Raid Internacional Barroca D'alva

02/07/2023

CEI** 120 / 120 Km.

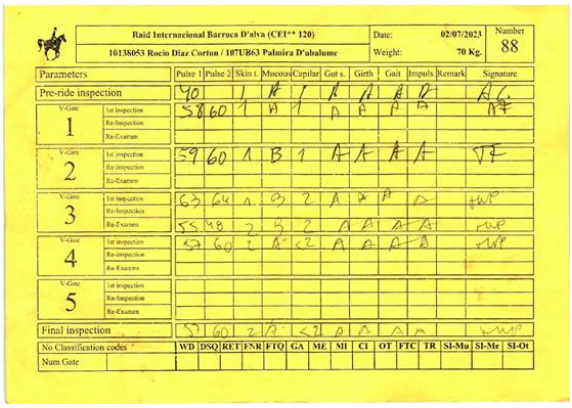
Rocio Diaz Corton

Palmira D'abalume

Lic: 10138053 / Ldn: 107UB63

Nº participantes: 31 **Clasificados: 18 (58%)** **No clasificados: 13 (41%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	30,000	30,000	20,000		
Departure	**06:00:00**	**08:57:23**	**11:17:08**	**13:45:25**		
Arrival Time	**08:14:29**	**10:32:20**	**12:48:19**	**14:43:08**		
Time	02:14:29	01:34:57	01:31:11	00:57:43		
Speed in Arri.	17,846	18,957	19,74	20,791		
Accumu. Time	02:14:29	03:49:26	05:20:37	06:18:20		
Accumu. Speed	17,846	18,305	18,713	19,03		
Arrival Vet-in.	**08:17:23**	**10:37:08**	**12:55:25**	**14:52:28**		
Vet-in Time	02:17:23	01:39:45	01:38:17	00:57:43		
Vet-in Speed	17,469	18,045	18,314	20,791		
Accumu. Time Vet	02:17:23	03:57:08	05:35:25	**06:33:08**		
Accumu Speed	17,469	17,711	17,888	**18,314**		
Recovery	00:02:54	00:04:48	00:07:06	~~00:09:20~~		
Accu. Recovery	00:02:54	00:07:42	00:14:48			
Heart Rate	**58**	**59**	**63**	**57**		
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Red	Red	Green		
Close:				16:44:17		
Rank:	15	12	8	7		



JAQUIMA