

Ironman 70.3 Racine  
July 18, 2010

**James Kelley**

<b>BIB</b>	<b>AGE</b>	<b>STATE/COUNTRY</b>	<b>PROFESSION</b>
1068	49	Centuria WI USA	

<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>OVERALL</b>	<b>RANK</b>	<b>DIV.POS.</b>
37:09	2:22:57	1:34:33	4:39:16	53	3

<b>LEG</b>	<b>DISTANCE</b>	<b>PACE</b>	<b>RANK</b>	<b>DIV.POS.</b>
<b>TOTAL SWIM</b>	<b>1.2 mi. (37:09)</b>	<b>1:57/100m</b>	<b>366</b>	<b>33</b>
<b>TOTAL BIKE</b>	<b>56 mi. (2:22:57)</b>	<b>23.50 mph</b>		
FIRST RUN HALF	6.55 mi. (45:02)	6:52/mile	53	3
SECOND RUN HALF	6.55 mi. (49:31)	7:33/mile	53	3
<b>TOTAL RUN</b>	<b>13.1 mi. (1:34:33)</b>	<b>7:13/mile</b>	<b>53</b>	<b>3</b>

<b>TRANSITION</b>	<b>TIME</b>
<b>T1: SWIM-TO-BIKE</b>	<b>2:45</b>
<b>T2: BIKE-TO-RUN</b>	<b>1:52</b>

