



1º CONCURSO NACIONAL DE ENDURANCE ANGOLA

CEP 40 / 40 Km.

24/05/2025

Elisio Tchgingalule

Xtrovura

Lic: rfd4 / Ldn: DD4

Nº participantes: 33 Clasificados: 31 (93%) No clasificados: 2 (6%)

| | Phase I | Phase II | Phase III | Phase IV | Phase V | Phase VI |
|------------------|-----------------|-----------------|-----------|----------|---------|----------|
| kilometers | 20,000 | 20,000 | | | | |
| Departure | 09:10:00 | 12:30:00 | | | | |
| Arrival Time | 11:42:00 | 14:05:06 | | | | |
| Time | 02:32:00 | 01:35:06 | | | | |
| Speed in Arri. | 7,894 | 12,618 | | | | |
| Accumu. Time | 02:32:00 | 04:07:06 | | | | |
| Accumu. Speed | 7,894 | 9,712 | | | | |
| Arrival Vet-in. | 11:50:00 | 14:20:01 | | | | |
| Vet-in Time | 02:40:00 | 01:35:06 | | | | |
| Vet-in Speed | 7,5 | 12,618 | | | | |
| Accumu. Time Vet | 02:40:00 | 04:15:06 | | | | |
| Accumu Speed | 7,5 | 9,408 | | | | |
| Recovery | 00:08:00 | 00:14:55 | | | | |
| Accu. Recovery | 00:08:00 | | | | | |
| Heart Rate | | | | | | |
| Into a hold | 01:00:00 | | | | | |
| Color: | Red | Red | | | | |
| Close: | | 16:40:00 | | | | |
| Rank: | 7 | 2 | | | | |