

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Ibrahim Ismail Mohamed Ahmed Alhosani

Orquidea D'iberica

Lic: 10093912 / Ldn: 109SC18

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**	**09:40:24**	**12:17:33**	**14:49:40**		
Arrival Time	**08:59:07**	**11:36:12**	**13:58:17**	**15:52:50**		
Time	01:59:07	01:55:48	01:40:44	01:03:10		
Speed in Arri.	17,629	18,134	17,868	18,997		
Accumu. Time	01:59:07	03:54:55	05:35:39	06:38:49		
Accumu. Speed	17,629	17,878	17,875	18,053		
Arrival Vet-in.	**09:00:24**	**11:37:33**	**13:59:40**	**15:56:49**		
Vet-in Time	02:00:24	01:57:09	01:42:07	01:03:10		
Vet-in Speed	17,441	17,925	17,626	18,997		
Accumu. Time Vet	02:00:24	03:57:33	05:39:40	**06:42:50**		
Accumu Speed	17,441	17,68	17,664	**17,873**		
Recovery	00:01:17	00:01:21	00:01:23	~~00:03:59~~		
Accu. Recovery	00:01:17	00:02:38	00:04:01			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	13	14	12	10		