



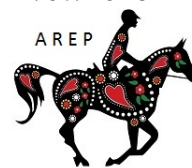
# III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2\* CIM / 120 Km.

Ruth Guilabert Segura

Baress D Gnv

Lic: 10345866 / Ldn: 108ZS59



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	<b>07:00:00</b>	<b>09:17:07</b>	<b>11:30:24</b>	<b>13:38:00</b>		
Arrival Time	<b>08:35:44</b>	<b>10:48:51</b>	<b>12:46:09</b>	<b>14:23:50</b>		
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.	<b>08:37:07</b>	<b>10:50:24</b>	<b>12:48:00</b>	<b>14:30:44</b>		
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	<b>05:13:50</b>		
Accumu Speed	21,623	22,058	22,388	<b>22,942</b>		
Recovery	00:01:23	00:01:33	00:01:51	<b>00:06:54</b>		
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		