



I RAID DO ALQUEVA

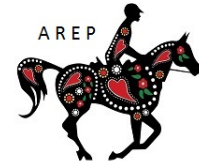
CEP 80 / 80 Km.

João Pedro Honorio

Er Dahlett

Lic: 40687 / Ldn: 16298

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	08:30:00	11:17:50	14:02:13			
Arrival Time	10:34:23	13:17:27	15:50:05			
Time	02:04:23	01:59:37	01:47:52			
Speed in Arri.	14,471	15,048	11,124			
Accumu. Time	02:04:23	04:04:00	05:51:52			
Accumu. Speed	14,471	14,754	13,641			
Arrival Vet-in.	10:37:50	13:22:13	15:55:21			
Vet-in Time	02:07:50	02:04:23	01:47:52			
Vet-in Speed	14,08	14,471	11,124			
Accumu. Time Vet	02:07:50	04:12:13	06:00:05			
Accumu Speed	14,08	14,273	13,33			
Recovery	00:03:27	00:04:46	00:05:16			
Accu. Recovery	00:03:27	00:08:13				
Heart Rate						
Into a hold	00:40:00	00:40:00				
Color:	Red	Red	Yellow			
Close:			16:30:00			
Rank:	2	2	2			