

Ironman Coeur d'Alene- June 21, 2009

JIM KELLEY

BIB	AGE	STATE/COUNTRY	PROFESSION
1658	48	CENTURIA WI USA	

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:12:56	5:37:52	4:07:17	11:09:09	371	45

LEG	DISTANCE	PACE	RANK	DIV.POS.
SWIM SPLIT 1: 1.2 mi	1.2 mi (34:42)	1:49/100m		
SWIM SPLIT 2: 2.4 mi	1.2 mi (38:14)	2:00/100m		
TOTAL SWIM: 2.4 mi	2.4 mi (1:12:56)	1:55/100m	574	76
BIKE SPLIT 1: 34 mi	34 mi. (1:43:30)	19.71 mph		
BIKE SPLIT 2: 90 mi	56 mi. (2:48:06)	19.99 mph		
BIKE SPLIT 3: 112 mi	22 mi. (1:06:16)	19.92 mph		
TOTAL BIKE: 112 mi	112 mi. (5:37:52)	19.89 mph	334	42
RUN SPLIT 1: 7.47 mi	7.47 mi (1:00:02)	8:02/mi		
RUN SPLIT 2: 21.75 mi	14.28 mi (2:02:29)	8:34/mi		
RUN SPLIT 3: 26.2 mi	4.25 mi (1:04:46)	15:14/mi		
TOTAL RUN	26.2 mi. (4:07:17)	9:26/mile	371	45

TRANSITION	TIME
T1: SWIM-TO-BIKE	6:01
T2: BIKE-TO-RUN	5:03