

RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

Saeed Hamoud Saeed Al Khayari

Bullio Orlando

Lic: 10075119 / Ldn: 106ML37

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**	**08:16:33**	**10:34:14**	**12:50:26**	**14:48:18**	**16:52:51**
Arrival Time	**07:34:46**	**09:52:22**	**12:07:16**	**13:54:50**	**15:58:21**	**18:35:30**
Time	02:04:46	01:35:49	01:33:02	01:04:24	01:10:03	01:42:39
Speed in Arri.	19,235	18,785	19,347	18,633	17,13	11,69
Accumu. Time	02:04:46	03:40:35	05:13:37	06:18:01	07:28:04	09:10:43
Accumu. Speed	19,235	19,04	19,131	19,046	18,747	17,431
Arrival Vet-in.	**07:36:33**	**09:54:14**	**12:10:26**	**13:58:18**	**16:02:51**	**18:42:28**
Vet-in Time	02:06:33	01:37:41	01:36:12	01:07:52	01:14:33	01:42:39
Vet-in Speed	18,964	18,426	18,711	17,681	16,096	11,69
Accumu. Time Vet	02:06:33	03:44:14	05:20:26	06:28:18	07:42:51	**09:25:30**
Accumu Speed	18,964	18,73	18,724	18,542	18,148	**16,976**
Recovery	00:01:47	00:01:52	00:03:10	00:03:28	00:04:30	~~00:06:58~~
Accu. Recovery	00:01:47	00:03:39	00:06:49	00:10:17	00:14:47	
Heart Rate	**60**	**58**	**59**	**60**	**62**	**57**
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:	8	5	5	7	10	10

