



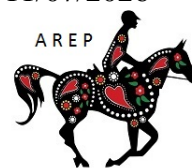
# III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2\* CIM / 120 Km.

Joao Raposo

Plutao Das Tapadas

Lic: 10014058 / Ldn: 109MX73



Nº participantes: 17    Classificados: 13 (76%)    No classificados: 4 (23%)

|                  | Phase I         | Phase II        | Phase III       | Phase IV        | Phase V | Phase VI |
|------------------|-----------------|-----------------|-----------------|-----------------|---------|----------|
| kilometers       | 35,000          | 35,000          | 30,000          | 20,000          |         |          |
| Departure        | <b>07:00:00</b> | <b>09:21:43</b> | <b>11:45:04</b> | <b>14:07:28</b> |         |          |
| Arrival Time     | <b>08:39:47</b> | <b>11:03:05</b> | <b>13:15:29</b> | <b>15:13:30</b> |         |          |
| Time             | 01:39:47        | 01:41:22        | 01:30:25        | 01:06:02        |         |          |
| Speed in Arri.   | 21,045          | 20,716          | 19,907          | 18,172          |         |          |
| Accumu. Time     | 01:39:47        | 03:21:09        | 04:51:34        | 05:57:36        |         |          |
| Accumu. Speed    | 21,045          | 20,879          | 20,578          | 20,134          |         |          |
| Arrival Vet-in.  | <b>08:41:43</b> | <b>11:05:04</b> | <b>13:17:28</b> | <b>15:16:46</b> |         |          |
| Vet-in Time      | 01:41:43        | 01:43:21        | 01:32:24        | 01:06:02        |         |          |
| Vet-in Speed     | 20,645          | 20,319          | 19,48           | 18,172          |         |          |
| Accumu. Time Vet | 01:41:43        | 03:25:04        | 04:57:28        | <b>06:03:30</b> |         |          |
| Accumu Speed     | 20,645          | 20,481          | 20,17           | <b>19,807</b>   |         |          |
| Recovery         | 00:01:56        | 00:01:59        | 00:01:59        | <b>00:03:16</b> |         |          |
| Accu. Recovery   | 00:01:56        | 00:03:55        | 00:05:54        |                 |         |          |
| Heart Rate       |                 |                 |                 |                 |         |          |
| Into a hold      | 00:40:00        | 00:40:00        | 00:50:00        |                 |         |          |
| Color:           | Yellow          | Yellow          | Green           | Orange          |         |          |
| Close:           |                 |                 |                 | 17:44:17        |         |          |
| Rank:            | 6               | 6               | 4               | 4               |         |          |