

RAIDE INTERNACIONAL E TAÇA DE PORTUGAL

23/05/2026

CEI2* 70 / 145 Km.

Martyna Kaminska

Invejado

Lic: 10148165 / Ldn: 108XY62

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**	**11:51:30**	**14:10:40**	**07:45:00**		
Arrival Time	**11:08:07**	**13:27:23**	**15:44:56**			
Time	02:08:07	01:35:53	01:34:16			
Speed in Arri.	14,049	15,644	12,729			
Accumu. Time	02:08:07	03:44:00	05:18:16			
Accumu. Speed	14,049	14,732	14,139			
Arrival Vet-in.	**11:11:30**	**13:30:40**	**15:50:50**			
Vet-in Time	02:11:30	01:39:10	01:40:10			
Vet-in Speed	13,688	15,126	11,98			
Accumu. Time Vet	02:11:30	03:50:40	05:30:50			
Accumu Speed	13,688	14,306	13,602			
Recovery	00:03:23	00:03:17	00:05:54			
Accu. Recovery	00:03:23	00:06:40	00:12:34			
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:	5	5	3			

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

JAQUIMA