



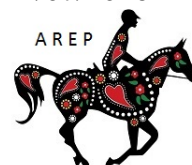
III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Candela Hernani Amado

Sarria Do Mino Aa 68.75

Lic: 10243959 / Ldn: 109AA72



Nº participantes: 17 Classificados: 13 (76%) No classificados: 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	09:31:24	12:03:30	14:27:20		
Arrival Time	08:50:14	11:22:25	13:36:08	15:35:38		
Time	01:50:14	01:51:01	01:32:38	01:08:18		
Speed in Arri.	19,05	18,916	19,431	17,569		
Accumu. Time	01:50:14	03:41:15	05:13:53	06:22:11		
Accumu. Speed	19,05	18,983	19,115	18,839		
Arrival Vet-in.	08:51:24	11:23:30	13:37:20	15:38:57		
Vet-in Time	01:51:24	01:52:06	01:33:50	01:08:18		
Vet-in Speed	18,85	18,733	19,182	17,569		
Accumu. Time Vet	01:51:24	03:43:30	05:17:20	06:25:38		
Accumu Speed	18,85	18,791	18,907	18,67		
Recovery	00:01:10	00:01:05	00:01:12	00:03:19		
Accu. Recovery	00:01:10	00:02:15	00:03:27			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	8	7	5	5		