

# Jose Ruiz Nieto

OHANA KOA TEAM

**02:53:38**

Tiempo Oficial

**85°**Pos. General  
Olympic**81°**Pos. Género  
Masculino**20°**Pos. Categoría  
GE 30 - 34 Masc

|      | T. Split | Tiempo   | Ritmo      |
|------|----------|----------|------------|
| SWIM | 00:29:29 | 00:29:29 |            |
| T1   | 00:02:29 | 00:31:59 |            |
| BIKE | 01:30:39 | 02:02:38 | 26.47 km/h |
| T2   | 00:01:51 | 02:04:29 |            |
| RUN  | 00:49:09 | 02:53:38 | 4'55"/km   |