

RAID INTERNACIONAL DE ELVAS 16/09/2023

CEI1* 100 / 100 Km.

Naroa Jiménez Sopena

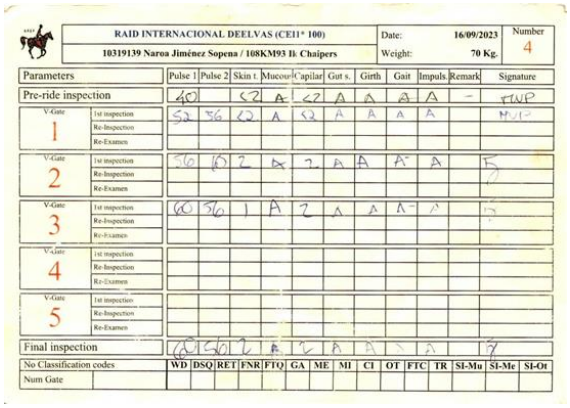
Ik Chaipers

Lic: 10319139 / Ldn: 108KM93

AREP

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**	**09:34:28**	**12:11:50**	**14:17:17**		
Arrival Time	**08:53:01**	**11:29:30**	**13:34:16**	**15:28:57**		
Time	01:53:01	01:55:02	01:22:26	01:11:40		
Speed in Arri.	15,926	15,647	14,557	16,744		
Accumu. Time	01:53:01	03:48:03	05:10:29	06:22:09		
Accumu. Speed	15,926	15,786	15,459	15,7		
Arrival Vet-in.	**08:54:28**	**11:31:50**	**13:37:17**	**15:40:49**		
Vet-in Time	01:54:28	01:57:22	01:25:27	01:11:40		
Vet-in Speed	15,725	15,336	14,043	16,744		
Accumu. Time Vet	01:54:28	03:51:50	05:17:17	**06:28:57**		
Accumu Speed	15,725	15,528	15,128	**15,426**		
Recovery	00:01:27	00:02:20	00:03:01	~~00:11:52~~		
Accu. Recovery	00:01:27	00:03:47	00:06:48			
Heart Rate	**52**	**56**	**60**	**60**		
Into a hold	00:40:00	00:40:00	00:40:00			
Color:	Pink	Pink	Green	Green		
Close:				16:08:34		
Rank:	7	7	7	8		



JAQUIMA