

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Lucas Madera Molera

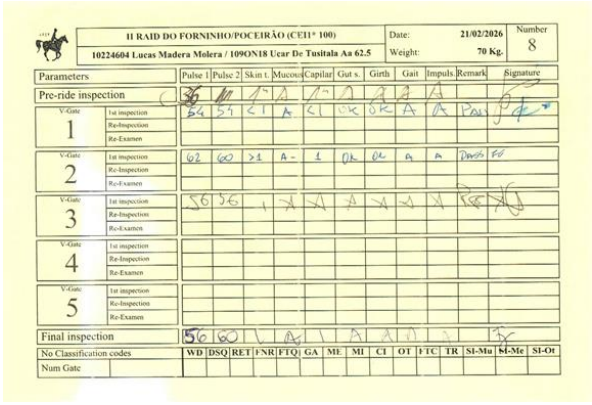
Ucar De Tusitala Aa 62.5

Lic: 10224604 / Ldn: 109ON18

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**	**11:07:04**	**13:56:09**	**16:06:00**		
Arrival Time	**10:24:57**	**13:13:18**	**15:23:11**	**17:27:34**		
Time	01:54:57	02:06:14	01:27:02	01:21:34		
Speed in Arri.	15,658	14,259	13,787	14,711		
Accumu. Time	01:54:57	04:01:11	05:28:13	06:49:47		
Accumu. Speed	15,658	14,926	14,624	14,641		
Arrival Vet-in.	**10:27:04**	**13:16:09**	**15:26:00**	**17:31:57**		
Vet-in Time	01:57:04	02:09:05	01:29:51	01:21:34		
Vet-in Speed	15,375	13,944	13,355	14,711		
Accumu. Time Vet	01:57:04	04:06:09	05:36:00	**06:57:34**		
Accumu Speed	15,375	14,625	14,285	**14,368**		
Recovery	00:02:07	00:02:51	00:02:49	~~00:04:23~~		
Accu. Recovery	00:02:07	00:04:58	00:07:47			
Heart Rate	**54**	**62**	**56**	**56**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	12	12	10	9		



JAQUIMA