

IRONMAN WIS 2012

JOHN SOSNIECKI

Age Group Rank: 12
Overall Rank: 161

BIB:	2441
Division:	M45-49
Age:	45
State:	River Falls WI
Country:	USA
Profession:	Other
Swim:	1:17:30
Bike:	5:14:43
Run:	4:01:30
Overall:	10:46:07

Swim Detail Division Rank: 112

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
Total	2.4 mi	1:17:30	1:17:30	2:00/100m	112	1057	831

Bike Detail Division Rank: 9

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
56 mi	56 mi	2:26:34	3:52:31	22.92 mi/h			
94 mi	38 mi	1:59:16	5:51:47	19.12 mi/h			
112 mi	18 mi	48:53	6:40:40	22.09 mi/h			
Total	112 mi	5:14:43	6:40:40	21.35 mi/h	9	99	92

Run Detail Division Rank: 12

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
6.5 mi	6.5 mi	58:27	7:43:04	9:01/mi			
9 mi	2.5 mi	22:36	8:05:40	9:02/mi			
13.2 mi	4.3 mi	38:45	8:44:25	9:05/mi			
19.4 mi	6.2 mi	58:52	9:43:17	9:29/mi			
22 mi	2.5 mi	22:46	10:06:03	9:04/mi			
26.2 mi	4.3 mi	40:04	10:46:07	9:25/mi			

Run Detail Division Rank: 12

Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
Total	26.2 mi	4:01:30	10:46:07	9:13/mi	12	161	143
Transition							
T1: SWIM-TO-BIKE					8:27		
T2: BIKE-TO-RUN					3:57		