



I RAID DO ALQUEVA

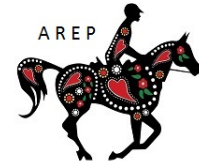
CEP 80 / 80 Km.

Maria Prazeres

Quizas J. S. Aa 50

Lic: 12524 / Ldn: 16154

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	08:35:00	11:18:40	14:03:04			
Arrival Time	10:34:24	13:17:34	15:47:12			
Time	01:59:24	01:58:54	01:44:08			
Speed in Arri.	15,075	15,138	11,523			
Accumu. Time	01:59:24	03:58:18	05:42:26			
Accumu. Speed	15,075	15,107	14,017			
Arrival Vet-in.	10:38:40	13:23:04	15:57:10			
Vet-in Time	02:03:40	02:04:24	01:44:08			
Vet-in Speed	14,555	14,469	11,523			
Accumu. Time Vet	02:03:40	04:08:04	05:52:12			
Accumu Speed	14,555	14,512	13,628			
Recovery	00:04:16	00:05:30	00:09:58			
Accu. Recovery	00:04:16	00:09:46				
Heart Rate						
Into a hold	00:40:00	00:40:00				
Color:	Red	Red	Yellow			
Close:			16:30:00			
Rank:	1	1	1			