

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

June Tate

Ehteyat

Lic: 10200636 / Ldn: 106NU98

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**	**08:38:01**	**11:13:23**	**13:43:20**	**15:52:26**	**18:00:00**
Arrival Time	**07:53:45**	**10:29:11**	**12:59:56**	**14:58:13**	**17:03:56**	**19:16:25**
Time	02:23:45	01:51:10	01:46:33	01:14:53	01:11:30	01:16:25
Speed in Arri.	16,695	16,191	16,893	16,024	16,783	15,703
Accumu. Time	02:23:45	04:14:55	06:01:28	07:16:21	08:27:51	09:44:16
Accumu. Speed	16,695	16,475	16,599	16,5	16,54	16,43
Arrival Vet-in.	**07:58:01**	**10:33:23**	**13:03:20**	**15:02:26**	**17:10:00**	**19:25:52**
Vet-in Time	02:28:01	01:55:22	01:49:57	01:19:06	01:17:34	01:16:25
Vet-in Speed	16,214	15,602	16,371	15,17	15,47	15,703
Accumu. Time Vet	02:28:01	04:23:23	06:13:20	07:32:26	08:50:00	**10:06:25**
Accumu Speed	16,214	15,946	16,071	15,913	15,849	**15,83**
Recovery	00:04:16	00:04:12	00:03:24	00:04:13	00:06:04	~~00:09:27~~
Accu. Recovery	00:04:16	00:08:28	00:11:52	00:16:05	00:22:09	
Heart Rate	**60**	**60**	**54**	**59**	**60**	**62**
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:	23	23	21	20	17	17

