

RAIDE INTERNACIONAL E TAÇA DE PORTUGAL

24/05/2026

CEI2* 70 / 145 Km.

André Caeiro

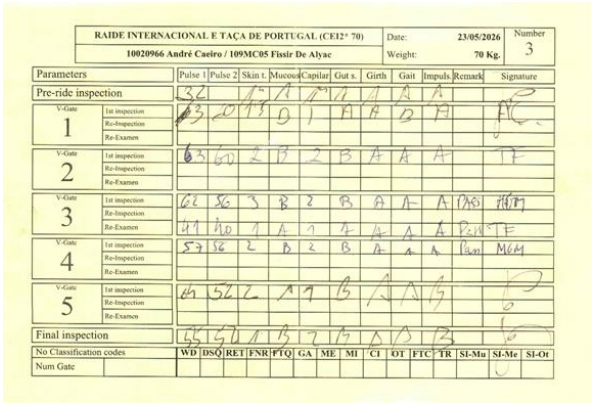
Fissir De Alyac

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**	**10:05:36**	**12:35:11**
Arrival Time	**11:06:42**	**13:25:39**	**15:36:57**	**09:23:40**	**11:53:19**	**14:13:21**
Time	02:06:42	01:36:54	01:28:27	01:38:40	01:47:43	01:38:10
Speed in Arri.	14,206	15,479	13,566	15,202	11,14	15,28
Accumu. Time	02:06:42	03:43:36	05:12:03	06:50:43	08:38:26	10:16:36
Accumu. Speed	14,206	14,758	14,42	14,608	13,887	14,109
Arrival Vet-in.	**11:08:45**	**13:28:30**	**15:40:00**	**09:25:36**	**11:55:11**	**14:18:38**
Vet-in Time	02:08:45	01:39:45	01:31:30	01:40:36	01:49:35	01:38:10
Vet-in Speed	13,98	15,037	13,114	14,91	10,95	15,28
Accumu. Time Vet	02:08:45	03:48:30	05:20:00	07:00:36	08:50:11	**10:28:21**
Accumu Speed	13,98	14,442	14,062	14,265	13,58	**13,845**
Recovery	00:02:03	00:02:51	00:03:03	00:01:56	00:01:52	~~00:05:17~~
Accu. Recovery	00:02:03	00:04:54	00:07:57	00:09:53	00:11:45	
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:						16:00:00
Rank:	2	2	2	2	2	2


RAIDE INTERNACIONAL E TAÇA DE PORTUGAL (CEI2* 70) — Date: 23/05/2026 — Number 3
10020966 André Caeiro / 109MC05 Fissir De Alyac — Weight: 70 Kg.

JAQUIMA