



Raid Alcacer Do Sal

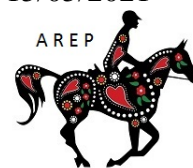
CEI** / 120 Km.

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.

