

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Julieta Bravo Gamez

Haslan Del Siwa

Lic: 10198548 / Ldn: 108XH49

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**	**09:35:51**	**12:12:35**	**14:48:38**		
Arrival Time	**08:54:44**	**11:30:54**	**13:55:40**	**15:52:50**		
Time	01:54:44	01:55:03	01:43:05	01:04:12		
Speed in Arri.	18,303	18,252	17,461	18,691		
Accumu. Time	01:54:44	03:49:47	05:32:52	06:37:04		
Accumu. Speed	18,303	18,278	18,025	18,132		
Arrival Vet-in.	**08:55:51**	**11:32:35**	**13:58:38**	**15:59:41**		
Vet-in Time	01:55:51	01:56:44	01:46:03	01:04:12		
Vet-in Speed	18,126	17,989	16,973	18,691		
Accumu. Time Vet	01:55:51	03:52:35	05:38:38			
Accumu Speed	18,126	18,058	17,718			
Recovery	00:01:07	00:01:41	00:02:58	~~00:06:51~~		
Accu. Recovery	00:01:07	00:02:48	00:05:46			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	10	10	10			

Eliminated:	FTQ	GA