



# Raid Internacional Barroca D'Alva

18/10/2020

CEIJ\*\* / 120 Km.

Alba Ruiz De Villa Alvarez

**Bailany**

Lic: 10187473 / Ldn: 106IR93



**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	<b>07:30:00</b>	<b>10:05:38</b>	<b>12:25:07</b>	<b>14:22:05</b>		
Arrival Time	<b>09:19:41</b>	<b>11:42:31</b>	<b>13:38:34</b>	<b>15:11:59</b>		
Time	01:49:41	01:36:53	01:13:27	00:49:54		
Speed in Arri.	21,881	21,675	20,422	24,048		
Accumu. Time	01:49:41	03:26:34	04:40:01	05:29:55		
Accumu. Speed	21,881	21,784	21,427	21,823		
Arrival Vet-in.	<b>09:25:38</b>	<b>11:45:07</b>	<b>13:42:05</b>	<b>15:29:53</b>		
Vet-in Time	01:55:38	01:39:29	01:16:58	00:49:54		
Vet-in Speed	20,755	21,109	19,488	24,048		
Accumu. Time Vet	01:55:38	03:35:07	04:52:05	<b>05:41:59</b>		
Accumu Speed	20,755	20,918	20,542	<b>21,053</b>		
Recovery	00:05:57	00:02:36	00:03:31	<b>00:17:54</b>		
Accu. Recovery	00:05:57	00:08:33	00:12:04			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	10	6	5	5		