

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Maria Filipe

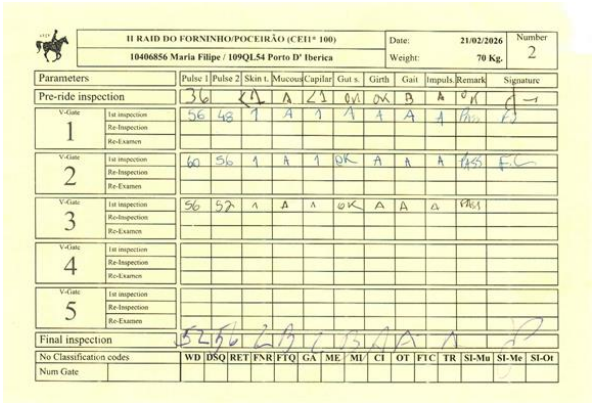
Porto D' Iberica

Lic: 10406856 / Ldn: 109QL54

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**	**11:19:37**	**14:03:40**	**16:09:02**		
Arrival Time	**10:37:43**	**13:21:02**	**15:26:12**	**17:32:48**		
Time	02:07:43	02:01:25	01:22:32	01:23:46		
Speed in Arri.	14,093	14,824	14,539	14,325		
Accumu. Time	02:07:43	04:09:08	05:31:40	06:55:26		
Accumu. Speed	14,093	14,45	14,472	14,442		
Arrival Vet-in.	**10:39:37**	**13:23:40**	**15:29:02**	**17:37:50**		
Vet-in Time	02:09:37	02:04:03	01:25:22	01:23:46		
Vet-in Speed	13,887	14,51	14,057	14,325		
Accumu. Time Vet	02:09:37	04:13:40	05:39:02	**07:02:48**		
Accumu Speed	13,887	14,191	14,157	**14,191**		
Recovery	00:01:54	00:02:38	00:02:50	~~00:05:02~~		
Accu. Recovery	00:01:54	00:04:32	00:07:22			
Heart Rate	**56**	**60**	**56**	**52**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	18	16	13	10		



JAQUIMA