



# Raid Internacional Barroca D'Alva

17/10/2020

CEI\*\*\* / 160 Km.

Isabel Nogueira

H-Millenium Alfouva

Lic: 10111992 / Ldn: 106KT49



Nº participantes: 20    Clasificados: 6 (30%)    No clasificados: 14 (70%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	35,000	25,000	35,000	25,000	
Departure	<b>06:30:00</b>	<b>09:06:47</b>	<b>11:23:45</b>	<b>13:19:02</b>	<b>15:53:59</b>	
Arrival Time	<b>08:22:54</b>	<b>10:41:26</b>	<b>12:36:40</b>	<b>15:02:02</b>	<b>17:06:33</b>	
Time	01:52:54	01:34:39	01:12:55	01:43:00	01:12:34	
Speed in Arri.	21,257	22,187	20,571	20,388	20,67	
Accumu. Time	01:52:54	03:27:33	04:40:28	06:23:28	07:36:02	
Accumu. Speed	21,257	21,681	21,392	21,123	21,051	
Arrival Vet-in.	<b>08:26:47</b>	<b>10:43:45</b>	<b>12:39:02</b>	<b>15:03:59</b>	<b>17:14:15</b>	
Vet-in Time	01:56:47	01:36:58	01:15:17	01:44:57	01:12:34	
Vet-in Speed	20,55	21,656	19,924	20,009	20,67	
Accumu. Time Vet	01:56:47	03:33:45	04:49:02	06:33:59	<b>07:46:33</b>	
Accumu Speed	20,55	21,052	20,758	20,559	<b>20,576</b>	
Recovery	00:03:53	00:02:19	00:02:22	00:01:57	00:07:42	
Accu. Recovery	00:03:53	00:06:12	00:08:34	00:10:31		
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00	00:50:00		
Color:	Yellow	Red	Green	Red	Green	
Close:					20:45:43	
Rank:	10	5	6	5	4	