



I RAID DO ALQUEVA

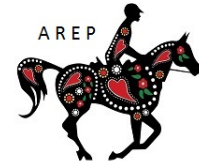
CEP 80 / 80 Km.

Filipe Presado Costa

Zipi Js

Lic: 25647 / Ldn: 13161

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	10:47:31	13:51:56			
Arrival Time	10:04:58	13:09:29	15:25:41			
Time	02:14:58	02:21:58	01:33:45			
Speed in Arri.	13,336	12,679	12,8			
Accumu. Time	02:14:58	04:36:56	06:10:41			
Accumu. Speed	13,336	12,999	12,949			
Arrival Vet-in.	10:07:31	13:11:56	15:32:20			
Vet-in Time	02:17:31	02:24:25	01:33:45			
Vet-in Speed	13,089	12,463	12,8			
Accumu. Time Vet	02:17:31	04:41:56	06:15:41			
Accumu Speed	13,089	12,768	12,776			
Recovery	00:02:33	00:02:27	00:06:39			
Accu. Recovery	00:02:33	00:05:00				
Heart Rate						
Into a hold	00:40:00	00:40:00				
Color:	Red	Red	Yellow			
Close:			16:30:00			
Rank:	5	4	4			