



# 1º CONCURSO NACIONAL DE ENDURANCE ANGOLA

CEP 40 / 40 Km.

24/05/2025

Jose Kabango Frederico

Max

Lic: FR45 / Ldn: FF79

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	<b>09:00:00</b>	<b>13:11:12</b>				
Arrival Time	<b>11:57:15</b>	<b>14:50:20</b>				
Time	02:57:15	01:39:08				
Speed in Arri.	6,77	12,104				
Accumu. Time	02:57:15	04:36:23				
Accumu. Speed	6,77	8,683				
Arrival Vet-in.	<b>12:11:12</b>	<b>14:59:30</b>				
Vet-in Time	03:11:12	01:39:08				
Vet-in Speed	6,276	12,104				
Accumu. Time Vet	03:11:12	<b>04:50:20</b>				
Accumu Speed	6,276	<b>8,266</b>				
Recovery	00:13:57	<b>00:09:10</b>				
Accu. Recovery	00:13:57					
Heart Rate						
Into a hold	01:00:00					
Color:	Red	Red				
Close:		16:40:00				
Rank:	33	23				