



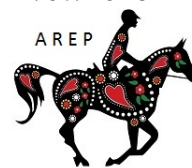
# III RAID DO FORNINHO/POCEIRÃO 11/07/2026

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	<b>07:00:00</b>	<b>09:31:20</b>	<b>12:03:35</b>	<b>14:27:23</b>		
Arrival Time	<b>08:50:13</b>	<b>11:22:25</b>	<b>13:36:07</b>	<b>15:35:39</b>		
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.	<b>08:51:20</b>	<b>11:23:35</b>	<b>13:37:23</b>	<b>15:38:55</b>		
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	<b>06:25:39</b>		
Accumu Speed	18,862	18,784	18,904	<b>18,669</b>		
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		