

# Lionel Lespade

Independiente

**05:27:03**  
Tiempo Oficial

**103°**

Pos. General  
Half

**98°**

Pos. Género  
Masculino

**12°**

Pos. Categoría  
GE 45 - 49 Masc

|      | T. Split | Tiempo   | Ritmo      |
|------|----------|----------|------------|
| SWIM | 00:44:51 | 00:44:51 | 2'21"/100m |
| T1   | 00:02:35 | 00:47:27 |            |
| BIKE | 02:43:59 | 03:31:26 | 32.92 Km/h |
| T2   | 00:01:50 | 03:33:17 |            |
| RUN  | 01:53:46 | 05:27:03 | 5'25"/Km   |