

OLAF LECHTENFELD

Rank: 57
Overall Rank: 901

BIB:	1960
Division:	50-54
Age:	52
State:	Hannover
Country:	GER
Profession:	

Swim:	1:20:44
Bike:	5:38:54
Run:	3:47:58
Overall:	10:57:26

CONGRATULATIONS, OLAF, ON YOUR FINISH!**Swim Details****Division Rank: 201**

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
2.1 km	2.1 km	43:33	43:33	2:04/100m			
3.8 km	1.7 km	37:11	1:20:44	2:11/100m			
Total	3.8 km	1:20:44	1:20:44	4:44/100m	201	2163	1955

Bike Details**Division Rank: 109**

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
14 km	14 km	22:50	1:50:08	36.79 km/h			
24 km	10 km	19:50	2:09:58	30.25 km/h			
32 km	8 km	9:52	2:19:50	48.65 km/h			
44 km	12 km	25:48	2:45:38	27.91 km/h			
77 km	33 km	58:47	3:44:25	33.68 km/h			
89 km	12 km	22:25	4:06:50	32.12 km/h			
95 km	6 km	15:17	4:22:07	23.56 km/h			
108 km	13 km	24:18	4:46:25	32.10 km/h			
116 km	8 km	10:13	4:56:38	46.98 km/h			
128 km	12 km	26:58	5:23:36	26.70 km/h			
159 km	31 km	1:01:14	6:24:50	30.38 km/h			
171 km	12 km	24:20	6:49:10	29.59 km/h			
180 km	9 km	17:02	7:06:12	31.70 km/h			
Total	180 km	5:38:54	7:06:12	31.87 km/h	109	1296	1237

Run Details

Division Rank: 57

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
1.8 km	1.8 km	9:07	7:18:35	5:03/km			
3.1 km	1.3 km	6:20	7:24:55	4:52/km			
5.1 km	2 km	9:39	7:34:34	4:49/km			
7.5 km	2.4 km	11:03	7:45:37	4:36/km			
10.4 km	2.9 km	16:34	8:02:11	5:42/km			
12.2 km	1.8 km	9:12	8:11:23	5:06/km			
13.5 km	1.3 km	6:44	8:18:07	5:10/km			
15.5 km	2 km	10:27	8:28:34	5:13/km			
17.9 km	2.4 km	11:48	8:40:22	4:55/km			
20.8 km	2.9 km	18:01	8:58:23	6:12/km			
22.6 km	1.8 km	10:21	9:08:44	5:44/km			
23.9 km	1.3 km	7:11	9:15:55	5:31/km			
25.9 km	2 km	10:59	9:26:54	5:29/km			
28.3 km	2.4 km	12:04	9:38:58	5:01/km			
31.2 km	2.9 km	1:17:14	10:56:12	26:37/km			
33 km	1.8 km	--:--	10:37:58	--/km			
34.3 km	1.3 km	--:--	--:--	--/km			
36.3 km	2 km	--:--	--:--	--/km			
38.7 km	2.4 km	--:--	--:--	--/km			
42.2 km	3.5 km	10:57:26	10:57:26	07:50/km			
Total	42.2 km	3:47:58	10:57:26	5:24/km	57	901	863

Transition

T1: SWIM-TO-BIKE	6:34
T2: BIKE-TO-RUN	3:16