

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Lea Vogler

Jpf Hipolyte

Lic: 10014410 / Ldn: 109JS80

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**	**11:04:08**	**13:38:40**	**15:40:45**		
Arrival Time	**10:23:00**	**12:57:47**	**14:58:39**	**16:58:53**		
Time	01:53:00	01:53:39	01:19:59	01:18:08		
Speed in Arri.	15,929	15,838	15,003	15,358		
Accumu. Time	01:53:00	03:46:39	05:06:38	06:24:46		
Accumu. Speed	15,929	15,883	15,653	15,593		
Arrival Vet-in.	**10:24:08**	**12:58:40**	**15:00:45**	**17:07:14**		
Vet-in Time	01:54:08	01:54:32	01:22:05	01:18:08		
Vet-in Speed	15,771	15,715	14,619	15,358		
Accumu. Time Vet	01:54:08	03:48:40	05:10:45	**06:28:53**		
Accumu Speed	15,771	15,743	15,446	**15,428**		
Recovery	00:01:08	00:00:53	00:02:06	~~00:08:21~~		
Accu. Recovery	00:01:08	00:02:01	00:04:07			
Heart Rate	**60**	**64**	**62**	**56**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	8	6	5	4		

