

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Teresa Cacheirinha

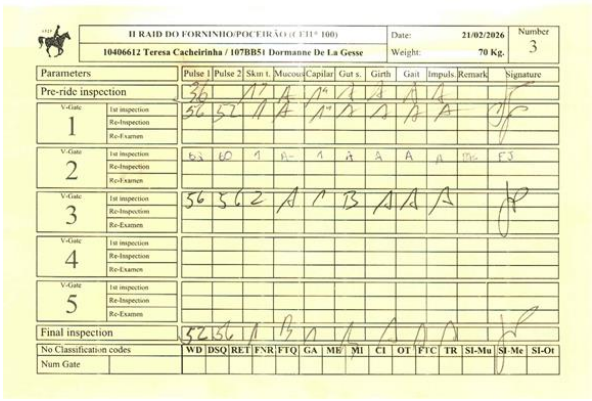
Dormanne De La Gesse

Lic: 10406612 / Ldn: 107BB51

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**	**11:04:50**	**13:39:05**	**15:40:02**		
Arrival Time	**10:23:37**	**12:57:33**	**14:59:02**	**16:58:52**		
Time	01:53:37	01:52:43	01:19:57	01:18:50		
Speed in Arri.	15,842	15,969	15,009	15,221		
Accumu. Time	01:53:37	03:46:20	05:06:17	06:25:07		
Accumu. Speed	15,842	15,905	15,671	15,579		
Arrival Vet-in.	**10:24:50**	**12:59:05**	**15:00:02**	**17:04:03**		
Vet-in Time	01:54:50	01:54:15	01:20:57	01:18:50		
Vet-in Speed	15,674	15,754	14,823	15,221		
Accumu. Time Vet	01:54:50	03:49:05	05:10:02	**06:28:52**		
Accumu Speed	15,674	15,714	15,482	**15,429**		
Recovery	00:01:13	00:01:32	00:01:00	~~00:05:11~~		
Accu. Recovery	00:01:13	00:02:45	00:03:45			
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:	11	7	4	3		



JAQUIMA