



# Raid Internacional Barroca D'Alva

17/10/2020

CEI\*\*\* / 160 Km.

Leonor Moreira

Tejo Do Cambou

Lic: 10025439 / Ldn: 104OA44



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>09:05:49</b>	<b>11:27:32</b>	<b>13:19:48</b>	<b>15:53:27</b>	
Arrival Time	<b>08:23:13</b>	<b>10:44:10</b>	<b>12:36:39</b>	<b>15:00:02</b>	<b>16:58:20</b>	
Time	01:53:13	01:38:21	01:09:07	01:40:14	01:04:53	
Speed in Arri.	21,198	21,352	21,702	20,951	23,118	
Accumu. Time	01:53:13	03:31:34	04:40:41	06:20:55	07:25:48	
Accumu. Speed	21,198	21,269	21,376	21,264	21,534	
Arrival Vet-in.	<b>08:25:49</b>	<b>10:47:32</b>	<b>12:39:48</b>	<b>15:03:27</b>	<b>17:07:52</b>	
Vet-in Time	01:55:49	01:41:43	01:12:16	01:43:39	01:04:53	
Vet-in Speed	20,722	20,645	20,756	20,26	23,118	
Accumu. Time Vet	01:55:49	03:37:32	04:49:48	06:33:27	<b>07:38:20</b>	
Accumu Speed	20,722	20,686	20,703	20,587	<b>20,945</b>	
Recovery	00:02:36	00:03:22	00:03:09	00:03:25	<b>00:09:32</b>	
Accu. Recovery	00:02:36	00:05:58	00:09:07	00:12:32		
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:	8	8	7	4	3	