



RAIDE INTERNACIONAL E TAÇA DE PORTUGAL

23/05/2026

CEI2* 70 / 145 Km.

Joao Tome Barbosa Isidro

My Dear Aa

Lic: 10224066 / Ldn: 109PW04



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	11:35:26	13:35:38	07:15:00		
Arrival Time	10:53:34	12:53:14	14:54:42			
Time	01:53:34	01:17:48	01:19:04			
Speed in Arri.	15,849	19,28	15,177			
Accumu. Time	01:53:34	03:11:22	04:30:26			
Accumu. Speed	15,849	17,244	16,639			
Arrival Vet-in.	10:55:26	12:55:38	14:57:26			
Vet-in Time	01:55:26	01:20:12	01:21:48			
Vet-in Speed	15,593	18,703	14,669			
Accumu. Time Vet	01:55:26	03:15:38	04:37:26			
Accumu Speed	15,593	16,868	16,22			
Recovery	00:01:52	00:02:24	00:02:44			
Accu. Recovery	00:01:52	00:04:16	00:07:00			
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:	1	1	1			

Loop	Color	Start	Km.
4	Yellow	07:15:00	25

