

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Ahmad Fareed Hussain Aldarwish

Jm Javita Boom Boom Aa 75

Lic: 10245921 / Ldn: 108PH37

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**	**09:36:23**	**12:13:05**	**14:47:13**		
Arrival Time	**08:54:42**	**11:30:52**	**13:55:25**	**15:47:05**		
Time	01:54:42	01:54:29	01:42:20	00:59:52		
Speed in Arri.	18,308	18,343	17,589	20,044		
Accumu. Time	01:54:42	03:49:11	05:31:31	06:31:23		
Accumu. Speed	18,308	18,325	18,098	18,396		
Arrival Vet-in.	**08:56:23**	**11:33:05**	**13:57:13**	**15:52:18**		
Vet-in Time	01:56:23	01:56:42	01:44:08	00:59:52		
Vet-in Speed	18,043	17,994	17,285	20,044		
Accumu. Time Vet	01:56:23	03:53:05	05:37:13	**06:37:05**		
Accumu Speed	18,043	18,019	17,792	**18,132**		
Recovery	00:01:41	00:02:13	00:01:48	~~00:05:13~~		
Accu. Recovery	00:01:41	00:03:54	00:05:42			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	11	12	8	7		

JAQUIMA