

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		