

III RAID DO FORNINHO/POCEIRÃO

11/07/2026

CEI2* CIM / 120 Km.

Ruth Guilabert Segura

Baress D Gnv

Lic: 10345866 / Ldn: 108ZS59

AREP

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**	**09:17:07**	**11:30:24**	**13:38:00**		
Arrival Time	**08:35:44**	**10:48:51**	**12:46:09**	**14:23:50**		
Time	01:35:44	01:31:44	01:15:45	00:45:50		
Speed in Arri.	21,935	22,892	23,762	26,181		
Accumu. Time	01:35:44	03:07:28	04:23:13	05:09:03		
Accumu. Speed	21,935	22,403	22,794	23,297		
Arrival Vet-in.	**08:37:07**	**10:50:24**	**12:48:00**	**14:30:44**		
Vet-in Time	01:37:07	01:33:17	01:17:36	00:45:50		
Vet-in Speed	21,623	22,512	23,195	26,181		
Accumu. Time Vet	01:37:07	03:10:24	04:28:00	**05:13:50**		
Accumu Speed	21,623	22,058	22,388	**22,942**		
Recovery	00:01:23	00:01:33	00:01:51	~~00:06:54~~		
Accu. Recovery	00:01:23	00:02:56	00:04:47			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	3	3	1	1		

JAQUIMA