

2019年 西湖Duathlon 記録(2019年7月13日)

距離 : Run 3Km - Bike 100km - Run 10km

	Name	TOTAL TIME	1st Run 3km	Bike 100km	2nd Run 10km	1st Run	Bike 1	2	3	4	5	6	7	8	9	10	2nd Run 7km	10km
1	山本昌孝	3:37:35	0:11:11	#####	0:42:15	0:11:11	0:27:49	0:43:44	0:59:22	1:15:11	1:31:47	1:47:23	2:03:32	2:20:18	2:37:35	2:55:20	3:25:07	3:37:35
	(HC)	3:57:35				0:11:11	0:16:38	0:15:55	0:15:38	0:15:49	0:16:36	0:15:36	0:16:09	0:16:46	0:17:17	0:17:45	0:29:47	0:12:28
	-0:20	1	2	1	1	2	2	1	1	2	1:20:36	1	1	1	1	1:23:33	1	0:42:15
	HC順位	11									1					2:44:09		1
	ジョージ															1		
2	石川智浩	3:56:05	0:11:58	#####	0:53:00	0:11:58	0:29:23	0:45:46	1:02:00	1:18:40	1:35:37	1:52:22	2:09:30	2:26:38	2:44:23	3:03:05	3:40:42	3:56:05
	(HC)	3:56:05				0:11:58	0:17:25	0:16:23	0:16:14	0:16:40	0:16:57	0:16:45	0:17:08	0:17:08	0:17:45	0:18:42	0:37:37	0:15:23
	0:00	3	4	2	3	4	4	4	4	4	1:23:39	2	2	2	2	1:27:28	3	0:53:00
	HC順位	9									4					2:51:07		3
	ケンチョウ															2		
3	浜田裕介	3:48:35	0:10:50	#####	0:46:30	0:10:50	0:27:36	0:43:38	0:59:24	1:15:11	1:31:46	1:49:05	2:07:22	2:25:50	2:43:50	3:02:05	3:34:35	3:48:35
	(HC)	3:33:35				0:10:50	0:16:46	0:16:02	0:15:46	0:15:47	0:16:35	0:17:19	0:18:17	0:18:28	0:18:00	0:18:15	0:32:30	0:14:00
	0:15	2	1	3	2	1	3	3	2	1	1:20:56	3	5	5	3	1:30:19	2	0:46:30
	HC順位	2									2					2:51:15		2
	サンタ															3		
4	野島大輔	DNF	0:13:49	#####	0:00:00	0:13:49	0:32:37	0:51:40	1:10:41	1:29:27	1:47:25	2:05:43	2:29:32	DNF				
	(HC)					0:13:49	0:18:48	0:19:03	0:19:01	0:18:46	0:17:58	0:18:18	0:23:49					
	0:25		7	0	0	7	6	8	10	8	1:33:36	6	12					
	HC順位										6							
	ノジカン																	
5	李盛進	4:11:09	0:11:53	#####	1:06:02	0:11:53	0:28:23	0:44:23	1:00:20	1:16:50	1:33:50	1:51:16	2:09:17	2:27:19	2:46:05	3:05:07	3:55:13	4:11:09
	(HC)	3:46:09				0:11:53	0:16:30	0:16:00	0:15:57	0:16:30	0:17:00	0:17:26	0:18:01	0:18:02	0:18:46	0:19:02	0:50:06	0:15:56
	0:25	5	3	4	8	3	1	2	3	3	1:21:57	4	4	3	4	1:31:17	11	1:06:02
	HC順位	7									3					2:53:14		8
	リー															4		
6	沢田昭夫	4:06:52	0:12:52	#####	0:56:32	0:12:52	0:30:38	0:47:28	1:04:21	1:21:32	1:38:37	1:56:19	2:13:57	2:32:23	2:51:20	3:10:20	3:49:40	4:06:52
	(HC)	3:36:52				0:12:52	0:17:46	0:16:50	0:16:53	0:17:11	0:17:05	0:17:42	0:17:38	0:18:26	0:18:57	0:19:00	0:39:20	0:17:12
	0:30	4	5	5	6	5	5	4	5	5	1:25:45	5	3	4	5	1:31:43	6	0:56:32
	HC順位	3									5					2:57:28		6
	ジュリー															5		
7	大谷剛	4:27:30	0:13:59	#####	0:54:23	0:13:59	0:35:49	0:56:22	1:15:57	1:35:43	1:55:15	2:15:09	2:34:10	2:53:50	3:13:55	3:33:07	4:11:50	4:27:30
	(HC)	3:52:30				0:13:59	0:21:50	0:20:33	0:19:35	0:19:46	0:19:32	0:19:54	0:19:01	0:19:40	0:20:05	0:19:12	0:38:43	0:15:40
	0:35	7	8	9	5	8	12	12	12	12	1:41:16	9	6	6	7	1:37:52	5	0:54:23
	HC順位	8									11					3:19:08		5
	族長															9		
8	岸本雄	4:42:20	0:13:16	#####	1:13:15	0:13:16	0:32:33	0:50:56	1:09:33	1:28:15	1:47:30	2:06:38	2:27:10	2:47:39	3:08:30	3:29:05	4:13:08	4:42:20
	(HC)	4:12:20				0:13:16	0:19:17	0:18:23	0:18:37	0:18:42	0:19:15	0:19:08	0:20:32	0:20:29	0:20:51	0:20:35	0:44:03	0:29:12
	0:30	9	6	6	12	6	7	6	7	7	1:34:14	7	9	9	9	1:41:35	8	1:13:15
	HC順位	13									7					3:15:49		12

																			6
9	石毛功平 (HC) 0:50 ポリタン	DNF	0:14:57	#####	0:00:00	0:14:57	0:35:10	0:53:23	1:12:12	1:30:47	1:49:44	2:10:00	DNF						
			10	0	0	0:14:57	0:20:13	0:18:13	0:18:49	0:18:35	0:18:57	0:20:16							
10	本吉民男 (HC) 0:45 HC順位 モト	4:26:02 3:41:02 6 6	0:15:22	#####	0:54:20	0:15:22	0:35:25	0:54:38	1:13:14	1:32:55	1:52:20	2:11:51	2:31:36	2:51:35	3:11:30	3:31:42	4:09:35	4:26:02	
			11	7	4	0:15:22	0:20:03	0:19:13	0:18:36	0:19:41	0:19:25	0:19:31	0:19:45	0:19:59	0:19:55	0:20:12	0:37:53	0:16:27	
						11	9	9	6	11	1:36:58	8	8	7	6	1:39:22	4	0:54:20	
11	対馬達也 (HC) 1:15 HC順位 ビーン	5:16:15 4:01:15 12 12	0:20:00	#####	1:18:33	0:20:00	0:44:26	1:04:28	1:24:35	1:44:44	2:05:20	2:26:33	2:47:34	3:10:17	3:33:38	3:57:42	4:53:15	5:16:15	
			15	11	13	0:20:00	0:24:26	0:20:02	0:20:07	0:20:09	0:20:36	0:21:13	0:21:01	0:22:43	0:23:21	0:24:04	0:55:33	0:23:00	
12	松本博行 (HC) 1:25 HC順位 パナ	4:41:35 3:16:35 8 1	0:16:37	#####	1:08:36	0:16:37	0:37:49	0:56:26	1:15:26	1:34:19	1:53:32	2:13:32	2:33:05	2:53:12	3:13:20	3:32:59	4:21:50	4:41:35	
			13	8	9	0:16:37	0:21:12	0:18:37	0:19:00	0:18:53	0:19:13	0:20:00	0:19:33	0:20:07	0:20:08	0:19:39	0:48:51	0:19:45	
						13	10	7	9	9	1:36:55	10	7	8	8	1:39:27	10	1:08:36	
13	保母孝一 (HC) 1:25 HC順位 ホボッチ	5:05:35 3:40:35 11 5	0:13:59	#####	0:57:00	0:13:59	0:36:07	0:57:00	1:17:54	1:38:57	2:00:57	2:24:33	2:52:18	3:17:55	3:42:30	4:08:35	4:50:05	5:05:35	
			8	12	7	0:13:59	0:22:08	0:20:53	0:20:54	0:21:03	0:22:00	0:23:36	0:27:45	0:25:37	0:24:35	0:26:05	0:41:30	0:15:30	
						8	12	13	14	14	1:46:58	14	14	13	12	2:07:38	7	0:57:00	
14	島村岳美 (HC) 1:20 HC順位 たけどん	5:00:10 3:40:10 10 4	0:19:30	#####	1:12:50	0:19:30	0:42:43	1:02:00	1:21:25	1:40:52	2:01:08	2:21:32	2:42:29	3:03:50	3:25:37	3:47:20	4:39:10	5:00:10	
			14	10	11	0:19:30	0:23:13	0:19:17	0:19:25	0:19:27	0:20:16	0:20:24	0:20:57	0:21:21	0:21:47	0:21:43	0:51:50	0:21:00	
						14	14	10	11	10	1:41:38	12	10	10	10	1:46:12	12	1:12:50	
15	井上恵子 (HC) 1:40 HC順位 いのびょん	5:36:10 3:56:10 13 10	0:16:05	#####	1:11:11	0:16:05	0:38:37	1:00:04	1:23:05	1:47:59	2:13:53	2:44:34	3:08:55	3:33:45	3:59:50	4:24:59	5:12:35	5:36:10	
			12	13	10	0:16:05	0:22:32	0:21:27	0:23:01	0:24:54	0:25:54	0:30:41	0:24:21	0:24:50	0:26:05	0:25:09	0:47:36	0:23:35	
						12	13	14	15	15	1:57:48	15	13	12	13	2:11:06	9	1:11:11	
16	田坂謙二 (HC) 0:35 デンツー	DNS		#####		0:37:45	0:55:09	1:12:52	1:30:39	1:48:19	2:05:55	2:24:15	2:42:56	3:02:15	3:21:00	3:45:32	4:10:12	4:33:00	
						0:37:45	0:17:24	0:17:43	0:17:47	0:17:40	0:17:36	0:18:20	0:18:41	0:19:19	0:18:45	0:24:32	0:24:40	0:22:48	