

RAIDE INTERNACIONAL QUINTA DO CARMO

06/04/2025

CEI2* CIM / 120 Km.

Adela Couder Sendra

Fulcrum De Alyac 87.5

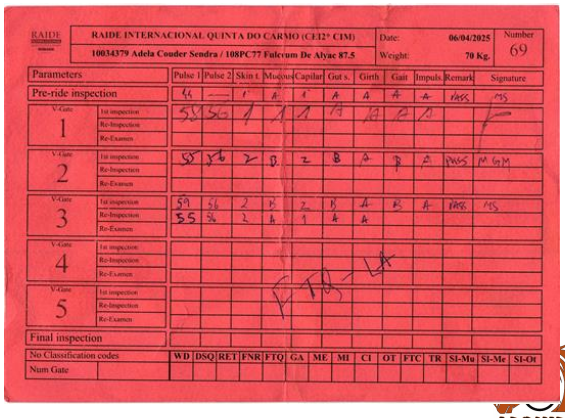
Lic: 10034379 / Ldn: 108PC77

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**	**10:20:45**	**12:35:42**			
Arrival Time	**09:35:36**	**11:51:11**	**15:08:47**			
Time	02:35:36	01:30:26	02:33:05			
Speed in Arri.	15,424	16,586	11,758			
Accumu. Time	02:35:36	04:06:02	06:39:07			
Accumu. Speed	15,424	15,851	14,281			
Arrival Vet-in.	**09:40:45**	**11:55:42**	**15:14:55**			
Vet-in Time	02:40:45	01:34:57	02:39:13			
Vet-in Speed	14,93	15,797	11,305			
Accumu. Time Vet	02:40:45	04:15:42				
Accumu Speed	14,93	15,252				
Recovery	00:05:09	00:04:31	00:06:08			
Accu. Recovery	00:05:09	00:09:40	00:15:48			
Heart Rate	**58**	**55**	**59**			
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	White	Yellow	Blue	Yellow		
Close:				18:23:51		
Rank:	6	6				

Eliminated:	FTQ	GA



JAQUIMA