

**70.3 kansas**

**June 6, 2010**

**DANA PHILLIPS**

<b>BIB</b>	<b>AGE</b>	<b>STATE/COUNTRY</b>	<b>PROFESSION</b>
1188	39	WOODBURY MN USA	

<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>OVERALL</b>	<b>RANK</b>	<b>DIV.POS.</b>
39:21	3:07:09	2:12:47	6:06:01	1016	45

<b>LEG</b>	<b>DISTANCE</b>	<b>PACE</b>	<b>RANK</b>	<b>DIV.POS.</b>
<b>TOTAL SWIM</b>	<b>1.2 mi. (39:21)</b>	<b>2:04/100m</b>	<b>823</b>	<b>34</b>
<b>TOTAL BIKE</b>	<b>56 mi. (3:07:09)</b>	<b>17.95 mph</b>		
<b>TOTAL RUN</b>	<b>13.1 mi. (2:12:47)</b>	<b>10:08/mile</b>	<b>1016</b>	<b>45</b>

<b>TRANSITION</b>	<b>TIME</b>
<b>T1: SWIM-TO-BIKE</b>	<b>3:36</b>
<b>T2: BIKE-TO-RUN</b>	<b>3:08</b>