



Raid Internacional Barroca D´Alva

18/10/2020

CEIJ** / 120 Km.

Alexandre Grilo Palmela

Hercules

Lic: 10215537 / Ldn: 106WP23



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 | 07:30:00 | 10:08:42 | 12:30:18 | 14:26:00 | | |
| Arrival Time | 09:19:44 | 11:46:55 | 13:43:17 | 15:18:49 | | |
| Time | 01:49:44 | 01:38:13 | 01:12:59 | 00:52:49 | | |
| Speed in Arri. | 21,871 | 21,381 | 20,552 | 22,72 | | |
| Accumu. Time | 01:49:44 | 03:27:57 | 04:40:56 | 05:33:45 | | |
| Accumu. Speed | 21,871 | 21,639 | 21,357 | 21,573 | | |
| Arrival Vet-in. | 09:28:42 | 11:50:18 | 13:46:00 | 15:26:28 | | |
| Vet-in Time | 01:58:42 | 01:41:36 | 01:15:42 | 00:52:49 | | |
| Vet-in Speed | 20,219 | 20,669 | 19,815 | 22,72 | | |
| Accumu. Time Vet | 01:58:42 | 03:40:18 | 04:56:00 | 05:48:49 | | |
| Accumu Speed | 20,219 | 20,426 | 20,27 | 20,641 | | |
| Recovery | 00:08:58 | 00:03:23 | 00:02:43 | 00:07:39 | | |
| Accu. Recovery | 00:08:58 | 00:12:21 | 00:15:04 | | | |
| Heart Rate | | | | | | |
| Into a hold | 00:40:00 | 00:40:00 | 00:40:00 | | | |
| Color: | Yellow | Red | Green | Blue | | |
| Close: | | | | 18:04:17 | | |
| Rank: | 12 | 9 | 8 | 6 | | |