



# Raid Internacional Barroca D'Alva

18/10/2020

CEIJ\*\* / 120 Km.

Nuno Cordovil Cabral

Iguazu De Iberica

Lic: 10187152 / Ldn: 106WP37



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	07:30:00	10:03:08	12:26:34	14:24:57		
Arrival Time	09:19:39	11:42:37	13:38:32	15:12:01		
Time	01:49:39	01:39:29	01:11:58	00:47:04		
Speed in Arri.	21,887	21,109	20,842	25,495		
Accumu. Time	01:49:39	03:29:08	04:41:06	05:28:10		
Accumu. Speed	21,887	21,517	21,344	21,94		
Arrival Vet-in.	09:23:08	11:46:34	13:44:57	15:29:29		
Vet-in Time	01:53:08	01:43:26	01:18:23	00:47:04		
Vet-in Speed	21,213	20,302	19,136	25,495		
Accumu. Time Vet	01:53:08	03:36:34	04:54:57			
Accumu Speed	21,213	20,778	20,342			
Recovery	00:03:29	00:03:57	00:06:25	00:17:28		
Accu. Recovery	00:03:29	00:07:26	00:13:51			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Red	Green	Blue		
Close:				18:04:17		
Rank:	6	7	7			

Eliminated: FTQ GA