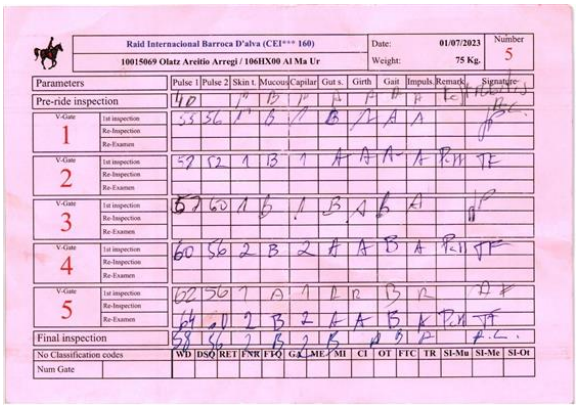
Raid Internacional Barroca D'alva 01/07/2023

CEI*** 160 / 160 Km.

Olatz Areitio Arregi

Al Ma Ur

Lic: 10015069 / Ldn: 106HX00

Nº participantes: 17 **Clasificados: 11 (64%)** **No clasificados: 6 (35%)**

	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**	**08:37:00**	**11:16:40**	**13:53:56**	**16:00:25**	**18:22:30**
Arrival Time	**07:55:24**	**10:35:03**	**13:12:04**	**15:18:38**	**17:30:53**	**19:38:22**
Time	02:25:24	01:58:03	01:55:24	01:24:42	01:30:28	01:15:52
Speed in Arri.	16,506	15,247	15,597	14,167	13,264	15,817
Accumu. Time	02:25:24	04:23:27	06:18:51	07:43:33	09:14:01	10:29:53
Accumu. Speed	16,506	15,942	15,837	15,532	15,161	15,24
Arrival Vet-in.	**07:57:00**	**10:36:40**	**13:13:56**	**15:20:25**	**17:32:30**	**19:43:33**
Vet-in Time	02:27:00	01:59:40	01:57:16	01:26:29	01:32:05	01:15:52
Vet-in Speed	16,326	15,041	15,349	13,875	13,031	15,817
Accumu. Time Vet	02:27:00	04:26:40	06:23:56	07:50:25	09:22:30	**10:38:22**
Accumu Speed	16,326	15,75	15,627	15,305	14,933	**15,038**
Recovery	00:01:36	00:01:37	00:01:52	00:01:47	00:01:37	~~00:05:11~~
Accu. Recovery	00:01:36	00:03:13	00:05:05	00:06:52	00:08:29	
Heart Rate	**55**	**56**	**57**	**60**	**62**	**58**
Into a hold	00:40:00	00:40:00	00:40:00	00:40:00	00:50:00	
Color:	Yellow	Red	Red	Green	Pink	Green
Close:						20:25:43
Rank:	12	13	13	9	9	11