

Glasrikets Running Club - Klubbmästerskap Triathlon 2018-06-19, Rismålaövä

1/3-dels Olympisk distans		SIMNING			CYKLING				LÖPNING			Målgång	Plac	Antal
Start nr	Namn	Start	In Trans 1	Ut Trans 1	In Trans 2	Ut Trans 2								
1275	Stefan Torwaldsson	0:00:00	0:08:01	0:08:50			0:30:50	0:31:21			0:45:30	1	1	
1300	Ted Andersson	0:00:00	0:09:32	0:10:22			0:36:50	0:37:17			0:52:51	2	1	
1306	Isak Barkstedt	0:00:00	0:10:45	0:12:04			0:37:55	0:38:33			0:55:32	3	1	
1281	Staffan Berg	0:00:00	0:12:40	0:14:25			0:39:33	0:40:38			0:56:08	4	1	
1302	Christer Häll	0:00:00	0:12:15	0:13:25			0:40:22	0:41:02			0:57:35	5	1	
1308	Magnus Andersson	0:00:00	0:12:55	0:15:38			0:41:38	0:42:03			0:59:12	6	1	
1303	Anna Lundgren	0:00:00	0:09:28	0:10:22			0:32:15	0:32:50			0:47:13	1	1	
1301	Åsa Franzen	0:00:00	0:09:41	0:10:38			0:34:20	0:34:46			0:50:35	2	1	
1310	Elin Gruvhagen	0:00:00	0:10:45	0:12:00			0:37:17	0:37:48			0:53:13	3	1	
1309	Maria Idosdotter	0:00:00	0:13:05	0:13:18			0:41:42	0:42:01			0:59:12	4	1	
1304	Åsa Stumpf	0:00:00	0:13:50	0:13:50			0:42:35	0:43:07			0:59:34	5	1	

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Olympisk distans		SIMNING			CYKLING				LÖPNING			Målgång	Plac	Antal
Startande	Start	In Trans 1	Ut Trans 1	Varv 1	Varv 2	In Trans 2	Ut Trans 2	Varv 1	Varv 2					
1283	Stefan Löfhede	0:00:00	0:24:55	0:26:05	0:47:55	1:10:40	1:32:50	1:33:31	1:46:41	2:00:20	2:14:07	1	1	
1277	Mattis Pettersson	0:00:00	0:27:10	0:28:30	0:50:10	1:11:50	1:33:43	1:34:15	1:47:49	2:01:24	2:15:07	2	1	
1273	Markus Andersson	0:00:00	0:26:57	0:30:10	0:53:10	1:16:30	1:40:30	1:41:25	1:53:47	2:06:37	2:19:25	3	1	
1280	Jörgen Helmersson	0:00:00	0:28:13	0:29:28	0:51:25	1:13:20	1:35:50	1:36:38	1:51:40	2:07:27	2:23:36	4	1	
1311	Patrik Axelsson	0:00:00	0:34:12	0:35:58	0:57:00	1:17:40	1:38:30	1:39:26	1:53:34	2:08:55	2:23:56	5	1	
1276	Joakim Fröjd	0:00:00	0:27:04	0:28:20	0:51:28	1:14:30	1:38:00	1:38:38	1:54:57	2:11:25	2:27:32	6	1	
1282	Martin Wandér	0:00:00	0:30:18	0:31:26	0:53:24	1:15:25	1:38:31	1:39:03	1:55:38	2:12:44	2:29:20	7	1	
1274	Leif Engelholm	0:00:00	0:30:24	0:31:55	0:54:30	1:16:27	1:39:05	1:39:52	1:56:00	2:12:49	2:29:25	8	1	
1278	Theo Franzen	0:00:00	0:29:21	0:31:00	0:54:13	1:17:37	1:41:55	1:42:41	1:58:22	2:14:17	2:30:31	9	1	
525	Jan Arvidsson	0:00:00	0:35:47	0:37:40	1:01:50	1:26:13	1:51:20	1:52:08	2:09:52	2:28:13	2:47:24	10	1	

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Delmoment

	Simning		Trans 1	CYKLING				Trans 2	LÖPNING			Totalt
	Start	Slut		Varv 1	Varv 2	Varv 3	Tot		Varv 1	Varv 2	Varv 3	
Stefan Torwaldsson	00:08:01	00:00:49					00:22:00	00:00:31			00:14:09	00:45:30
Ted Andersson	00:09:32	00:00:50					00:26:28	00:00:27			00:15:34	00:52:51
Isak Barkstedt	00:10:45	00:01:19					00:25:51	00:00:38			00:16:59	00:55:32
Staffan Berg	00:12:40	00:01:45					00:25:08	00:01:05			00:15:30	00:56:08
Christer Häll	00:12:15	00:01:10					00:26:57	00:00:40			00:16:33	00:57:35
Magnus Andersson	00:12:55	00:02:43					00:26:00	00:00:25			00:17:09	00:59:12
Anna Lundgren	00:09:28	00:00:54					00:21:53	00:00:35			00:14:23	00:47:13
Åsa Franzen	00:09:41	00:00:57					00:23:42	00:00:26			00:15:49	00:50:35
Elin Gruvhagen	00:10:45	00:01:15					00:25:17	00:00:31			00:15:25	00:53:13
Maria Idosdotter	00:13:05	00:00:13					00:28:24	00:00:19			00:17:11	00:59:12
Åsa Stumpf	00:13:50	00:00:00					00:28:45	00:00:32			00:16:27	00:59:34

Simning min/100m	Cykel km/h	Löpning min/km
1m 36s	36,4	4m 14s
1m 54s	30,2	4m 40s
2m 8s	30,9	5m 6s
2m 32s	31,8	4m 39s
2m 27s	29,7	4m 58s
2m 35s	30,8	5m 9s
1m 53s	36,5	4m 19s
1m 56s	33,7	4m 44s
2m 8s	31,6	4m 37s
2m 37s	28,2	5m 9s
2m 46s	27,8	4m 56s

Delmoment

	Simning		Trans 1	CYKLING				Trans 2	LÖPNING			Totalt	
	Varv 1	Tot		Varv 1	Varv 2	Varv 3	Tot		Varv 1	Varv 2	Varv 3		
Stefan Löfhede	00:24:55	00:24:55	00:01:10	00:21:50	00:22:45	00:22:10	01:06:45	00:00:41	00:13:10	00:13:39	00:13:47	00:40:36	02:14:07
Mattis Pettersson	00:27:10	00:27:10	00:01:20	00:21:40	00:21:40	00:21:53	01:05:13	00:00:32	00:13:34	00:13:35	00:13:43	00:40:52	02:15:07
Markus Andersson	00:26:57	00:26:57	00:03:13	00:23:00	00:23:20	00:24:00	01:10:20	00:00:55	00:12:22	00:12:50	00:12:48	00:38:00	02:19:25
Jörgen Helmersson	00:28:13	00:28:13	00:01:15	00:21:57	00:21:55	00:22:30	01:06:22	00:00:48	00:15:02	00:15:47	00:16:09	00:46:58	02:23:36
Patrik Axelsson	00:34:12	00:34:12	00:01:46	00:21:02	00:20:40	00:20:50	01:02:32	00:00:56	00:14:08	00:15:21	00:15:01	00:44:30	02:23:56
Joakim Fröjd	00:27:04	00:27:04	00:01:16	00:23:08	00:23:02	00:23:30	01:09:40	00:00:38	00:16:19	00:16:28	00:16:07	00:48:54	02:27:32
Martin Wandér	00:30:18	00:30:18	00:01:08	00:21:58	00:22:01	00:23:06	01:07:05	00:00:32	00:16:35	00:17:06	00:16:36	00:50:17	02:29:20
Leif Engelholm	00:30:24	00:30:24	00:01:31	00:22:35	00:21:57	00:22:38	01:07:10	00:00:47	00:16:08	00:16:49	00:16:36	00:49:33	02:29:25
Theo Franzen	00:29:21	00:29:21	00:01:39	00:23:13	00:23:24	00:24:18	01:10:55	00:00:46	00:15:41	00:15:55	00:16:14	00:47:50	02:30:31
Jan Arvidsson	00:35:47	00:35:47	00:01:53	00:24:10	00:24:23	00:25:07	01:13:40	00:00:48	00:17:44	00:18:21	00:19:11	00:55:16	02:47:24

Simning min/100m	Cykel km/h	Löpning min/km
1m 39s	36,0	4m 3s
1m 48s	36,8	4m 5s
1m 47s	34,1	3m 48s
1m 52s	36,2	4m 41s
2m 16s	38,4	4m 27s
1m 48s	34,4	4m 53s
2m 1s	35,8	5m 1s
2m 1s	35,7	4m 57s
1m 57s	33,8	4m 46s
2m 23s	32,6	5m 31s