



Lisa Nymark-Jessen

01:10:40

	Time	Split	Pace
Svømning	00:13:47	00:13:47	02:45.4 /100
T1	00:15:37	00:01:49	
Cykling	00:44:55	00:29:18	30.7 Kph
T2	00:46:07	00:01:11	
Løb	01:10:40	00:24:33	04:54.6 Min/K



TRIATHLON