

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Sh. Najla Bint Salman Alkhalifa

Rdv Sarava

Lic: 10018633 / Ldn: 109RV92

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**	**09:16:51**	**11:30:18**	**13:44:20**		
Arrival Time	**08:35:46**	**10:48:49**	**12:52:49**	**14:37:29**		
Time	01:35:46	01:31:58	01:22:31	00:53:09		
Speed in Arri.	21,928	22,834	21,813	22,577		
Accumu. Time	01:35:46	03:07:44	04:30:15	05:23:24		
Accumu. Speed	21,928	22,372	22,201	22,263		
Arrival Vet-in.	**08:36:51**	**10:50:18**	**12:54:20**	**14:43:56**		
Vet-in Time	01:36:51	01:33:27	01:24:02	00:53:09		
Vet-in Speed	21,683	22,471	21,42	22,577		
Accumu. Time Vet	01:36:51	03:10:18	04:34:20	**05:27:29**		
Accumu Speed	21,683	22,07	21,871	**21,985**		
Recovery	00:01:05	00:01:29	00:01:31	~~00:06:27~~		
Accu. Recovery	00:01:05	00:02:34	00:04:05			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	1	2	2	2		