


# RAID INTERNACIONAL BARROCA D'ALVA

CEIO3* 160 / 160 Km.

29/06/2024

## Lucie Loevenbruck

## Flash La Majorie

Lic: 10084522 / Ldn: 107MD27

**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** | **08:29:11** | **11:01:01** | **13:25:01** | | |
| Arrival Time | **07:47:48** | **10:19:36** | **12:43:23** | **14:36:03** | | |
| Time | 02:17:48 | 01:50:25 | 01:42:22 | 01:11:02 | | |
| Speed in Arri. | 17,416 | 16,301 | 17,583 | 16,893 | | |
| Accumu. Time | 02:17:48 | 04:08:13 | 05:50:35 | 07:01:37 | | |
| Accumu. Speed | 17,416 | 16,92 | 17,114 | 17,077 | | |
| Arrival Vet-in. | **07:49:11** | **10:21:01** | **12:45:01** | **14:38:00** | | |
| Vet-in Time | 02:19:11 | 01:51:50 | 01:44:00 | 01:12:59 | | |
| Vet-in Speed | 17,243 | 16,095 | 17,307 | 16,442 | | |
| Accumu. Time Vet | 02:19:11 | 04:11:01 | 05:55:01 | | | |
| Accumu Speed | 17,243 | 16,731 | 16,9 | | | |
| Recovery | 00:01:23 | 00:01:25 | 00:01:38 | 00:01:57 | | |
| Accu. Recovery | 00:01:23 | 00:02:48 | 00:04:26 | 00:06:23 | | |
| Heart Rate | **59** | **60** | **59** | **53** | | |
| 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: | 14 | 14 | 12 | | | |

Eliminated: FTQ MI

