



# Raid Internacional Barroca D'Alva

17/10/2020

CEI\*\*\* / 160 Km.

Isabel Nogueira

H-Millennium Alfouva

Lic: 10111992 / Ldn: 106KT49



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        | <b>06:30:00</b> | <b>09:06:47</b> | <b>11:23:45</b> | <b>13:19:02</b> | <b>15:53:59</b> |          |
| Arrival Time     | <b>08:22:54</b> | <b>10:41:26</b> | <b>12:36:40</b> | <b>15:02:02</b> | <b>17:06:33</b> |          |
| Time             | 01:52:54        | 01:34:39        | 01:12:55        | 01:43:00        | 01:12:34        |          |
| Speed in Arri.   | 21,257          | 22,187          | 20,571          | 20,388          | 20,67           |          |
| Accumu. Time     | 01:52:54        | 03:27:33        | 04:40:28        | 06:23:28        | 07:36:02        |          |
| Accumu. Speed    | 21,257          | 21,681          | 21,392          | 21,123          | 21,051          |          |
| Arrival Vet-in.  | <b>08:26:47</b> | <b>10:43:45</b> | <b>12:39:02</b> | <b>15:03:59</b> | <b>17:14:15</b> |          |
| Vet-in Time      | 01:56:47        | 01:36:58        | 01:15:17        | 01:44:57        | 01:12:34        |          |
| Vet-in Speed     | 20,55           | 21,656          | 19,924          | 20,009          | 20,67           |          |
| Accumu. Time Vet | 01:56:47        | 03:33:45        | 04:49:02        | 06:33:59        | <b>07:46:33</b> |          |
| Accumu Speed     | 20,55           | 21,052          | 20,758          | 20,559          | <b>20,576</b>   |          |
| Recovery         | 00:03:53        | 00:02:19        | 00:02:22        | 00:01:57        | 00:07:42        |          |
| Accu. Recovery   | 00:03:53        | 00:06:12        | 00:08:34        | 00:10:31        |                 |          |
| 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:            | 10              | 5               | 6               | 5               | 4               |          |