



RAID INTERNACIONAL BARROCA D'ALVA

CEI3* 160 / 160 Km.

30/06/2024

Fares Ahmad Saeed Daafos Amer Al Mansoori

Cp Giralda

Lic: 10169967 / Ldn: 106XJ18

Nº participantes: 11 Clasificados: 7 (63%) No clasificados: 4 (36%)

| | 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 | 08:23:21 | 10:46:30 | 13:11:50 | 15:16:06 | |
| Arrival Time | 07:41:33 | 10:04:40 | 12:29:22 | 14:23:36 | 16:16:51 | |
| Time | 02:11:33 | 01:41:19 | 01:42:52 | 01:11:46 | 01:00:45 | |
| Speed in Arri. | 18,244 | 17,766 | 17,498 | 16,72 | 19,753 | |
| Accumu. Time | 02:11:33 | 03:52:52 | 05:35:44 | 06:47:30 | 07:48:15 | |
| Accumu. Speed | 18,244 | 18,036 | 17,871 | 17,668 | 17,939 | |
| Arrival Vet-in. | 07:43:21 | 10:06:30 | 12:31:50 | 14:26:06 | 16:22:01 | |
| Vet-in Time | 02:13:21 | 01:43:09 | 01:45:20 | 01:14:16 | 01:05:55 | |
| Vet-in Speed | 17,997 | 17,45 | 17,088 | 16,157 | 18,204 | |
| Accumu. Time Vet | 02:13:21 | 03:56:30 | 05:41:50 | 06:56:06 | | |
| Accumu Speed | 17,997 | 17,758 | 17,552 | 17,303 | | |
| Recovery | 00:01:48 | 00:01:50 | 00:02:28 | 00:02:30 | 00:05:10 | |
| Accu. Recovery | 00:01:48 | 00:03:38 | 00:06:06 | 00:08:36 | 00:13:46 | |
| Heart Rate | | | | | | |
| 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: | 4 | 4 | 4 | 4 | | |

Eliminated: FTQ GA