

IronMan de Roth (GER)

18 de Julho de 2010

3,8 Km SWIM / 180 Km BIKE / 42 Km RUN

	Rui Rodrigues			Carlos Fernandes			Hugo Ferreira			Helder Milheiras			Sérgio Costa		
	Tempo	Parcial	Médias	Tempo	Parcial	Médias	Tempo	Parcial	Médias	Tempo	Parcial	Médias	Tempo	Parcial	Médias
Natação	0:53:49	0:53:49	0:01:25	0:58:14	0:58:14	0:01:32	1:09:16	1:09:16	0:01:49	1:04:48	1:04:48	0:01:42	1:03:44	1:03:44	0:01:41
T1	0:56:06	0:02:17	-	1:01:11	0:02:57	-	1:13:42	0:04:26	-	1:09:24	0:04:36	-	1:08:06	0:04:22	-
Ciclismo	6:13:35	5:17:29	34,0	6:15:34	5:14:23	34,4	6:31:47	5:18:05	34,0	6:23:56	5:14:32	34,3	6:07:11	4:59:05	36,1
T2	6:14:57	0:01:22	-	6:16:51	0:01:17	-	6:35:15	0:03:28	-	6:26:55	0:02:59	-	6:10:49	0:03:38	-
Corrida	9:21:07	3:06:10	0:04:25	9:36:22	3:19:31	0:04:44	9:45:51	3:10:36	0:04:31	9:45:51	3:18:56	0:04:43	9:46:20	3:35:31	0:05:06
	0:01:46			0:01:45			0:01:46			0:01:45			0:01:40		
	1:00:00			1:00:00			1:00:00			1:00:00			1:00:00		

	Roberto Lúcio			Pedro Pinheiro			Cristina Nascimento			Carlos Suzana			Ricardo Vieira		
	Tempo	Parcial	Médias	Tempo	Parcial	Médias	Tempo	Parcial	Médias	Tempo	Parcial	Médias	Tempo	Parcial	Médias
Natação	0:57:48	0:57:48	0:01:31	1:09:10	1:09:10	0:01:49	1:11:49	1:11:49	0:01:53	1:20:26	1:20:26	0:02:07	1:12:00	1:12:00	0:01:54
T1	1:00:18	0:02:30	-	1:13:15	0:04:05	-	1:14:53	0:03:04	-	1:26:38	0:06:12	-	1:16:55	0:04:55	-
Ciclismo	6:17:16	5:16:58	34,1	6:24:41	5:11:26	34,7	7:12:37	5:57:44	30,2	7:18:16	5:51:38	30,7	6:56:09	5:39:14	31,8
T2	6:18:38	0:01:22	-	6:26:49	0:02:08	-	7:14:17	0:01:40	-	7:22:28	0:04:12	-	6:59:57	0:03:48	-
Corrida	10:03:04	3:44:26	0:05:19	10:17:57	3:51:08	0:05:29	11:34:14	4:19:57	0:06:10	11:39:23	4:16:55	0:06:05	11:41:47	4:41:50	0:06:41
	0:01:46			0:01:44			0:01:59			0:01:57			0:01:53		
	1:00:00			1:00:00			1:00:00			1:00:00			1:00:00		

	José Júlio			Ana Pereira			Cecília Franco		
	Tempo	Parcial	Médias	Tempo	Parcial	Médias	Tempo	Parcial	Médias
Natação	1:15:42	1:15:42	0:02:00	1:17:57	1:17:57	0:02:03	1:17:08	1:17:08	0:02:02
T1	1:20:24	0:04:42	-	1:21:50	0:03:53	-	1:21:04	0:03:56	-
Ciclismo	6:46:20	5:25:56	33,1	7:32:35	6:10:45	29,1	7:45:57	6:24:53	28,1
T2	6:48:52	0:02:32	-	7:35:22	0:02:47	-	7:49:18	0:03:21	-
Corrida	11:49:15	5:00:23	0:07:07	12:04:25	4:29:03	0:06:23	12:31:30	4:42:12	0:06:41
	0:01:49			0:02:04			0:02:08		
	1:00:00			1:00:00			1:00:00		