

III RAID DO FORNINHO/POCEIRÃO 11/07/2026

CEI2* CIM / 120 Km.

Martyna Kaminska

Invejado

Lic: 10148165 / Ldn: 108XY62

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**	**09:40:54**	**12:17:56**	**14:50:20**		
Arrival Time	**08:59:05**	**11:36:10**	**13:58:18**	**16:00:39**		
Time	01:59:05	01:55:16	01:40:22	01:10:19		
Speed in Arri.	17,634	18,218	17,934	17,065		
Accumu. Time	01:59:05	03:54:21	05:34:43	06:45:02		
Accumu. Speed	17,634	17,921	17,925	17,776		
Arrival Vet-in.	**09:00:54**	**11:37:56**	**14:00:20**	**16:05:58**		
Vet-in Time	02:00:54	01:57:02	01:42:24	01:10:19		
Vet-in Speed	17,369	17,943	17,578	17,065		
Accumu. Time Vet	02:00:54	03:57:56	05:40:20	**06:50:39**		
Accumu Speed	17,369	17,652	17,629	**17,533**		
Recovery	00:01:49	00:01:46	00:02:02	~~00:05:19~~		
Accu. Recovery	00:01:49	00:03:35	00:05:37			
Heart Rate						
Into a hold	00:40:00	00:40:00	00:50:00			
Color:	Yellow	Yellow	Green	Orange		
Close:				17:44:17		
Rank:	16	15	14	12		