

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Santiago Joaquin Gallo Perez

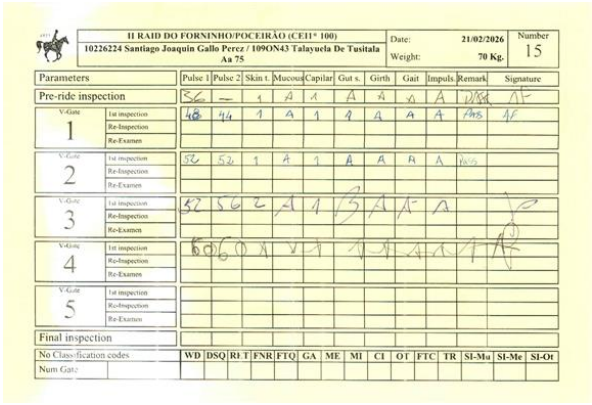
Talayuela De Tusitala Aa 75

Lic: 10226224 / Ldn: 109ON43

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**	**11:11:49**	**13:55:50**	**16:06:03**		
Arrival Time	**10:30:09**	**13:13:21**	**15:23:13**	**17:27:32**		
Time	02:00:09	02:01:32	01:27:23	01:21:29		
Speed in Arri.	14,981	14,81	13,732	14,726		
Accumu. Time	02:00:09	04:01:41	05:29:04	06:50:33		
Accumu. Speed	14,981	14,895	14,586	14,614		
Arrival Vet-in.	**10:31:49**	**13:15:50**	**15:26:03**	**17:32:10**		
Vet-in Time	02:01:49	02:04:01	01:30:13	01:21:29		
Vet-in Speed	14,776	14,514	13,301	14,726		
Accumu. Time Vet	02:01:49	04:05:50	05:36:03	**06:57:32**		
Accumu Speed	14,776	14,644	14,283	**14,37**		
Recovery	00:01:40	00:02:29	00:02:50	~~00:04:38~~		
Accu. Recovery	00:01:40	00:04:09	00:06:59			
Heart Rate	**48**	**52**	**52**	**60**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	14	11	11	8		



JAQUIMA