



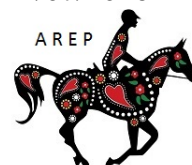
# III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2\* CIM / 120 Km.

Abdullah Altital

Lyene El Joud

Lic: 10183336 / Ldn: 109EE86



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>09:40:47</b>	<b>12:12:09</b>	<b>14:45:40</b>		
Arrival Time	<b>09:00:05</b>	<b>11:31:20</b>	<b>13:54:36</b>	<b>15:47:07</b>		
Time	02:00:05	01:50:33	01:42:27	01:01:27		
Speed in Arri.	17,487	18,995	17,569	19,528		
Accumu. Time	02:00:05	03:50:38	05:33:05	06:34:32		
Accumu. Speed	17,487	18,21	18,013	18,249		
Arrival Vet-in.	<b>09:00:47</b>	<b>11:32:09</b>	<b>13:55:40</b>	<b>15:52:08</b>		
Vet-in Time	02:00:47	01:51:22	01:43:31	01:01:27		
Vet-in Speed	17,386	18,856	17,388	19,528		
Accumu. Time Vet	02:00:47	03:52:09	05:35:40	<b>06:37:07</b>		
Accumu Speed	17,386	18,091	17,874	<b>18,13</b>		
Recovery	00:00:42	00:00:49	00:01:04	<del>00:05:01</del>		
Accu. Recovery	00:00:42	00:01:31	00:02:35			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	14	9	7	8		