

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Joao Raposo

Plutao Das Tapadas

Lic: 10014058 / Ldn: 109MX73

Nº participantes: 17 Clasificados: 13 (76%) No clasificados: 4 (23%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	35,000	35,000	30,000	20,000		
Departure	**07:00:00**	**09:21:43**	**11:45:04**	**14:07:28**		
Arrival Time	**08:39:47**	**11:03:05**	**13:15:29**	**15:13:30**		
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.	**08:41:43**	**11:05:04**	**13:17:28**	**15:16:46**		
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	**06:03:30**		
Accumu Speed	20,645	20,481	20,17	**19,807**		
Recovery	00:01:56	00:01:59	00:01:59	~~00:03:16~~		
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		

JAQUIMA