



Langgarverne

Hillerød løbe- og triathlonklub



Langgarverne havde en Triatlet med til KMD 4-18-4 2019
Tillykke med det fine resultat
Majbritt Lund Witte

timing and ranking

official start time	18:00:00	rank overall	1007 of 1325 starters
actual start time	18:11:15	rank gender	306 of 489 starters
net time	01:21:09 (finish time)	rank category	48 of 73 starters
gross time	01:32:23		

swim

location	time	o/a	sex	cat	segment	speed	o/a	sex	cat	split	speed	o/a	sex	cat	time of day
Swim 400 m	10:31	1009	332	49	10:31	2:38 min/100m	1009	332	49	10:31	2:38 min/100m	1009	332	49	18:21:46

tz

location	time	o/a	sex	cat	segment	speed	o/a	sex	cat	split	speed	o/a	sex	cat	time of day
T1	16:06	978	308	51	5:35	-	930	306	48	5:35	-	930	306	48	18:27:20

bike

location	time	o/a	sex	cat	segment	speed	o/a	sex	cat	split	speed	o/a	sex	cat	time of day
Bike 9 km	33:32	928	265	43	17:27	30.95 km/h	841	203	32	17:27	30.95 km/h	841	203	32	18:44:46
Bike 18 km	51:31	883	239	40	35:26	30.49 km/h	843	209	33	17:59	30.04 km/h	866	223	35	19:02:45

tz

location	time	o/a	sex	cat	segment	speed	o/a	sex	cat	split	speed	o/a	sex	cat	time of day
T2	56:12	958	278	44	4:42	-	1230	446	68	4:42	-	1230	446	68	19:07:27

run

location	time	o/a	sex	cat	segment	speed	o/a	sex	cat	split	speed	o/a	sex	cat	time of day
Run 4 km	1:21:09	1007	306	48	24:57	6:15 min/km	1013	331	47	24:57	6:15 min/km	1013	331	47	19:32:23

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