

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Pablo Nieto Gonzalez

Bisteria De Montfluq

Lic: 10207941 / Ldn: 109HW31

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**	**09:17:27**	**11:30:45**			
Arrival Time	**08:35:45**	**10:48:52**	**12:46:10**			
Time	01:35:45	01:31:25	01:15:25			
Speed in Arri.	21,932	22,971	23,867			
Accumu. Time	01:35:45	03:07:10	04:22:35			
Accumu. Speed	21,932	22,439	22,849			
Arrival Vet-in.	**08:37:27**	**10:50:45**	**12:51:10**			
Vet-in Time	01:37:27	01:33:18	01:20:25			
Vet-in Speed	21,549	22,508	22,383			
Accumu. Time Vet	01:37:27	03:10:45				
Accumu Speed	21,549	22,018				
Recovery	00:01:42	00:01:53	00:05:00			
Accu. Recovery	00:01:42	00:03:35	00:08:35			
Heart Rate	**56**	**60**	**62**			
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	4	4				

Eliminated: FTQ GA