



0000

Thomas Håland

000: 18:56:13

00: 68

00: 11.93 km/h  
0000: 5:02 min/km

00: 226.00 km  
Ultra Triathlon

00000/0000: 86 (of 99)

00000/0: 81 (of 91)

000000: 11:24:54

0000:

00000: 81(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	-	1:39:27	-	23	22:58	23	22:58	-	1:39:27	-	23	22:58	23	22:58
Start Bike	-	11:52	-	36	8:27	36	8:27	-	1:51:19	-	21	26:19	21	26:19
Peak 932	-	1:42:34	-	79	46:52	79	46:52	-	3:33:53	-	42	59:52	42	59:52
Exit Fv986	-	41:22	-	79	25:50	79	25:50	-	4:15:15	-	51	1:12:16	51	1:12:16
Top Hunnedalen	-	1:05:55	-	72	27:18	72	27:18	-	5:21:10	-	55	1:38:03	55	1:38:03
Byrkjedalstunet	-	1:08:37	-	70	57:40	70	57:40	-	6:29:47	-	58	1:57:46	58	1:57:46
Exit at 113	-	1:19:38	-	83	47:39	83	47:39	-	7:49:25	-	73	2:45:25	73	2:45:25
Exit E39	-	46:49	-	55	28:28	55	28:28	-	8:36:14	-	72	2:54:09	72	2:54:09
Exit RV44	-	2:01:56	-	70	42:07	70	42:07	-	10:38:10	-	72	3:25:56	72	3:25:56
Off Bike	-	36:49	-	75	10:30	75	10:30	-	11:14:59	-	71	3:33:51	71	3:33:51
Start Run	-	11:02	-	63	9:47	63	9:47	-	11:26:01	-	72	3:43:38	72	3:43:38
Tjelta	-	2:00:37	-	81	1:26:09	81	1:26:09	-	13:26:38	-	76	4:55:25	76	4:55:25
Solastrand Hotel	-	1:36:19	-	80	1:05:54	80	1:05:54	-	15:02:57	-	82	5:37:05	82	5:37:05
Kvernevik 1	-	1:51:29	-	78	1:06:23	78	1:06:23	-	16:54:26	-	81	6:27:21	81	6:27:21
Kvernevik 2	-	26:36	-	81	14:48	81	14:48	-	17:21:02	-	81	6:41:40	81	6:41:40
Finish	-	1:35:11	-	84	50:37	84	50:37	226.00	18:56:13	-	81	7:31:19	81	7:31:19