

RAIDE INTERNACIONAL QUINTA DO CARMO

06/04/2025

CEI2* CIM / 120 Km.

André Caeiro

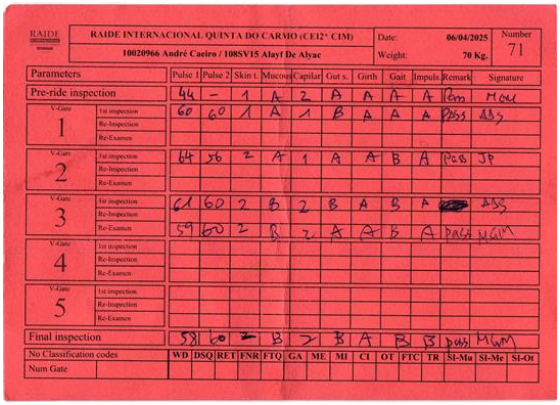
Alayf De Alyac

Lic: 10020966 / Ldn: 108SV15

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**	**10:19:25**	**12:33:30**	**16:02:47**		
Arrival Time	**09:35:38**	**11:51:10**	**15:08:48**	**17:36:32**		
Time	02:35:38	01:31:45	02:35:18	01:33:45		
Speed in Arri.	15,42	16,348	11,59	16		
Accumu. Time	02:35:38	04:07:23	06:42:41	08:16:26		
Accumu. Speed	15,42	15,765	14,155	14,503		
Arrival Vet-in.	**09:39:25**	**11:53:30**	**15:12:47**	**17:39:00**		
Vet-in Time	02:39:25	01:34:05	02:39:17	01:33:45		
Vet-in Speed	15,054	15,943	11,3	16		
Accumu. Time Vet	02:39:25	04:13:30	06:52:47	**08:26:32**		
Accumu Speed	15,054	15,384	13,808	**14,214**		
Recovery	00:03:47	00:02:20	00:03:59	~~00:02:28~~		
Accu. Recovery	00:03:47	00:06:07	00:10:06			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	White	Yellow	Blue	Yellow		
Close:				18:23:51		
Rank:	5	5	3	3		



JAQUIMA