

IRONMAN®

70.3®

KNOKKE-HEIST
BELGIUM

RAOUL GRÜN

39th Place
out of 346
M30-34

177th Place
out of 1,814
by Gender

184th Place
out of 2,162
Overall

Finish Time
4:45:27

PRELIMINARY: Times and places may change

Point	Time	Time of Day	Pace
Start	0:00	9:22:00 am	
Swim Finish	32:29	9:54:29 am	1:39
T1	5:54 38:23	10:00:23 am	
Bike	2:38:39 3:17:01	12:39:01 pm	33.95
T2	3:38 3:20:39	12:42:39 pm	
Finish	1:24:49 4:45:27	2:07:27 pm	4:02

IRONMAN 70.3 Knokke-Heist, Belgium - 2024-09-08

LIVE RESULTS BY



& TIMING BY

