



Raid Alcacer Do Sal

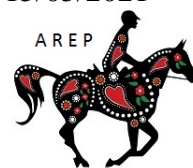
CEI** / 120 Km.

Luis Miguel Barradas

Indico Rio Frio

Lic: 10115007 / Ldn: 106TC62

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	09:56:03	12:25:15	14:56:13		
Arrival Time	09:13:44	11:42:28	14:02:47	15:42:56		
Time	02:13:44	01:46:25	01:37:32	00:46:43		
Speed in Arri.	17,946	16,914	18,455	25,686		
Accumu. Time	02:13:44	04:00:09	05:37:41	06:24:24		
Accumu. Speed	17,946	17,489	17,768	18,73		
Arrival Vet-in.	09:16:03	11:45:15	14:06:13	15:53:00		
Vet-in Time	02:16:03	01:49:12	01:40:58	00:46:43		
Vet-in Speed	17,64	16,483	17,827	25,686		
Accumu. Time Vet	02:16:03	04:05:15	05:46:13	06:32:56		
Accumu Speed	17,64	17,125	17,33	18,323		
Recovery	00:02:19	00:02:47	00:03:26	00:10:04		
Accu. Recovery	00:02:19	00:05:06	00:08:32			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Red	Blue	Blue	Yellow		
Close:				17:44:17		
Rank:	2	2	2	1		

Handwritten record sheet for Luis Miguel Barradas, Indico Rio Frio, dated 15/05/2021. The sheet includes a table with columns for Phase I, Phase II, Phase III, Phase IV, Phase V, and Phase VI, and rows for various performance metrics. The results are as follows:

Phase	I	II	III	IV	V	VI
Departure	07:00:00	09:56:03	12:25:15	14:56:13		
Arrival Time	09:13:44	11:42:28	14:02:47	15:42:56		
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Accumu Speed	17,64	17,125	17,33	18,323		
Recovery	00:02:19	00:02:47	00:03:26	00:10:04		
Accu. Recovery	00:02:19	00:05:06	00:08:32			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Red	Blue	Blue	Yellow		
Close:				17:44:17		
Rank:	2	2	2	1		

