


# II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

## Caetano Maria Pereira

## Tanko D Arsol

Lic: 10407230 / Ldn: 109LW54

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** | **11:15:30** | **13:57:50** | **16:05:20** | | |
| Arrival Time | **10:34:22** | **13:16:08** | **15:23:58** | **17:25:16** | | |
| Time | 02:04:22 | 02:00:38 | 01:26:08 | 01:19:56 | | |
| Speed in Arri. | 14,473 | 14,921 | 13,931 | 15,012 | | |
| Accumu. Time | 02:04:22 | 04:05:00 | 05:31:08 | 06:51:04 | | |
| Accumu. Speed | 14,473 | 14,693 | 14,495 | 14,596 | | |
| Arrival Vet-in. | **10:35:30** | **13:17:50** | **15:25:20** | **17:30:27** | | |
| Vet-in Time | 02:05:30 | 02:02:20 | 01:27:30 | 01:19:56 | | |
| Vet-in Speed | 14,342 | 14,713 | 13,714 | 15,012 | | |
| Accumu. Time Vet | 02:05:30 | 04:07:50 | 05:35:20 | **06:55:16** | | |
| Accumu Speed | 14,342 | 14,525 | 14,314 | **14,448** | | |
| Recovery | 00:01:08 | 00:01:42 | 00:01:22 | ~~00:05:11~~ | | |
| Accu. Recovery | 00:01:08 | 00:02:50 | 00:04:12 | | | |
| Heart Rate | | | | | | |
| Into a hold | 00:40:00 | 00:40:00 | 00:40:00 | | | |
| Color: | Yellow | Yellow | Orange | Orange | | |
| Close: | | | | 17:38:34 | | |
| Rank: | 17 | 13 | 8 | 7 | | |

