

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Ainhoa Rodriguez Bujan

Valima Aa 50

Lic: 10376850 / Ldn: 108RP56

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**	**09:31:20**	**12:03:35**	**14:27:23**		
Arrival Time	**08:50:13**	**11:22:25**	**13:36:07**	**15:35:39**		
Time	01:50:13	01:51:05	01:32:32	01:08:16		
Speed in Arri.	19,053	18,904	19,452	17,578		
Accumu. Time	01:50:13	03:41:18	05:13:50	06:22:06		
Accumu. Speed	19,053	18,978	19,118	18,843		
Arrival Vet-in.	**08:51:20**	**11:23:35**	**13:37:23**	**15:38:55**		
Vet-in Time	01:51:20	01:52:15	01:33:48	01:08:16		
Vet-in Speed	18,862	18,708	19,189	17,578		
Accumu. Time Vet	01:51:20	03:43:35	05:17:23	**06:25:39**		
Accumu Speed	18,862	18,784	18,904	**18,669**		
Recovery	00:01:07	00:01:10	00:01:16	~~00:03:16~~		
Accu. Recovery	00:01:07	00:02:17	00:03:33			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	7	8	6	6		