



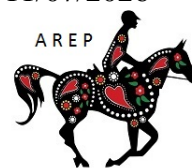
III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Caetano Maria Pereira

Valentina Y.A.

Lic: 10407230 / Ldn: 108MC41



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 | 09:39:53 | 12:17:08 | 14:49:10 | | |
| Arrival Time | 08:59:04 | 11:36:10 | 13:58:16 | 16:00:37 | | |
| Time | 01:59:04 | 01:56:17 | 01:41:08 | 01:11:27 | | |
| Speed in Arri. | 17,637 | 18,059 | 17,798 | 16,794 | | |
| Accumu. Time | 01:59:04 | 03:55:21 | 05:36:29 | 06:47:56 | | |
| Accumu. Speed | 17,637 | 17,845 | 17,831 | 17,649 | | |
| Arrival Vet-in. | 08:59:53 | 11:37:08 | 13:59:10 | 16:04:35 | | |
| Vet-in Time | 01:59:53 | 01:57:15 | 01:42:02 | 01:11:27 | | |
| Vet-in Speed | 17,517 | 17,91 | 17,641 | 16,794 | | |
| Accumu. Time Vet | 01:59:53 | 03:57:08 | 05:39:10 | 06:50:37 | | |
| Accumu Speed | 17,517 | 17,711 | 17,69 | 17,534 | | |
| Recovery | 00:00:49 | 00:00:58 | 00:00:54 | 00:03:58 | | |
| Accu. Recovery | 00:00:49 | 00:01:47 | 00:02:41 | | | |
| Heart Rate | | | | | | |
| Into a hold | 00:40:00 | 00:40:00 | 00:50:00 | | | |
| Color: | Yellow | Yellow | Green | Orange | | |
| Close: | | | | 17:44:17 | | |
| Rank: | 12 | 13 | 11 | 11 | | |