

# Jose G Parrilla Carrion

Independiente

**01:18:10**

Tiempo Oficial

**56<sup>o</sup>**Pos. General  
Sprint**45<sup>o</sup>**Pos. Género  
Masculino**19<sup>o</sup>**Pos. Categoría  
Senior Masculino

|             | T. Split | Tiempo   | Ritmo      |
|-------------|----------|----------|------------|
| <b>SWIM</b> | 00:15:34 | 00:15:34 | 2'04"/100m |
| <b>T1</b>   | 00:03:07 | 00:18:41 |            |
| <b>BIKE</b> | 00:33:19 | 00:52:01 | 28.79 km/h |
| <b>T2</b>   | 00:01:57 | 00:53:59 |            |
| <b>RUN</b>  | 00:24:11 | 01:18:10 | 4'50"/km   |