

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Manuel Maria Pereira

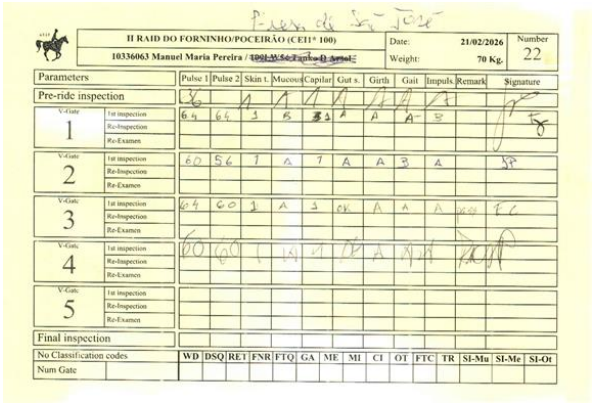
Pirera De Sao Jose

Lic: 10336063 / Ldn: 109QL56

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**	**11:15:28**	**13:57:55**	**16:05:49**		
Arrival Time	**10:34:20**	**13:16:07**	**15:23:51**	**17:25:15**		
Time	02:04:20	02:00:39	01:25:56	01:19:26		
Speed in Arri.	14,477	14,919	13,964	15,107		
Accumu. Time	02:04:20	04:04:59	05:30:55	06:50:21		
Accumu. Speed	14,477	14,694	14,505	14,621		
Arrival Vet-in.	**10:35:28**	**13:17:55**	**15:25:49**	**17:30:32**		
Vet-in Time	02:05:28	02:02:27	01:27:54	01:19:26		
Vet-in Speed	14,346	14,699	13,651	15,107		
Accumu. Time Vet	02:05:28	04:07:55	05:35:49	**06:55:15**		
Accumu Speed	14,346	14,521	14,293	**14,449**		
Recovery	00:01:08	00:01:48	00:01:58	~~00:05:17~~		
Accu. Recovery	00:01:08	00:02:56	00:04:54			
Heart Rate	**64**	**60**	**64**	**60**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	16	14	9	6		



JAQUIMA