

Glasrikets Running Club - Klubbmästerskap Triathlon 2019-06-18, Rismålagöl

1/3-dels Ol. distans	SIMNING			CYKLING				LÖPNING				Mål	Plac	Antal
	Start	In Trans 1	Ut Trans 1				In Trans 2	Ut Trans 2						
Lena Jakobsson	0:00:00	0:10:02	0:11:30				0:32:42	0:33:10				0:47:30	1	1
Staffan Berg	0:00:00	0:10:46	0:11:21				0:33:45	0:34:13				0:48:44	2	1
Åsa Franzen	0:00:00	0:09:51	0:10:58				0:33:52	0:34:17				0:50:10	3	1
Elin Gruvhagen	0:00:00	0:10:43	0:11:47				0:35:10	0:35:33				0:50:22	4	1
Ted Franzen	0:00:00	0:10:06	0:10:30				0:33:52	0:34:17				0:51:12	5	1
Isak Barkstedt	0:00:00	0:09:38	0:11:03				0:34:40	0:35:20				0:51:41	6	1
Helena Jonsson Sjöqvist	0:00:00	0:08:58	0:10:25				0:37:15	0:37:56				0:53:43	7	1
David Turesson	0:00:00	0:10:51	0:12:35				0:36:57	0:37:40				0:54:07	8	1
Pierre Philipsson	0:00:00	0:12:02	0:13:10				0:38:10	0:38:52				0:56:25	9	1
Jan Arvidsson	0:00:00	0:12:48	0:14:10				0:37:52	0:38:45				0:57:06	10	1
Magnus Andersson	0:00:00	0:12:12	0:14:00				0:39:33	0:40:21				0:57:30	11	1

11

Olympisk distans	SIMNING			CYKLING				LÖPNING				Mål	Plac	Antal
	Start	In Trans 1	Ut Trans 1				In Trans 2	Ut Trans 2						
Mattis Pettersson	0:00:00	0:25:16	0:26:20	0:47:35	1:08:38	1:30:01	1:30:34	1:43:51	1:57:26	2:11:38	1	1		
Stefan Lövhede	0:00:00	0:24:33	0:25:55	0:48:15	1:11:00	1:34:13	1:34:45	1:48:11	2:02:00	2:15:49	2	1		
Mattias Persson	0:00:00	0:29:33	0:31:20	0:52:15	1:13:22	1:34:33	1:35:31	1:49:23	2:02:54	2:15:57	3	1		
Linus Carlsson	0:00:00	0:27:40	0:28:50	0:49:40	1:10:34	1:32:16	1:32:50	1:47:08	2:01:47	2:16:04	4	1		
Andreas Nilsson	0:00:00	0:24:06	0:25:05	0:47:36	1:14:00	1:35:18	1:35:50	1:49:46	2:04:11	2:18:35	5	1		
Jörgen Helmersson	0:00:00	0:26:33	0:28:00	0:49:40	1:10:50	1:32:38	1:33:40	1:48:34	2:03:00	2:18:48	6	1		
Patrik Axelsson	0:00:00	0:31:41	0:33:00	0:53:49	1:14:43	1:35:34	1:36:40	1:50:39	2:05:40	2:20:32	7	1		
Markus Andersson	0:00:00	0:25:19	0:28:05	0:51:55	1:16:03	1:40:50	1:41:59	1:54:58	2:07:56	2:20:48	8	1		
Andreas Arvidsson	0:00:00	0:28:50	0:30:52	0:52:29	1:13:52	1:35:08	1:36:17	1:51:36	2:07:28	2:23:45	9	1		
Joakim Fröjd	0:00:00	0:26:50	0:28:09	0:51:25	1:15:15	1:39:18	1:39:56	1:56:09	2:12:42	2:29:21	10	1		
Leif Engelholm	0:00:00	0:29:05	0:30:27	0:53:00	1:15:46	1:38:36	1:39:12	1:55:45	2:13:09	2:30:35	11	1		
Tom Hanssen	0:00:00	0:30:50	0:32:15	0:54:10	1:16:41	1:39:40	1:40:23	1:56:22	2:13:21	2:30:40	12	1		
Timmy Håkansson	0:00:00	0:33:17	0:35:25	0:59:45	1:25:21	1:49:57	1:51:17	2:06:34	2:21:20	2:36:13	13	1		
Ted Andersson	0:00:00	0:27:13	0:29:49	0:55:02	1:20:05	1:45:07	1:45:52	2:03:28	2:21:56	2:40:43	14	1		

14

Delmoment

Simning		Trans 1	CYKLING				Trans 2	LÖPNING				Totalt	Sim	Cykel	Löpning	
												min/100m	km/h	min/km		
Lena Jakobsson		0:10:02	0:01:28				0:21:12	0:00:28				0:14:20	0:47:30	2m 0s	37,7	4m 18s
Staffan Berg		0:10:46	0:00:35				0:22:24	0:00:28				0:14:31	0:48:44	2m 9s	35,7	4m 21s
Åsa Franzen		0:09:51	0:01:07				0:22:54	0:00:25				0:15:53	0:50:10	1m 58s	34,9	4m 46s
Elin Gruvhagen		0:10:43	0:01:04				0:23:23	0:00:23				0:14:49	0:50:22	2m 8s	34,2	4m 26s
Ted Franzen		0:10:06	0:00:24				0:23:22	0:00:25				0:16:55	0:51:12	2m 1s	34,2	5m 4s
Isak Barkstedt		0:09:38	0:01:25				0:23:37	0:00:40				0:16:21	0:51:41	1m 55s	33,9	4m 54s
Helena Jonsson Sjöqvist		0:08:58	0:01:27				0:26:50	0:00:41				0:15:47	0:53:43	1m 47s	29,8	4m 44s
David Turesson		0:10:51	0:01:44				0:24:22	0:00:43				0:16:27	0:54:07	2m 10s	32,8	4m 56s
Pierre Philipsson		0:12:02	0:01:08				0:25:00	0:00:42				0:17:33	0:56:25	2m 24s	32,0	5m 16s
Jan Arvidsson		0:12:48	0:01:22				0:23:42	0:00:53				0:18:21	0:57:06	2m 33s	33,7	5m 30s
Magnus Andersson		0:12:12	0:01:48				0:25:33	0:00:48				0:17:09	0:57:30	2m 26s	31,3	5m 9s

Simning		Trans 1	CYKLING				Trans 2	LÖPNING				Totalt	Sim	Cykel	Löpning	
Varv 1	Tot		Varv 1	Varv 2	Varv 3	Tot	Varv 1	Varv 2	Varv 3	Tot		min/100m	km/h	min/km		
Mattis Pettersson	0:25:16	0:25:16	0:01:04	0:21:15	0:21:03	0:21:23	1:03:41	0:00:33	0:13:17	0:13:35	0:14:12	0:41:04	2:11:38	1m 41s	37,7	4m 6s
Stefan Lövhede	0:24:33	0:24:33	0:01:22	0:22:20	0:22:45	0:23:13	1:08:18	0:00:32	0:13:26	0:13:49	0:13:49	0:41:04	2:15:49	1m 38s	35,1	4m 6s
Mattias Persson	0:29:33	0:29:33	0:01:47	0:20:55	0:21:07	0:21:11	1:03:13	0:00:58	0:13:52	0:13:31	0:13:03	0:40:26	2:15:57	1m 58s	38,0	4m 2s
Linus Carlsson	0:27:40	0:27:40	0:01:10	0:20:50	0:20:54	0:21:42	1:03:26	0:00:34	0:14:18	0:14:39	0:14:17	0:43:14	2:16:04	1m 50s	37,8	4m 19s
Andreas Nilsson	0:24:06	0:24:06	0:00:59	0:22:31	0:26:24	0:21:18	1:10:13	0:00:32	0:13:56	0:14:25	0:14:24	0:42:45	2:18:35	1m 36s	34,2	4m 16s
Jörgen Helmersson	0:26:33	0:26:33	0:01:27	0:21:40	0:21:10	0:21:48	1:04:38	0:01:02	0:14:54	0:14:26	0:15:48	0:45:08	2:18:48	1m 46s	37,1	4m 30s
Patrik Axelsson	0:31:41	0:31:41	0:01:19	0:20:49	0:20:54	0:20:51	1:02:34	0:01:06	0:13:59	0:15:01	0:14:52	0:43:52	2:20:32	2m 6s	38,4	4m 23s
Markus Andersson	0:25:19	0:25:19	0:02:46	0:23:50	0:24:08	0:24:47	1:12:45	0:01:09	0:12:59	0:12:58	0:12:52	0:38:49	2:20:48	1m 41s	33,0	3m 52s
Andreas Arvidsson	0:28:50	0:28:50	0:02:02	0:21:37	0:21:23	0:21:16	1:04:16	0:01:09	0:15:19	0:15:52	0:16:17	0:47:28	2:23:45	1m 55s	37,3	4m 44s
Joakim Fröjd	0:26:50	0:26:50	0:01:19	0:23:16	0:23:50	0:24:03	1:11:09	0:00:38	0:16:13	0:16:33	0:16:39	0:49:25	2:29:21	1m 47s	33,7	4m 56s
Leif Engelholm	0:29:05	0:29:05	0:01:22	0:22:33	0:22:46	0:22:50	1:08:09	0:00:36	0:16:33	0:17:24	0:17:26	0:51:23	2:30:35	1m 56s	35,2	5m 8s
Tom Hanssen	0:30:50	0:30:50	0:01:25	0:21:55	0:22:31	0:22:59	1:07:25	0:00:43	0:15:59	0:16:59	0:17:19	0:50:17	2:30:40	2m 3s	35,6	5m 1s
Timmy Håkansson	0:33:17	0:33:17	0:02:08	0:24:20	0:25:36	0:24:36	1:14:32	0:01:20	0:15:17	0:14:46	0:14:53	0:44:56	2:36:13	2m 13s	32,2	4m 29s
Ted Andersson	0:27:13	0:27:13	0:02:36	0:25:13	0:25:03	0:25:02	1:15:18	0:00:45	0:17:36	0:18:28	0:18:47	0:54:51	2:40:43	1m 48s	31,9	5m 29s