

Vincent Lucas

Rank: 78
Overall Rank: 1088
BIB: 3043
Division: AK M50
State: Vernon
Country: FRA
Profession:
Swim: 01:00:09
Bike: 05:20:07
Run: 04:40:13
Overall: 11:09:53

Congratulations, Vincent, on your finish!

Swim Details Division Rank: 12

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
2.1 km	2.1 km	33:06:00	33:06:00	1:34/100m			
3.8 km	1.7 km	27:03:00	01:00:09	1:35/100m			
Total	3.8 km	01:00:09	01:00:09	3:32/100m	12	430	386

Bike Details Division Rank: 29

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
13.4 km	13.4 km	22:32	01:28:44	35.68 km/h			
24.5 km	11.1 km	20:13	01:48:57	32.94 km/h			
30.4 km	5.9 km	09:24	01:58:21	37.66 km/h			
44.7 km	14.3 km	25:53:00	02:24:14	33.15 km/h			
60.5 km	15.8 km	27:06:00	02:51:20	34.98 km/h			
88.3 km	27.8 km	46:02:00	03:37:22	36.23 km/h			
96.1 km	7.8 km	13:01	03:50:23	35.95 km/h			
97.4 km	1.3 km	03:50	03:54:13	20.35 km/h			
108.5 km	11.1 km	23:11	04:17:24	28.73 km/h			
114.4 km	5.9 km	10:24	04:27:48	34.04 km/h			
128.7 km	14.3 km	26:58:00	04:54:46	31.82 km/h			
144.5 km	15.8 km	29:51:00	05:24:37	31.76 km/h			
172.3 km	27.8 km	47:24:00	06:12:01	35.19 km/h			
180.1 km	7.8 km	13:41	06:25:42	34.20 km/h			
180.2 km	0.1 km	00:37	06:26:19	9.73 km/h			
Total	180.2 km	05:20:07	06:26:19	33.78 km/h	29	602	573

Run Details Division Rank: 78

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
1.8 km	1.8 km	10:17	06:39:57	5:42/km			
3 km	1.2 km	06:38	06:46:35	5:31/km			
6 km	3 km	17:29	07:04:04	5:49/km			
7.7 km	1.7 km	10:42	07:14:46	6:17/km			
9.7 km	2 km	10:54	07:25:40	5:27/km			
10.5 km	0.8 km	04:34	07:30:14	5:42/km			
12.3 km	1.8 km	11:51	07:42:05	6:34/km			
13.5 km	1.2 km	06:32	07:48:37	5:26/km			
16.5 km	3 km	17:01	08:05:38	5:40/km			
18.2 km	1.7 km	09:47	08:15:25	5:45/km			
20.2 km	2 km	11:16	08:26:41	5:38/km			
21 km	0.8 km	08:22	08:35:03	10:27/km			
22.8 km	1.8 km	16:05	08:51:08	8:56/km			
23.9 km	1.1 km	06:33	08:57:41	5:57/km			
27 km	3.1 km	18:40	09:16:21	6:01/km			
28.7 km	1.7 km	14:50	09:31:11	8:43/km			
30.7 km	2 km	12:32	09:43:43	6:16/km			
31.4 km	0.7 km	06:10	09:49:53	8:48/km			
33.3 km	1.9 km	17:20	10:07:13	9:07/km			
34.4 km	1.1 km	07:14	10:14:27	6:34/km			
37.4 km	3 km	22:45	10:37:12	7:35/km			
42.2 km	4.8 km	32:41:00	11:09:53	6:48/km			
Total	42.195 km	04:40:13	11:09:53	6:38/km	78	1088	1008

Transition

T1: SWIM-TO-BIKE 06:03
T2: BIKE-TO-RUN 03:21