

1055

Stefano

IRONMAN
LANZAROTE
CANARIAS
WWW.IRONMANLANZAROTE.COM



Congratulations!

Please find enclosed your official Finisher Certificate of the Ironman Lanzarote 2009. From the 27.05.2009 at 09.00 GMT you can download the official Diploma including your (split) times and ranking from www.ironmanlanzarote.com

¡Enhorabuena!

En este sobre encontrará su certificado oficial de "Finisher Ironman Lanzarote 2009". A partir del día 27.05.2009 a las 09.00 GMT podrá descargar su diploma en el cuál aparecerán los tiempos (finales y parciales) y su ranking en la página web www.ironmanlanzarote.com.

Competitor Info

Race Number	1055
Name	stefano sambati
T-Shirt Size	XL
Chip	Chip Fee €25
Group	M-45-49

Unconfirmed Placements

placeGroup	38
placeOverAll	365

Times

Start	07:00:33
Swim Split	07:35:16
Swim End	08:10:09
Bike Start	08:19:58
Bike End	14:47:36
Run Start	14:54:18
Run 5KM	15:18:40
Run 10KM	15:44:42
Run 15M	16:11:17
Run 20KM	16:39:23
Run 25KM	17:10:13
Run 30KM	17:41:08
Run 35kM	18:11:16
Run 40KM	18:40:06
Finish	18:40:25

Lap Times

Swim Lap 1	00:34:44
Swim Lap 2	00:34:53
Transition	00:09:50
Bike	06:27:39

Transition1	00:06:42
Run Lap 1	00:24:22
Run Lap 2	00:26:03
Run Lap 3	00:26:36
Run Lap 4	00:28:06
Run Lap 5	00:30:50
Run Lap 6	00:30:56
Run Lap 7	00:30:08
Run Lap 8	00:29:09

Totals

Swim Time	01:09:37
Bike Time	06:27:39
Run Time	03:46:07
Finish	11:39:53

FINISHER 23RD MAY 2009

IRONMAN[®]

LANZAROTE

C A N A R I A S

TRIATHLON • SPAIN

Stefano Sambati

ITA

Nationality

1055

Race Number

M 45-49

Age Group

**Has successfully
completed**

IRONMAN LANZAROTE 2009

**Club
La Santa**
LANZAROTE

K. Gasque
KENNETH GASQUE
DIRECTOR DE CARRERA

WWW.IRONMANLANZAROTE.COM



CABILDO DE
LANZAROTE