



IRONMAN WISCONSIN - 📅 Sep 13th 2015



LIVE COVERAGE | **ATHLETE TRACKER** | PHOTOS | EVENT DETAILS

2015 Results: Wisconsin

MALE & FEMALE | PROS & ALL AGE GRO... | APPLY >

🔍 ENTER LAST NAME OR BIB #

ALL | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z

JOHN SOSNIECKI

DIV RANK: **64** OVERALL RANK: **480**

GENERAL INFO

BIB	2590
Division	M45-49
State	River Falls WI
Country	USA
Profession	Real Estate

RACE SUMMARY

Swim:	1:22:17
Bike	5:20:38
Run	5:03:30
Overall	11:57:12

SWIM DETAILS | Division Rank: 178

SPLIT NAME	DISTANCE	SPLIT TIME	RACE TIME	PACE	DIVISION RANK	GENDER RANK	OVERALL RANK
Total	2.4 mi	1:22:17	1:22:17	2:07/100m	178	1080	1398

BIKE DETAILS | Division Rank: 24

SPLIT NAME	DISTANCE	SPLIT TIME	RACE TIME	PACE	DIVISION RANK	GENDER RANK	OVERALL RANK
18.8 mi	18.8 mi	51:01	2:20:40	22.11 mi/h			
38.8 mi	20 mi	55:37	3:16:17	21.58 mi/h			
60 mi	21.2 mi	1:00:02	4:16:19	21.19 mi/h			
80 mi	20 mi	1:00:12	5:16:31	19.93 mi/h			
112 mi	32 mi	1:33:46	6:50:17	20.48 mi/h			
Total	112.0 mi	5:20:38	6:50:17	20.96 mi/h	24	139	143

Live Blog

IRONMAN Wisconsin

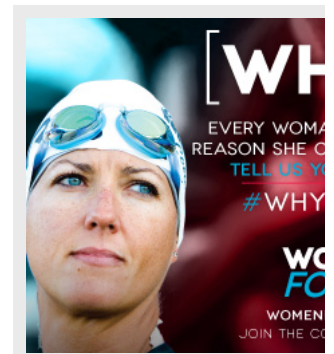
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Racing #IMWI FREE to race the course w/ from @BeatPerforme buff.ly/1ENzkue http://pbs.twimg.com/



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Latest News

Thomas and Beranek Storm Away in Walk

RUN DETAILS | Division Rank: 64

SPLIT NAME	DISTANCE	SPLIT TIME	RACE TIME	PACE	DIVISION RANK	GENDER RANK	OVERALL RANK
3.7 mi	3.7 mi	37:32	7:31:14	10:08/mi			
5.9 mi	2.2 mi	21:33	7:52:47	9:47/mi			
8.8 mi	2.9 mi	3:11:49	11:04:36	06:08/mi			
9.9 mi	1.1 mi	--:--	8:32:46	--/mi			
13.1 mi	3.2 mi	36:23	9:09:09	11:22/mi			
16.8 mi	3.7 mi	52:27	10:01:36	14:10/mi			
19 mi	2.2 mi	30:56	10:32:32	14:03/mi			
21.9 mi	2.9 mi	--:--	--:--	--/mi			
23 mi	1.1 mi	11:16:25	11:16:25	14:55/mi			
26.2 mi	3.2 mi	40:47	11:57:12	12:44/mi			
Total	26.2 mi	5:03:30	11:57:12	11:35/mi	64	415	480

Transition Details

T1: Swim-to-bike	7:22
T2: Bike-to-run	3:25



September 13th 2015



Raelert and Schmitt Domin
September 13th 2015



Steffen and Berkel Secure 1
at Sunshine Coast
September 12th 2015

Twitter | Facebook



Perfect race day in Tenby, a remarkable edition #IMWales not only for ch: Beranek and @jessemthomas <http://t.co/XXbmtID4sa>
19 HOURS AGO | Reply | Retw



Top 5 women: Anja Beranek 9:56:3 Den Berg 10:28:22, Katja Konschal Holst 10:32:11, @PooleyEmma 1 #IMWales
23 HOURS AGO | Reply | Retw



Germany's Katja Konschal takes t 10:29:55 #IMWales
23 HOURS AGO | Reply | Retw



Tineke Van den Berg is runner-up #IMWales
23 HOURS AGO | Reply | Retw



Sailing, flying, dreaming: Anja Ber to one of the greatest moments o #IMWales <http://t.co/c7LjDNH>
23 HOURS AGO | Reply | Retw

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