



1º CONCURSO NACIONAL DE ENDURANCE ANGOLA

CEP 40 / 40 Km.

24/05/2025

Jose Kabango Frederico

Max

Lic: FR45 / Ldn: FF79

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	09:00:00	13:11:12				
Arrival Time	11:57:15	14:50:20				
Time	02:57:15	01:39:08				
Speed in Arri.	6,77	12,104				
Accumu. Time	02:57:15	04:36:23				
Accumu. Speed	6,77	8,683				
Arrival Vet-in.	12:11:12	14:59:30				
Vet-in Time	03:11:12	01:39:08				
Vet-in Speed	6,276	12,104				
Accumu. Time Vet	03:11:12	04:50:20				
Accumu Speed	6,276	8,266				
Recovery	00:13:57	00:09:40				
Accu. Recovery	00:13:57					
Heart Rate						
Into a hold	01:00:00					
Color:	Red	Red				
Close:		16:40:00				
Rank:	33	23				