



I RAID DO ALQUEVA

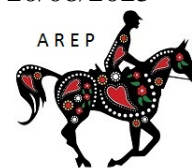
CEP 80 / 80 Km.

João Brandão

Orquide A D'iberica

Lic: 25791 / Ldn: 16528

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	07:50:00	10:47:55	13:55:22			
Arrival Time	10:05:01	13:09:31	15:46:10			
Time	02:15:01	02:21:36	01:50:48			
Speed in Arri.	13,331	12,711	10,83			
Accumu. Time	02:15:01	04:36:37	06:27:25			
Accumu. Speed	13,331	13,014	12,389			
Arrival Vet-in.	10:07:55	13:15:22	15:59:23			
Vet-in Time	02:17:55	02:27:27	01:50:48			
Vet-in Speed	13,051	12,207	10,83			
Accumu. Time Vet	02:17:55	04:45:22	06:36:10			
Accumu Speed	13,051	12,615	12,116			
Recovery	00:02:54	00:05:51	00:13:13			
Accu. Recovery	00:02:54	00:08:45				
Heart Rate						
Into a hold	00:40:00	00:40:00				
Color:	Red	Red	Yellow			
Close:			16:30:00			
Rank:	6	6	7			