



# 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	<b>07:30:00</b>	<b>10:08:42</b>	<b>12:30:18</b>	<b>14:26:00</b>		
Arrival Time	<b>09:19:44</b>	<b>11:46:55</b>	<b>13:43:17</b>	<b>15:18:49</b>		
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.	<b>09:28:42</b>	<b>11:50:18</b>	<b>13:46:00</b>	<b>15:26:28</b>		
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	<b>05:48:49</b>		
Accumu Speed	20,219	20,426	20,27	<b>20,641</b>		
Recovery	00:08:58	00:03:23	00:02:43	<b>00:07:39</b>		
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		