

70.3 Boulder, CO  
Sunday Aug. 7<sup>th</sup>, 2011

1.2 Mile swim- 56 Mile Bike- 13.1 Mile run

**Dana Phillips**

<b>BIB</b>	<b>AGE</b>	<b>STATE/COUNTRY</b>	<b>PROFESSION</b>		
222	40	Oakdale MN USA	Dental Hygienist		
<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>OVERALL</b>	<b>RANK</b>	<b>DIV.POS.</b>
37:14	2:58:56	2:17:47	6:00:28	732	26

<b>LEG</b>	<b>DISTANCE</b>	<b>PACE</b>	<b>RANK</b>	<b>DIV.POS.</b>
<b>TOTAL SWIM</b>	<b>1.2 mi. (37:14)</b>	<b>1:57/100m</b>	<b>550</b>	<b>17</b>
BIKE SPLIT 1: 27.85 mi	27.85 mi (1:30:02)	18.56 mi/h		
BIKE SPLIT 2: 56 mi	28.15 mi (1:28:54)	19.00 mi/h		
<b>TOTAL BIKE</b>	<b>56 mi (2:58:56)</b>	<b>18.78 mi/h</b>	<b>757</b>	<b>27</b>
RUN SPLIT 1: 6.55 mi	6.55 mi (1:07:05)	10:14/mi		
RUN SPLIT 2: 13.1 mi	6.55 mi (1:10:42)	10:47/mi		
<b>TOTAL RUN</b>	<b>13.1 mi (2:17:47)</b>	<b>10:31/mi</b>	<b>732</b>	<b>26</b>

<b>TRANSITION</b>	<b>TIME</b>
<b>T1: SWIM-TO-BIKE</b>	<b>2:30</b>
<b>T2: BIKE-TO-RUN</b>	<b>4:01</b>