

IRONMAN Couer d'Alene, Idaho

June 26th, 2011

Jim Felling

BIB	AGE	STATE/COUNTRY	PROFESSION
1083	33	River Falls WI USA	Miscellaneous

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:16:13	5:35:32	3:49:57	10:48:29	213	40

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:16:13)	2:00/100m	803	110
BIKE SPLIT 1: 34.2 mi	34.2 mi (1:41:20)	20.25 mi/h		
BIKE SPLIT 2: 90.2 mi	56 mi (2:48:32)	19.94 mi/h		
BIKE SPLIT 3: 112 mi	21.8 mi (1:05:40)	19.92 mi/h		
TOTAL BIKE	112 mi (5:35:32)	20.03 mi/h	310	57
RUN SPLIT 1: 6.6 mi	6.6 mi (48:26)	7:20/mi		
RUN SPLIT 2: 13.4 mi	6.8 mi (53:36)	7:52/mi		
RUN SPLIT 3: 19.5 mi	6.1 mi (1:13:25)	12:02/mi		
RUN SPLIT 4: 26.2 mi	6.7 mi (54:30)	8:08/mi		
TOTAL RUN	26.2 mi (3:49:57)	8:46/mi	213	40

TRANSITION	TIME
T1: SWIM-TO-BIKE	5:10
T2: BIKE-TO-RUN	1:37

<http://ironmanca.com/results/?y=2011&rid=366>