

IRONMAN LANZAROTE 2010



22 Mai 2010

Triathlon Nancy Lorraine



CEDRIC HAVEN

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:11:14	6:19:09	7:18:56	15:13:01	1189	92

LEG	DISTANCE	PACE	RANK	DIV.POS.
SWIM SPLIT 1: 1.9km	1.9 km (33:38)	1:46/100m		
SWIM SPLIT 2: 3.8km	1.9 km (37:36)	1:58/100m		
TOTAL SWIM	3.8 km (1:11:14)	1:52/100m	773	78
TOTAL BIKE	180 km (6:19:09)	28.48 km/h	612	59
RUN - 6.1 km	6.1 km (50:33)	8:17/km		
RUN - 9.52 km	3.42 km (33:04)	9:40/km		
RUN - 12.94 km	3.42 km (34:26)	10:04/km		
RUN - 18.78 km	5.84 km (56:29)	9:40/km		
RUN - 24.62 km	5.84 km (1:05:40)	11:14/km		
RUN - 30.47 km	5.85 km (1:07:49)	11:35/km		
RUN - 36.31 km	5.84 km (1:07:16)	11:31/km		
RUN - 42.2 km	5.89 km (1:03:39)	10:48/km		
TOTAL RUN	42.2 km (7:18:56)	10:24/km	1189	92

TRANSITION	TIME
T1: SWIM-TO-BIKE	9:52
T2: BIKE-TO-RUN	13:50



LAURENT COLLIN



SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
59:55	5:35:13	4:21:26	11:07:38	277	62

LEG	DISTANCE	PACE	RANK	DIV.POS.
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SWIM SPLIT 1: 1.9km	1.9 km (28:29)	1:29/100m		
SWIM SPLIT 2: 3.8km	1.9 km (31:26)	1:39/100m		
TOTAL SWIM	3.8 km (59:55)	1:34/100m	187	41

TOTAL BIKE	180 km (5:35:13)	32.22 km/h	131	28
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RUN - 6.1 km	6.1 km (27:55)	4:34/km		
RUN - 9.52 km	3.42 km (19:31)	5:42/km		
RUN - 12.94 km	3.42 km (22:12)	6:29/km		
RUN - 18.78 km	5.84 km (31:32)	5:23/km		
RUN - 24.62 km	5.84 km (34:16)	5:52/km		
RUN - 30.47 km	5.85 km (36:03)	6:09/km		
RUN - 36.31 km	5.84 km (43:41)	7:28/km		
RUN - 42.2 km	5.89 km (46:16)	7:51/km		
TOTAL RUN	42.2 km (4:21:26)	6:11/km	277	62

TRANSITION	TIME
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T1: SWIM-TO-BIKE 4:55

T2: BIKE-TO-RUN 6:09

YOANN CHABORD



SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:15:32	6:25:54	4:25:30	12:25:04	623	62

LEG	DISTANCE	PACE	RANK	DIV.POS.
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SWIM SPLIT 1: 1.9km	1.9 km (36:56)	1:56/100m		
SWIM SPLIT 2: 3.8km	1.9 km (38:36)	2:01/100m		
TOTAL SWIM	3.8 km (1:15:32)	1:59/100m	965	88
TOTAL BIKE	180 km (6:25:54)	27.99 km/h	689	69
RUN - 6.1 km	6.1 km (31:39)	5:11/km		
RUN - 9.52 km	3.42 km (21:07)	6:10/km		
RUN - 12.94 km	3.42 km (20:28)	5:59/km		
RUN - 18.78 km	5.84 km (35:08)	6:00/km		
RUN - 24.62 km	5.84 km (40:04)	6:51/km		
RUN - 30.47 km	5.85 km (39:37)	6:46/km		
RUN - 36.31 km	5.84 km (39:48)	6:48/km		
RUN - 42.2 km	5.89 km (37:39)	6:23/km		
TOTAL RUN	42.2 km (4:25:30)	6:17/km	623	62

TRANSITION	TIME
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T1: SWIM-TO-BIKE	8:43
T2: BIKE-TO-RUN	9:25

FABRICE COURTIOL

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:10:58	5:58:11	4:20:24	11:42:23	435	75

LEG	DISTANCE	PACE	RANK	DIV.POS.
SWIM SPLIT 1: 1.9km	1.9 km (34:12)	1:48/100m		
SWIM SPLIT 2: 3.8km	1.9 km (36:46)	1:56/100m		
TOTAL SWIM	3.8 km (1:10:58)	1:52/100m	750	142
TOTAL BIKE	180 km (5:58:11)	30.15 km/h	398	70
RUN - 6.1 km	6.1 km (28:28)	4:40/km		
RUN - 9.52 km	3.42 km (21:33)	6:18/km		
RUN - 12.94 km	3.42 km (20:48)	6:04/km		
RUN - 18.78 km	5.84 km (32:55)	5:38/km		
RUN - 24.62 km	5.84 km (40:44)	6:58/km		
RUN - 30.47 km	5.85 km (38:25)	6:34/km		
RUN - 36.31 km	5.84 km (39:35)	6:46/km		
RUN - 42.2 km	5.89 km (37:56)	6:26/km		
TOTAL RUN	42.2 km (4:20:24)	6:10/km	435	75

TRANSITION	TIME
T1: SWIM-TO-BIKE	7:40
T2: BIKE-TO-RUN	5:10



FABIEN CARPENTIER



SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
54:55	5:27:44	4:58:12	11:28:20	368	85

LEG	DISTANCE	PACE	RANK	DIV.POS.
SWIM SPLIT 1: 1.9km	1.9 km (26:39)	1:24/100m		
SWIM SPLIT 2: 3.8km	1.9 km (28:16)	1:29/100m		
TOTAL SWIM	3.8 km (54:55)	1:26/100m	46	11
TOTAL BIKE	180 km (5:27:44)	32.95 km/h	54	11
RUN - 6.1 km	6.1 km (27:24)	4:29/km		
RUN - 9.52 km	3.42 km (18:43)	5:28/km		
RUN - 12.94 km	3.42 km (18:45)	5:28/km		
RUN - 18.78 km	5.84 km (33:18)	5:42/km		
RUN - 24.62 km	5.84 km (48:01)	8:13/km		
RUN - 30.47 km	5.85 km (41:14)	7:02/km		
RUN - 36.31 km	5.84 km (39:19)	6:43/km		
RUN - 42.2 km	5.89 km (1:11:28)	12:08/km		
TOTAL RUN	42.2 km (4:58:12)	7:03/km	368	85

TRANSITION	TIME
T1: SWIM-TO-BIKE	3:16
T2: BIKE-TO-RUN	4:13

FLORIMOND ALEXANDRE

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:02:09	5:31:51	3:55:26	10:39:20	173	20

LEG	DISTANCE	PACE	RANK	DIV.POS.
SWIM SPLIT 1: 1.9km	1.9 km (30:50)	1:37/100m		
SWIM SPLIT 2: 3.8km	1.9 km (31:19)	1:38/100m		
TOTAL SWIM	3.8 km (1:02:09)	1:38/100m	293	41
TOTAL BIKE	180 km (5:31:51)	32.54 km/h	121	15
RUN - 6.1 km	6.1 km (27:59)	4:35/km		
RUN - 9.52 km	3.42 km (16:44)	4:53/km		
RUN - 12.94 km	3.42 km (17:03)	4:59/km		
RUN - 18.78 km	5.84 km (28:59)	4:57/km		
RUN - 24.62 km	5.84 km (31:58)	5:28/km		
RUN - 30.47 km	5.85 km (38:27)	6:34/km		
RUN - 36.31 km	5.84 km (40:07)	6:52/km		
RUN - 42.2 km	5.89 km (34:09)	5:47/km		
TOTAL RUN	42.2 km (3:55:26)	5:34/km	173	20

TRANSITION	TIME
T1: SWIM-TO-BIKE	4:38
T2: BIKE-TO-RUN	5:16

