

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Carlota Micharet Botello

Smak Lixus

Lic: 10240426 / Ldn: 109EK17

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**	**09:40:51**	**12:18:50**	**14:49:43**		
Arrival Time	**08:59:06**	**11:36:11**	**13:58:15**	**16:00:40**		
Time	01:59:06	01:55:20	01:39:25	01:10:57		
Speed in Arri.	17,632	18,208	18,105	16,913		
Accumu. Time	01:59:06	03:54:26	05:33:51	06:44:48		
Accumu. Speed	17,632	17,915	17,972	17,786		
Arrival Vet-in.	**09:00:51**	**11:38:50**	**13:59:43**	**16:05:25**		
Vet-in Time	02:00:51	01:57:59	01:40:53	01:10:57		
Vet-in Speed	17,376	17,799	17,842	16,913		
Accumu. Time Vet	02:00:51	03:58:50	05:39:43	**06:50:40**		
Accumu Speed	17,376	17,585	17,661	**17,532**		
Recovery	00:01:45	00:02:39	00:01:28	~~00:04:45~~		
Accu. Recovery	00:01:45	00:04:24	00:05:52			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	15	16	13	13		

JAQUIMA