

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	**07:00:00**	**09:20:20**	**11:44:20**	**14:06:30**		
Arrival Time	**08:39:47**	**11:03:04**	**13:15:29**	**15:13:29**		
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.	**08:40:20**	**11:04:20**	**13:16:30**	**15:19:55**		
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	**06:03:29**		
Accumu Speed	20,93	20,554	20,236	**19,808**		
Recovery	00:00:33	00:01:16	00:01:01	~~00:06:26~~		
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		