

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

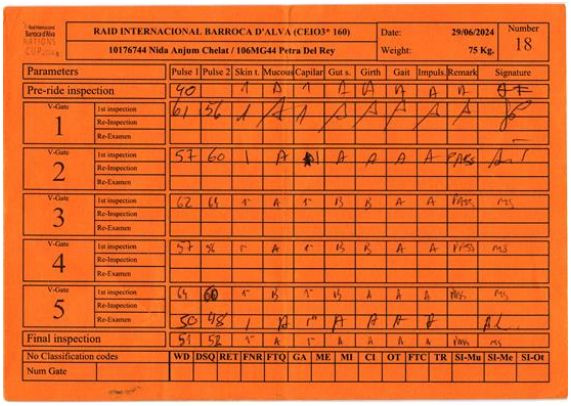
Nida Anjum Chelat

Petra Del Rey

Lic: 10176744 / Ldn: 106MG44

Nº participantes: 26 **Clasificados: 19 (73%)** **No clasificados: 7 (26%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	30,000	20,000	20,000	20,000
Departure	**05:30:00**	**08:35:26**	**11:08:41**	**13:33:06**	**15:44:34**	**17:45:55**
Arrival Time	**07:53:39**	**10:27:01**	**12:51:07**	**14:52:09**	**16:53:26**	**18:55:07**
Time	02:23:39	01:51:35	01:42:26	01:19:03	01:08:52	01:09:12
Speed in Arri.	16,707	16,131	17,572	15,18	17,424	17,341
Accumu. Time	02:23:39	04:15:14	05:57:40	07:16:43	08:25:35	09:34:47
Accumu. Speed	16,707	16,455	16,775	16,486	16,614	16,701
Arrival Vet-in.	**07:55:26**	**10:28:41**	**12:53:06**	**14:54:34**	**16:55:55**	**19:02:04**
Vet-in Time	02:25:26	01:53:15	01:44:25	01:21:28	01:11:21	01:09:12
Vet-in Speed	16,502	15,894	17,238	14,729	16,818	17,341
Accumu. Time Vet	02:25:26	04:18:41	06:03:06	07:24:34	08:35:55	**09:45:07**
Accumu Speed	16,502	16,236	16,524	16,195	16,281	**16,406**
Recovery	00:01:47	00:01:40	00:01:59	00:02:25	00:02:29	~~00:06:57~~
Accu. Recovery	00:01:47	00:03:27	00:05:26	00:07:51	00:10:20	
Heart Rate	**61**	**57**	**62**	**57**	**64**	**51**
Into a hold	00:40:00	00:40:00	00:40:00	00:50:00	00:50:00	
Color:	Yellow	Red	Blue	Pink	Green	Pink
Close:						20:35:43
Rank:	19	18	15	14	13	14



JAQUIMA