Raid Internacional Barroca D'alva

02/07/2023

CEI** 120 / 120 Km.

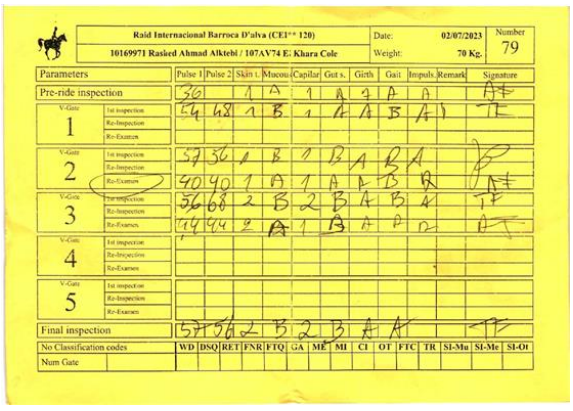
Rashed Ahmad Alktebi

El Khara Cole

Lic: 10169971 / Ldn: 107AV74

Nº participantes: 31 **Clasificados: 18 (58%)** **No clasificados: 13 (41%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	30,000	20,000		
Departure	**06:00:00**	**08:31:12**	**10:41:31**	**13:06:16**		
Arrival Time	**07:49:42**	**10:00:03**	**12:13:55**	**13:53:15**		
Time	01:49:42	01:28:51	01:32:24	00:46:59		
Speed in Arri.	21,877	20,258	19,48	25,54		
Accumu. Time	01:49:42	03:18:33	04:50:57	05:37:56		
Accumu. Speed	21,877	21,153	20,622	21,305		
Arrival Vet-in.	**07:51:12**	**10:01:31**	**12:16:16**	**14:07:21**		
Vet-in Time	01:51:12	01:30:19	01:34:45	00:46:59		
Vet-in Speed	21,582	19,929	18,997	25,54		
Accumu. Time Vet	01:51:12	03:21:31	04:56:16	**05:43:15**		
Accumu Speed	21,582	20,841	20,252	**20,975**		
Recovery	00:01:30	00:01:28	00:02:21	~~00:14:06~~		
Accu. Recovery	00:01:30	00:02:58	00:05:19			
Heart Rate	**54**	**57**	**56**	**57**		
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Green		
Close:				16:44:17		
Rank:	1	1	3	1		



JAQUIMA