

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Rodrigo Buinho

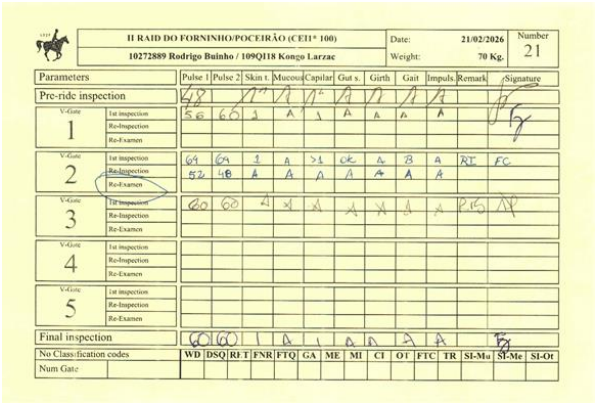
Kongo Larzac

Lic: 10272889 / Ldn: 109QI18

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**	**11:11:11**	**13:48:50**	**15:51:59**		
Arrival Time	**10:30:15**	**13:08:05**	**15:11:00**	**17:13:27**		
Time	02:00:15	01:56:54	01:22:10	01:21:28		
Speed in Arri.	14,968	15,397	14,604	14,729		
Accumu. Time	02:00:15	03:57:09	05:19:19	06:40:47		
Accumu. Speed	14,968	15,18	15,032	14,97		
Arrival Vet-in.	**10:31:11**	**13:08:50**	**15:11:59**	**17:17:59**		
Vet-in Time	02:01:11	01:57:39	01:23:09	01:21:28		
Vet-in Speed	14,853	15,299	14,431	14,729		
Accumu. Time Vet	02:01:11	03:58:50	05:21:59	**06:43:27**		
Accumu Speed	14,853	15,073	14,907	**14,871**		
Recovery	00:00:56	00:00:45	00:00:59	~~00:04:32~~		
Accu. Recovery	00:00:56	00:01:41	00:02:40			
Heart Rate	**56**	**64**	**60**	**60**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	13	10	6	5		



JAQUIMA