accumu Speed	18,571	18,696	18,679			
Recovery	00:01:35	00:01:30	00:02:32			
Accu. Recovery	00:01:35	00:03:05	00:05:37			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	14	12	9			

Loop	Color	Reinspect	Start	Km.
4	Blue	14:36:12	14:51:12	20