



I RAID DO ALQUEVA

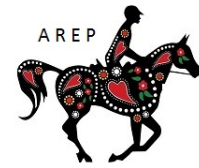
CEP 80 / 80 Km.

Raudel Hernandez Cano

Garrote

Lic: 305336 / Ldn: 143323

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	10:46:47	13:52:04			
Arrival Time	10:05:00	13:08:59	15:35:45			
Time	02:15:00	02:22:12	01:43:41			
Speed in Arri.	13,333	12,658	11,573			
Accumu. Time	02:15:00	04:37:12	06:20:53			
Accumu. Speed	13,333	12,987	12,602			
Arrival Vet-in.	10:06:47	13:12:04	15:44:22			
Vet-in Time	02:16:47	02:25:17	01:43:41			
Vet-in Speed	13,159	12,389	11,573			
Accumu. Time Vet	02:16:47	04:42:04	06:25:45			
Accumu Speed	13,159	12,762	12,443			
Recovery	00:01:47	00:03:05	00:08:37			
Accu. Recovery	00:01:47	00:04:52				
Heart Rate						
Into a hold	00:40:00	00:40:00				
Color:	Red	Red	Yellow			
Close:			16:30:00			
Rank:	3	5	5			