

Ironman 70.3 Racine  
July 18, 2010

## John Sosniecki

BIB	AGE	STATE/COUNTRY	PROFESSION
444	43	River Falls WI USA	

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
42:59	2:21:49	1:47:45	4:58:11	147	34

LEG	DISTANCE	PACE	RANK	DIV.POS.
<b>TOTAL SWIM</b>	<b>1.2 mi. (42:59)</b>	<b>2:15/100m</b>	<b>910</b>	<b>149</b>
<b>TOTAL BIKE</b>	<b>56 mi. (2:21:49)</b>	<b>23.69 mph</b>		
FIRST RUN HALF	6.55 mi. (55:49)	8:31/mile	147	<b>34</b>
SECOND RUN HALF	6.55 mi. (51:56)	7:55/mile	147	<b>34</b>
<b>TOTAL RUN</b>	<b>13.1 mi. (1:47:45)</b>	<b>8:13/mile</b>	<b>147</b>	<b>34</b>

### TRANSITION

### TIME

**T1: SWIM-TO-BIKE**

**4:01**

**T2: BIKE-TO-RUN**

**1:37**

