



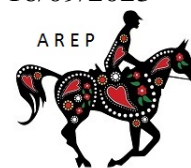
# RAID INTERNACIONAL DE ELVAS 16/09/2023

CEI1\* 100 / 100 Km.

Nuno Miguel Carido

Llormols Perkins

Lic: 10180464 / Ldn: 106XD05



Nº participantes: 14    Clasificados: 11 (78%)    No clasificados: 3 (21%)

	Phase I	Phase II	Phase III	Phase IV	Phase V	Phase VI
kilometers	30,000	30,000	20,000	20,000		
Departure	<b>07:00:00</b>	<b>09:25:40</b>				
Arrival Time	<b>08:41:48</b>	<b>11:01:42</b>				
Time	01:41:48	01:36:02				
Speed in Arri.	17,681	18,743				
Accumu. Time	01:41:48	03:17:50				
Accumu. Speed	17,681	18,197				
Arrival Vet-in.	<b>08:45:40</b>	<b>11:15:20</b>				
Vet-in Time	01:45:40	01:49:40				
Vet-in Speed	17,034	16,413				
Accumu. Time Vet	01:45:40					
Accumu Speed	17,034					
Recovery	00:03:52	00:13:38				
Accu. Recovery	00:03:52	00:17:30				
Heart Rate	<b>62</b>	<b>60</b>				
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Pink	Pink	Green	Green		
Close:				16:08:34		
Rank:	6					

Loop	Color	Start	Km.
2	Pink	09:25:40	30