

IRONMAN 70.3 European Championship Wiesbaden

GERHARD HARING

August 11th 2013

Races
All Races
IRONMAN
IRONMAN 70.3

BIB: 2194
Division: AK M45
State: Neutillmitsch
Country: AUT
Profession:

CONGRATULATIONS
GERHARD, ON YOUR
FINISH!



Rank: 219
Overall Rank: 1822
Swim: 39:43
Bike: 26:24
Run: 22:44
Total: 1:55

Swim Details Division Rank: 22

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
0.8 km	0.8 km	16:18	16:18	2:02/100m			
1.9 km	1.1 km	23:25	39:43	2:07/100m			
Total	1.9 km	39:43	39:43	3:36/100m	220	1787	1448

Bike Details Division Rank: 189

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
21.8 km	21.8 km	42:03	1:28:03	31.11 km/h			
22.1 km	0.3 km	1:42	1:29:45	10.59 km/h			
39.3 km	17.2 km	36:21	2:06:06	28.39 km/h			
63.4 km	24.1 km	1:03:13	3:09:19	22.87 km/h			
89.1 km	25.7 km	59:35	4:08:54	25.88 km/h			
90 km	0.9 km	3:30	4:12:24	15.43 km/h			
Total	90 km	3:26:24	4:12:24	26.16 km/h	189	1595	1328

Run Details Division Rank: 219

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
0.3 km	0.3 km	1:29	4:16:40	4:56/km			
0.6 km	0.3 km	1:17	4:17:57	4:16/km			
3.1 km	2.5 km	13:05	4:31:02	5:14/km			
5.7 km	2.6 km	14:24	4:45:26	5:32/km			
8.2 km	2.5 km	18:04	5:03:30	7:13/km			
10.7 km	2.5 km	16:34	5:20:04	6:37/km			
13.2 km	2.5 km	19:42	5:39:46	7:52/km			
15.8 km	2.6 km	15:47	5:55:33	6:11/km			
18.3 km	2.6 km	23:56	6:19:29	9:23/km			
20.8 km	2.5 km	20:50	6:40:19	8:20/km			
21.1 km	0.3 km	1:36	6:41:55	5:19/km			
Total	21.1 km	2:26:44	6:41:55	6:57/km	219	1822	1478

Transition

T1: SWIM-TO-BIKE	6:17
T2: BIKE-TO-RUN	2:47

- Reach Your Goals
- Training
- Nutrition
- Inspiration
- Results
- Past Coverage
- Age Group Athletes
- Rankings
- Legacy Programs
- Profiles
- Pro Athletes
- Rankings
- Race Recaps
- Profiles
- News
- All News
- Inspiration
- Race Previews & Recaps
- Training
- Nutrition
- Ambassadors
- Social Community
- Official Facebook Pages
- Official Twitter Accounts
- Store
- Get the Gear
- Other Programs
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