



# 1º CONCURSO NACIONAL DE ENDURANCE ANGOLA

CEP 40 / 40 Km.

24/05/2025

Elisio Tchgingalule

Xtrovura

Lic: rfd4 / Ldn: DD4

Nº participantes: 33    Clasificados: 31 (93%)    No clasificados: 2 (6%)

|                  | Phase I  | Phase II | Phase III | Phase IV | Phase V | Phase VI |
|------------------|----------|----------|-----------|----------|---------|----------|
| kilometers       | 20,000   | 20,000   |           |          |         |          |
| Departure        | 09:10:00 | 12:30:00 |           |          |         |          |
| Arrival Time     | 11:42:00 | 14:05:06 |           |          |         |          |
| Time             | 02:32:00 | 01:35:06 |           |          |         |          |
| Speed in Arri.   | 7,894    | 12,618   |           |          |         |          |
| Accumu. Time     | 02:32:00 | 04:07:06 |           |          |         |          |
| Accumu. Speed    | 7,894    | 9,712    |           |          |         |          |
| Arrival Vet-in.  | 11:50:00 | 14:20:01 |           |          |         |          |
| Vet-in Time      | 02:40:00 | 01:35:06 |           |          |         |          |
| Vet-in Speed     | 7,5      | 12,618   |           |          |         |          |
| Accumu. Time Vet | 02:40:00 | 04:15:06 |           |          |         |          |
| Accumu Speed     | 7,5      | 9,408    |           |          |         |          |
| Recovery         | 00:08:00 | 00:14:55 |           |          |         |          |
| Accu. Recovery   | 00:08:00 |          |           |          |         |          |
| Heart Rate       |          |          |           |          |         |          |
| Into a hold      | 01:00:00 |          |           |          |         |          |
| Color:           | Red      | Red      |           |          |         |          |
| Close:           |          | 16:40:00 |           |          |         |          |
| Rank:            | 7        | 2        |           |          |         |          |