

RAIDE INTERNACIONAL QUINTA DO CARMO

06/04/2025

CEI2* CIM / 120 Km.

Rui Lanternas

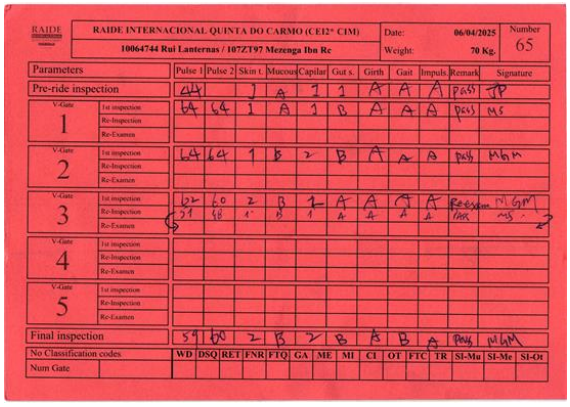
Mezenga Ibn Rc

Lic: 10064744 / Ldn: 107ZT97

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

Nº participantes: 7 Clasificados: 3 (42%) No clasificados: 4 (57%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	40,000	25,000	30,000	25,000		
Departure	**07:00:00**	**10:13:29**	**12:20:10**	**15:14:35**		
Arrival Time	**09:27:26**	**11:35:17**	**14:18:49**	**16:28:05**		
Time	02:27:26	01:21:48	01:58:39	01:13:30		
Speed in Arri.	16,278	18,337	15,17	20,408		
Accumu. Time	02:27:26	03:49:14	05:47:53	07:01:23		
Accumu. Speed	16,278	17,013	16,384	17,086		
Arrival Vet-in.	**09:33:29**	**11:40:10**	**14:24:35**	**16:39:01**		
Vet-in Time	02:33:29	01:26:41	02:04:25	01:13:30		
Vet-in Speed	15,636	17,304	14,467	20,408		
Accumu. Time Vet	02:33:29	04:00:10	06:04:35	**07:18:05**		
Accumu Speed	15,636	16,238	15,634	**16,435**		
Recovery	00:06:03	00:04:53	00:05:46	~~00:10:56~~		
Accu. Recovery	00:06:03	00:10:56	00:16:42			
Heart Rate	**64**	**64**	**62**	**59**		
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	White	Yellow	Blue	Yellow		
Close:				18:23:51		
Rank:	3	2	1	1		



JAQUIMA