

RAIDE INTERNACIONAL QUINTA DO CARMO

06/04/2025

CEI2* CIM / 120 Km.

Laetitia Goncalves

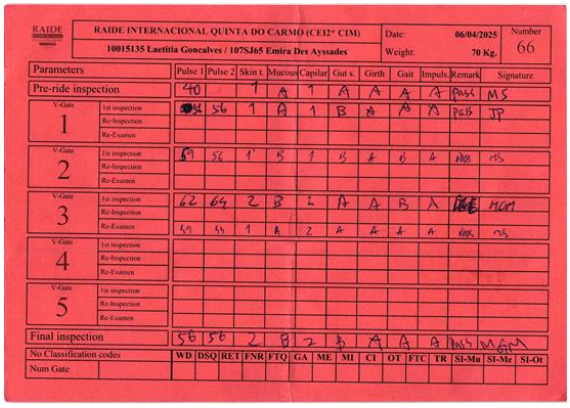
Emira Des Ayssades

Lic: 10015135 / Ldn: 107SJ65

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**	**10:17:05**	**12:27:00**	**15:20:01**		
Arrival Time	**09:35:20**	**11:45:23**	**14:27:10**	**16:47:19**		
Time	02:35:20	01:28:18	02:00:10	01:27:18		
Speed in Arri.	15,45	16,987	14,979	17,182		
Accumu. Time	02:35:20	04:03:38	06:03:48	07:31:06		
Accumu. Speed	15,45	16,007	15,667	15,96		
Arrival Vet-in.	**09:37:05**	**11:47:00**	**14:30:01**	**16:50:58**		
Vet-in Time	02:37:05	01:29:55	02:03:01	01:27:18		
Vet-in Speed	15,278	16,682	14,632	17,182		
Accumu. Time Vet	02:37:05	04:07:00	06:10:01	**07:37:19**		
Accumu Speed	15,278	15,789	15,404	**15,744**		
Recovery	00:01:45	00:01:37	00:02:51	~~00:03:39~~		
Accu. Recovery	00:01:45	00:03:22	00:06:13			
Heart Rate	**56**	**59**	**62**	**56**		
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	White	Yellow	Blue	Yellow		
Close:				18:23:51		
Rank:	4	4	2	2		



JAQUIMA