

RAID INTERNACIONAL DE ELVAS 16/09/2023

CEI1* 100 / 100 Km.

Janna Kupper

Ninja Vb

Lic: 10145106 / Ldn: 108MC81

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**	**09:36:16**	**12:11:20**	**14:17:17**		
Arrival Time	**08:53:51**	**11:28:31**	**13:33:21**	**15:27:45**		
Time	01:53:51	01:52:15	01:22:01	01:10:28		
Speed in Arri.	15,81	16,035	14,631	17,029		
Accumu. Time	01:53:51	03:46:06	05:08:07	06:18:35		
Accumu. Speed	15,81	15,922	15,578	15,848		
Arrival Vet-in.	**08:56:16**	**11:31:20**	**13:37:17**	**15:35:40**		
Vet-in Time	01:56:16	01:55:04	01:25:57	01:10:28		
Vet-in Speed	15,481	15,643	13,961	17,029		
Accumu. Time Vet	01:56:16	03:51:20	05:17:17	**06:27:45**		
Accumu Speed	15,481	15,561	15,128	**15,473**		
Recovery	00:02:25	00:02:49	00:03:56	~~00:07:55~~		
Accu. Recovery	00:02:25	00:05:14	00:09:10			
Heart Rate	**62**	**64**	**52**	**60**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Pink	Pink	Green	Green		
Close:				16:08:34		
Rank:	9	6	8	6		

