

Lake Norfolk Sprint Tri - 3 Person Womens Relay



Line Through = Disqualified

Place	Name (Team)	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	Distance (meters)
1	TEAM KRUG		ATHLETE	349	01:44:48.48	06:43	0.0mph	F	40	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:11:18.532	45:29	1.3mph	00:11:18.532	
					T1	00:00:37.414		0.0mph	00:11:55.946	
					Bike	00:51:19.775	04:07	14.5mph	01:03:15.721	
					T2	00:00:46.501		0.0mph	01:04:02.222	
					Run	00:40:46.258	13:07	4.6mph	01:44:48.480	