

# RAOUL GRUN

Finish Time

4:45:49



6<sup>th</sup> Place

out of 33  
M30-34

27<sup>th</sup> Place

out of 195  
by Gender

31<sup>st</sup> Place

out of 253  
Overall

| Point                             | Time                     | Time of Day | Pace  |
|-----------------------------------|--------------------------|-------------|-------|
| START                             | 0:00                     | 7:04:02 am  |       |
| SWIM                              | <b>33:32</b>             | 7:37:33 am  | 1:46  |
| Bike 16.4mi   26.4km              | <b>47:34</b>   1:23:49   | 8:27:50 am  | 30.34 |
| Bike 34.8mi   56km                | <b>1:41:38</b>   2:17:53 | 9:21:54 am  | 31.68 |
| BIKE                              | <b>2:33:52</b>   3:10:07 | 10:14:09 am | 33.67 |
| Run 5.3mi   8.5km                 | <b>36:43</b>   3:52:21   | 10:56:22 am | 3:45  |
| Run 6.5 mi   10.5km               | <b>43:56</b>   3:59:34   | 11:03:35 am | 3:55  |
| Run 11.5 mi   18.5km              | <b>1:22:15</b>   4:37:53 | 11:41:54 am | 3:55  |
| Run 12.7 mi   20.5km              | <b>1:29:33</b>   4:45:10 | 11:49:12 am | 3:59  |
| IRONMAN 70.3 Calgary - 2025-07-27 |                          |             |       |
| Run/Finish                        | <b>1:30:11</b>   4:45:49 | 11:49:50 am | 3:57  |