

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Pedro Godinho

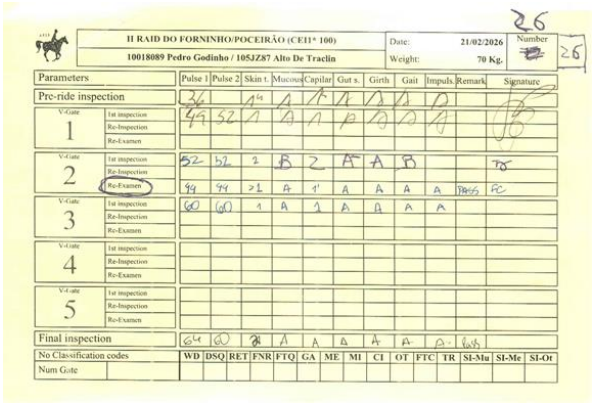
Alto De Traclin

Lic: 10018089 / Ldn: 105JZ87

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**	**10:51:43**	**13:03:38**	**14:48:59**		
Arrival Time	**10:10:42**	**12:22:18**	**14:07:13**	**15:52:39**		
Time	01:40:42	01:30:35	01:03:35	01:03:40		
Speed in Arri.	17,874	19,871	18,872	18,848		
Accumu. Time	01:40:42	03:11:17	04:14:52	05:18:32		
Accumu. Speed	17,874	18,82	18,833	18,836		
Arrival Vet-in.	**10:11:43**	**12:23:38**	**14:08:59**	**15:59:15**		
Vet-in Time	01:41:43	01:31:55	01:05:21	01:03:40		
Vet-in Speed	17,696	19,582	18,362	18,848		
Accumu. Time Vet	01:41:43	03:13:38	04:18:59	**05:22:39**		
Accumu Speed	17,696	18,591	18,534	**18,596**		
Recovery	00:01:01	00:01:20	00:01:46	~~00:06:36~~		
Accu. Recovery	00:01:01	00:02:21	00:04:07			
Heart Rate	**49**	**52**	**60**	**64**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	2	2	1	1		



JAQUIMA