



I RAID DO ALQUEVA

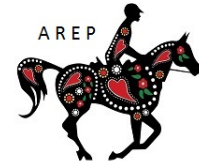
CEP 80 / 80 Km.

Jose Pedro Felipe

Cubana JS

Lic: 2870 / Ldn: 16341

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	10:47:30	13:51:50			
Arrival Time	10:05:02	13:08:30	15:25:40			
Time	02:15:02	02:21:00	01:33:50			
Speed in Arri.	13,33	12,765	12,788			
Accumu. Time	02:15:02	04:36:02	06:09:52			
Accumu. Speed	13,33	13,041	12,977			
Arrival Vet-in.	10:07:30	13:11:50	15:35:12			
Vet-in Time	02:17:30	02:24:20	01:33:50			
Vet-in Speed	13,09	12,471	12,788			
Accumu. Time Vet	02:17:30	04:41:50	06:15:40			
Accumu Speed	13,09	12,773	12,777			
Recovery	00:02:28	00:03:20	00:09:32			
Accu. Recovery	00:02:28	00:05:48				
Heart Rate						
Into a hold	00:40:00	00:40:00				
Color:	Red	Red	Yellow			
Close:			16:30:00			
Rank:	4	3	3			