



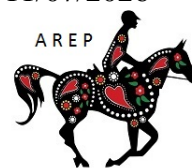
# III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2\* CIM / 120 Km.

Ana Barbas

Pataca Vb

Lic: 10013970 / Ldn: 109EI37



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>09:20:20</b>	<b>11:44:20</b>	<b>14:06:30</b>		
Arrival Time	<b>08:39:47</b>	<b>11:03:04</b>	<b>13:15:29</b>	<b>15:13:29</b>		
Time	01:39:47	01:42:44	01:31:09	01:06:59		
Speed in Arri.	21,045	20,441	19,747	17,914		
Accumu. Time	01:39:47	03:22:31	04:53:40	06:00:39		
Accumu. Speed	21,045	20,739	20,431	19,963		
Arrival Vet-in.	<b>08:40:20</b>	<b>11:04:20</b>	<b>13:16:30</b>	<b>15:19:55</b>		
Vet-in Time	01:40:20	01:44:00	01:32:10	01:06:59		
Vet-in Speed	20,93	20,192	19,529	17,914		
Accumu. Time Vet	01:40:20	03:24:20	04:56:30	<b>06:03:29</b>		
Accumu Speed	20,93	20,554	20,236	<b>19,808</b>		
Recovery	00:00:33	00:01:16	00:01:01	<b>00:06:26</b>		
Accu. Recovery	00:00:33	00:01:49	00:02:50			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	5	5	3	3		