

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	**07:00:00**	**09:25:40**				
Arrival Time	**08:41:48**	**11:01:42**				
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.	**08:45:40**	**11:15:20**				
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	**62**	**60**				
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