

II RAID DO FORNINHO/POCEIRÃO

21/02/2026

CEI1* 100 / 100 Km.

Juan Carlos Ruiz De Villa Fernandez

Hedjam De Saliann

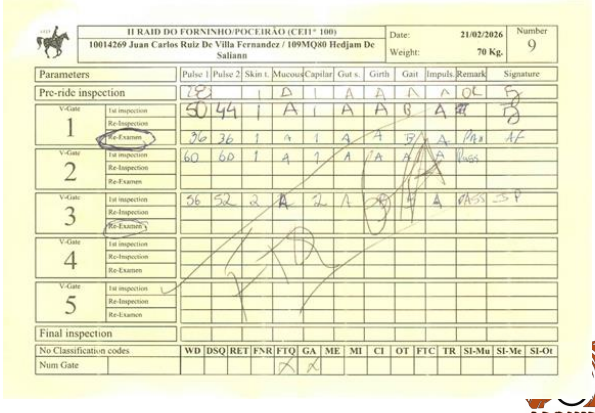
Lic: 10014269 / Ldn: 109MQ80

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**	**10:51:39**	**13:03:23**			
Arrival Time	**10:10:47**	**12:22:13**	**14:07:11**			
Time	01:40:47	01:30:34	01:03:48			
Speed in Arri.	17,86	19,874	18,808			
Accumu. Time	01:40:47	03:11:21	04:15:09			
Accumu. Speed	17,86	18,813	18,812			
Arrival Vet-in.	**10:11:39**	**12:23:23**	**14:09:30**			
Vet-in Time	01:41:39	01:31:44	01:06:07			
Vet-in Speed	17,707	19,622	18,149			
Accumu. Time Vet	01:41:39	03:13:23				
Accumu Speed	17,707	18,615				
Recovery	00:00:52	00:01:10	00:02:19			
Accu. Recovery	00:00:52	00:02:02	00:04:21			
Heart Rate	**50**	**60**	**56**			
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Yellow	Yellow	Orange	Orange		
Close:				17:38:34		
Rank:	1	1				

Eliminated: FTQ GA



JAQUIMA