

RAIDE INTERNACIONAL E TAÇA DE PORTUGAL

23/05/2026

CEI2* 70 / 145 Km.

André Caeiro

Fissir De Alyac

Lic: 10020966 / Ldn: 109MC05

RAIDE INTERNACIONAL QUINTA DO CARMO 5 e 6 de Abril 2025 ESTREMOZ

Nº participantes: 5 **Clasificados: 3 (60%)** **No clasificados: 2 (40%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	25,000	20,000	25,000	20,000	25,000
Departure	**09:00:00**	**11:48:45**	**14:08:30**	**07:45:00**		
Arrival Time	**11:06:42**	**13:25:39**	**15:36:57**			
Time	02:06:42	01:36:54	01:28:27			
Speed in Arri.	14,206	15,479	13,566			
Accumu. Time	02:06:42	03:43:36	05:12:03			
Accumu. Speed	14,206	14,758	14,42			
Arrival Vet-in.	**11:08:45**	**13:28:30**	**15:40:00**			
Vet-in Time	02:08:45	01:39:45	01:31:30			
Vet-in Speed	13,98	15,037	13,114			
Accumu. Time Vet	02:08:45	03:48:30	05:20:00			
Accumu Speed	13,98	14,442	14,062			
Recovery	00:02:03	00:02:51	00:03:03			
Accu. Recovery	00:02:03	00:04:54	00:07:57			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:40:00	00:40:00	00:40:00	
Color:	Blue	Yellow	Red	Yellow	Red	Yellow
Close:						16:30:00
Rank:	2	2	2			

Loop	Color	Start	Km.
4	Yellow	07:45:00	25

JAQUIMA