



0000

Pål Haugerød

000: 16:30:14

00: 61

00: 13.69 km/h
0000: 4:23 min/km

00: 226.00 km
Ultra Triathlon

00000/0000: 64 (of 99)

00000/0: 61 (of 91)

000000: 11:24:54

0000:

00000: 61(of 91)

Male

0000000: 11:24:54

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Exit Water	-	2:19:49	-	75	1:03:20	75	1:03:20	-	2:19:49	-	75	1:03:20	75	1:03:20
Start Bike	-	10:45	-	26	7:20	26	7:20	-	2:30:34	-	70	1:05:34	70	1:05:34
Peak 932	-	1:37:32	-	73	41:50	73	41:50	-	4:08:06	-	72	1:34:05	72	1:34:05
Exit Fv986	-	33:40	-	28	18:08	28	18:08	-	4:41:46	-	70	1:38:47	70	1:38:47
Top Hunnedalen	-	53:19	-	43	14:42	43	14:42	-	5:35:05	-	64	1:51:58	64	1:51:58
Byrkjedalstunet	-	1:04:06	-	55	53:09	55	53:09	-	6:39:11	-	63	2:07:10	63	2:07:10
Exit at 113	-	38:22	-	40	6:23	40	6:23	-	7:17:33	-	60	2:13:33	60	2:13:33
Exit E39	-	44:00	-	33	25:39	33	25:39	-	8:01:33	-	59	2:19:28	59	2:19:28
Exit RV44	-	1:52:22	-	56	32:33	56	32:33	-	9:53:55	-	58	2:41:41	58	2:41:41
Off Bike	-	34:22	-	61	8:03	61	8:03	-	10:28:17	-	58	2:47:09	58	2:47:09
Start Run	-	4:52	-	16	3:37	16	3:37	-	10:33:09	-	55	2:50:46	55	2:50:46
Tjelta	-	1:36:25	-	74	1:01:57	74	1:01:57	-	12:09:34	-	63	3:38:21	63	3:38:21
Solastrand Hotel	-	1:31:56	-	78	1:01:31	78	1:01:31	-	13:41:30	-	63	4:15:38	63	4:15:38
Kvernevik 1	-	1:37:33	-	55	52:27	55	52:27	-	15:19:03	-	64	4:51:58	64	4:51:58
Kvernevik 2	-	16:31	-	34	4:43	34	4:43	-	15:35:34	-	63	4:56:12	63	4:56:12
Finish	-	54:40	-	28	10:06	28	10:06	226.00	16:30:14	-	61	5:05:20	61	5:05:20