



# I RAID DO ALQUEVA

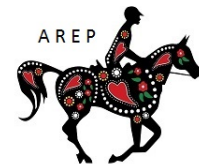
CEP 80 / 80 Km.

Joao Tome Barbosa Isidro

Palestina D Iberica

Lic: 22055 / Ldn: 16558

20/08/2025



Nº participantes: 7    Clasificados: 7 (100%)    No clasificados: 0 (0%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	30,000	20,000			
Departure	<b>07:50:00</b>	<b>10:47:56</b>	<b>13:55:28</b>			
Arrival Time	<b>10:04:59</b>	<b>13:09:32</b>	<b>15:46:02</b>			
Time	02:14:59	02:21:36	01:50:34			
Speed in Arri.	13,334	12,711	10,853			
Accumu. Time	02:14:59	04:36:35	06:27:09			
Accumu. Speed	13,334	13,015	12,398			
Arrival Vet-in.	<b>10:07:56</b>	<b>13:15:28</b>	<b>15:56:26</b>			
Vet-in Time	02:17:56	02:27:32	01:50:34			
Vet-in Speed	13,049	12,2	10,853			
Accumu. Time Vet	02:17:56	04:45:28	<b>06:36:02</b>			
Accumu Speed	13,049	12,61	<b>12,12</b>			
Recovery	00:02:57	00:05:56	<b>00:10:24</b>			
Accu. Recovery	00:02:57	00:08:53				
Heart Rate						
Into a hold	00:40:00	00:40:00				
Color:	Red	Red	Yellow			
Close:			16:30:00			
Rank:	7	7	6			