

$$t = 100 ; t+h = 200$$

$$h = (t+h) - t = 100$$

$$N_t = 236904172$$

$$N_{t+h} = 240611571$$

$$r_t = \frac{\ln\left(\frac{N_{t+h}}{N_t}\right)}{h}$$

$$r_{100} = \frac{\ln\left(\frac{240611571}{236904172}\right)}{100} = 0.000155$$