



# Raid Internacional Barroca D'Alva

17/10/2020

CEI\*\*\* / 160 Km.

Rui Lanternas

Alcantava

Lic: 10064744 / Ldn: 104PB96



Nº participantes: 20    Clasificados: 6 (30%)    No clasificados: 14 (70%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	35,000	25,000	35,000	25,000	
Departure	06:30:00	09:04:23	11:19:49	13:07:53	15:46:56	
Arrival Time	08:22:58	10:37:45	12:25:30	14:54:00	16:51:19	
Time	01:52:58	01:33:22	01:05:41	01:46:07	01:04:23	
Speed in Arri.	21,245	22,491	22,836	19,789	23,297	
Accumu. Time	01:52:58	03:26:20	04:32:01	06:18:08	07:22:31	
Accumu. Speed	21,245	21,809	22,057	21,421	21,694	
Arrival Vet-in.	08:24:23	10:39:49	12:27:53	14:56:56	16:59:01	
Vet-in Time	01:54:23	01:35:26	01:08:04	01:49:03	01:04:23	
Vet-in Speed	20,982	22,004	22,037	19,257	23,297	
Accumu. Time Vet	01:54:23	03:29:49	04:37:53	06:26:56		
Accumu Speed	20,982	21,447	21,591	20,933		
Recovery	00:01:25	00:02:04	00:02:23	00:02:56	00:07:42	
Accu. Recovery	00:01:25	00:03:29	00:05:52	00:08:48		
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00	00:50:00		
Color:	Yellow	Red	Green	Red	Green	
Close:					20:45:43	
Rank:	4	1	1	1		

Eliminated: FNR