

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

José Pedro Filipe

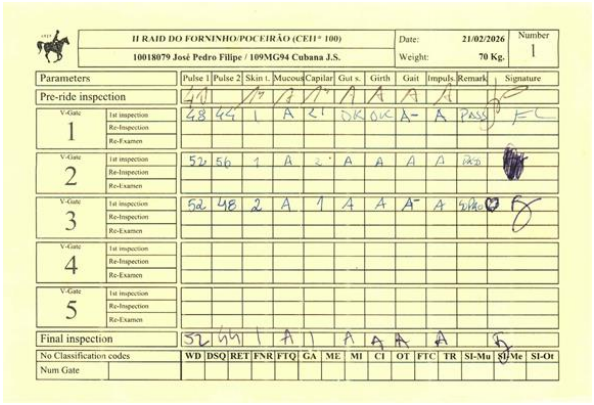
Cubana J.S.

Lic: 10018079 / Ldn: 109MG94

AREP

Nº participantes: 21 **Clasificados: 12 (57%)** **No clasificados: 9 (42%)**

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	30,000	20,000	20,000		
Departure	**08:30:00**	**11:19:46**	**14:03:38**	**16:09:00**		
Arrival Time	**10:37:41**	**13:21:03**	**15:26:17**	**17:32:57**		
Time	02:07:41	02:01:17	01:22:39	01:23:57		
Speed in Arri.	14,097	14,841	14,519	14,294		
Accumu. Time	02:07:41	04:08:58	05:31:37	06:55:34		
Accumu. Speed	14,097	14,459	14,474	14,438		
Arrival Vet-in.	**10:39:46**	**13:23:38**	**15:29:00**	**17:35:04**		
Vet-in Time	02:09:46	02:03:52	01:25:22	01:23:57		
Vet-in Speed	13,871	14,531	14,057	14,294		
Accumu. Time Vet	02:09:46	04:13:38	05:39:00	**07:02:57**		
Accumu Speed	13,871	14,193	14,159	**14,186**		
Recovery	00:02:05	00:02:35	00:02:43	~~00:02:07~~		
Accu. Recovery	00:02:05	00:04:40	00:07:23			
Heart Rate	**48**	**52**	**52**	**52**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	19	15	12	12		



JAQUIMA