

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

AREP

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**	**09:31:24**	**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		

JAQUIMA