

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Abdullah Altilal

Lyene El Joud

Lic: 10183336 / Ldn: 109EE86

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**	**09:40:47**	**12:12:09**	**14:45:40**		
Arrival Time	**09:00:05**	**11:31:20**	**13:54:36**	**15:47:07**		
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.	**09:00:47**	**11:32:09**	**13:55:40**	**15:52:08**		
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	**06:37:07**		
Accumu Speed	17,386	18,091	17,874	**18,13**		
Recovery	00:00:42	00:00:49	00:01:04	~~00:05:01~~		
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		