

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Rui Lanternas

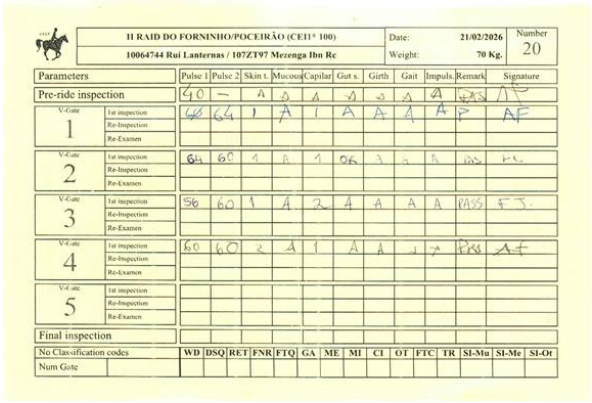
Mezenga Ibn Rc

Lic: 10064744 / Ldn: 107ZT97

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**	**10:52:07**	**13:09:52**	**14:57:24**		
Arrival Time	**10:10:50**	**12:28:32**	**14:14:24**	**15:57:47**		
Time	01:40:50	01:36:25	01:04:32	01:00:23		
Speed in Arri.	17,851	18,668	18,595	19,873		
Accumu. Time	01:40:50	03:17:15	04:21:47	05:22:10		
Accumu. Speed	17,851	18,25	18,335	18,623		
Arrival Vet-in.	**10:12:07**	**12:29:52**	**14:17:24**	**16:04:40**		
Vet-in Time	01:42:07	01:37:45	01:07:32	01:00:23		
Vet-in Speed	17,626	18,414	17,769	19,873		
Accumu. Time Vet	01:42:07	03:19:52	04:27:24	**05:27:47**		
Accumu Speed	17,626	18,012	17,95	**18,304**		
Recovery	00:01:17	00:01:20	00:03:00	~~00:06:53~~		
Accu. Recovery	00:01:17	00:02:37	00:05:37			
Heart Rate	**60**	**64**	**56**	**60**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	4	4	3	2		



JAQUIMA