

# Lilian Pons

TRIATHLON CATALAN

**03:06:53**

Tiempo Oficial

**171°**Pos. General  
Olympic**143°**Pos. Género  
Masculino**22°**Pos. Categoría  
GE 45 - 49 Masc

|      | T. Split | Tiempo   | Ritmo      |
|------|----------|----------|------------|
| SWIM | 00:42:15 | 00:42:15 |            |
| T1   | 00:03:29 | 00:45:44 |            |
| BIKE | 01:18:54 | 02:04:38 | 30.42 Km/h |
| T2   | 00:01:35 | 02:06:14 |            |
| RUN  | 01:00:38 | 03:06:53 | 6'04"/Km   |