

RAID INTERNACIONAL DE ELVAS 16/09/2023

CEI1* 100 / 100 Km.

Rodrigo Buinho

Nobre Das Tapadas

Lic: 10272889 / Ldn: 108CG96

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	**07:00:00**	**09:37:56**	**12:14:40**	**14:17:15**		
Arrival Time	**08:53:52**	**11:28:32**	**13:33:22**	**15:27:46**		
Time	01:53:52	01:50:36	01:18:42	01:10:31		
Speed in Arri.	15,807	16,274	15,247	17,017		
Accumu. Time	01:53:52	03:44:28	05:03:10	06:13:41		
Accumu. Speed	15,807	16,038	15,832	16,056		
Arrival Vet-in.	**08:57:56**	**11:34:40**	**13:37:15**	**15:35:47**		
Vet-in Time	01:57:56	01:56:44	01:22:35	01:10:31		
Vet-in Speed	15,262	15,419	14,53	17,017		
Accumu. Time Vet	01:57:56	03:54:40	05:17:15	**06:27:46**		
Accumu Speed	15,262	15,34	15,13	**15,473**		
Recovery	00:04:04	00:06:08	00:03:53	~~00:08:01~~		
Accu. Recovery	00:04:04	00:10:12	00:14:05			
Heart Rate	**64**	**60**	**64**			
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Pink	Pink	Green	Green		
Close:				16:08:34		
Rank:	11	9	6	7		

