



**Andreas Wruck**

IRONMAN, 50 Bib 2430

Punkt	Zeit	Uhrzeit	Tempo
START	00:00:00	7:08:49 am	---
<b>Schwimmen</b>			
1:27:18 <span style="float:right">195· 50, 1,453· by Gender, 1,632· Overall</span>			
Swim	01:27:18	8:36:07 am	02:18
			Tempodurchs. <b>02:18</b> min/100m
<b>Übergang 8:06</b>			
T1	00:08:06   01:35:24	8:44:12 am	---
<b>Fahrrad 5:48:24</b> <span style="float:right">112· 50, 927· by Gender, 980· Overall</span>			
Bike 26km	00:49:17   02:24:40	9:33:28 am	31.66
Bike 64km	01:57:41   03:33:04	10:41:53 am	32.63
Bike 91.5km	02:49:14   04:24:37	11:33:25 am	32.01
Bike 117km	03:41:20   05:16:43	12:25:31 pm	29.37
Bike 155km	04:57:20   06:32:43	1:41:31 pm	30.00
BIKE	05:48:24   07:23:47	2:32:36 pm	32.89
			Tempodurchs. <b>31.52</b> km/hr
<b>Übergang 8:44</b>			
T2	00:08:44   07:32:31	2:41:19 pm	---
<b>Laufen 4:40:46</b> <span style="float:right">101· 50, 911· by Gender, 1,003· Overall</span>			
Run 4,1km	00:23:53   07:56:23	3:05:11 pm	05:50
Run 8,6km	00:50:36   08:23:06	3:31:54 pm	05:57
Run 10,4km	01:01:16   08:33:46	3:42:35 pm	05:56
Run 14,6km	01:28:15   09:00:45	4:09:33 pm	06:26
Run 19,1km	01:55:35   09:28:05	4:36:53 pm	06:05
Run 21km	02:06:43   09:39:13	4:48:01 pm	05:52
Run 25,1km	02:35:34   10:08:04	5:16:53 pm	07:03
Run 29,6km	03:04:56   10:37:26	5:46:15 pm	06:32
Run 31,5km	03:19:13   10:51:43	6:00:32 pm	07:31
Run 35,6km	03:51:09   11:23:39	6:32:27 pm	07:48
Run 40,1km	04:30:26   12:02:56	7:11:45 pm	08:44
FINISH	04:40:46   12:13:16	7:22:05 pm	04:56
			Tempodurchs. <b>06:40</b> min/km

**Endzeit: 12:13:16 Std.**



**Sonja Baudewig**

IRONMAN, 45 Bib 748

Punkt	Zeit	Uhrzeit	Tempo
<b>Laufen</b>			
START	00:00:00	7:08:52 am	---
<b>Schwimmen</b>			
<b>1:33:02</b> <b>36</b> 45 , <b>214</b> by Gender , <b>1,804</b> Overall			
Swim	<b>01:33:02</b>	8:41:53 am	02:27
		Tempodurchs.	<b>02:27</b> min/100m
<b>Übergang 10:19</b>			
T1	<b>00:10:19</b>   01:43:20	8:52:11 am	---
<b>Fahrrad 6:50:21</b>			
<b>29</b> 45 , <b>193</b> by Gender , <b>1,837</b> Overall			
Bike 26km	<b>00:52:49</b>   02:36:09	9:45:00 am	29.54
Bike 64km	<b>02:05:54</b>   03:49:14	10:58:05 am	30.50
Bike 91.5km	<b>03:01:36</b>   04:44:56	11:53:47 am	29.62
Bike 117km	<b>04:32:11</b>   06:15:31	1:24:22 pm	16.89
Bike 155km	<b>05:54:24</b>   07:37:44	2:46:35 pm	27.73
BIKE	<b>06:50:21</b>   08:33:41	3:42:32 pm	30.03
		Tempodurchs.	<b>26.76</b> km/hr
<b>Übergang 6:46</b>			
T2	<b>00:06:46</b>   08:40:26	3:49:18 pm	---
<b>Laufen 4:40:22</b>			
<b>14</b> 45 , <b>107</b> by Gender , <b>1,097</b> Overall			
Run 4,1km	<b>00:24:34</b>   09:04:59	4:13:51 pm	06:00
Run 8,6km	<b>00:51:57</b>   09:32:23	4:41:14 pm	06:06
Run 10,4km	<b>01:03:09</b>   09:43:35	4:52:26 pm	06:14
Run 14,6km	<b>01:30:06</b>   10:10:32	5:19:24 pm	06:26
Run 19,1km	<b>01:59:04</b>   10:39:30	5:48:21 pm	06:27
Run 21km	<b>02:10:54</b>   10:51:20	6:00:11 pm	06:14
Run 25,1km	<b>02:40:25</b>   11:20:51	6:29:42 pm	07:12
Run 29,6km	<b>03:12:23</b>   11:52:49	7:01:40 pm	07:07
Run 31,5km	<b>03:25:14</b>   12:05:40	7:14:31 pm	06:46
Run 35,6km	<b>03:56:15</b>   12:36:41	7:45:32 pm	07:34
Run 40,1km	<b>04:28:21</b>   13:08:47	8:17:39 pm	07:09
FINISH	<b>04:40:22</b>   <b>13:20:48</b>	8:29:39 pm	05:43
		Tempodurchs.	<b>06:39</b> min/km

**Endzeit: 13:20:48 Std.**