

Ironman 70.3 Racine  
July 18, 2010

## Nicole Finstad

BIB	AGE	STATE/COUNTRY	PROFESSION
1700	36	Birchwood WI USA	

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
42:31	3:08:10	2:33:03	6:32:21	1201	59

LEG	DISTANCE	PACE	RANK	DIV.POS.
<b>TOTAL SWIM</b>	<b>1.2 mi. (42:31)</b>	<b>2:14/100m</b>	<b>860</b>	<b>36</b>
<b>TOTAL BIKE</b>	<b>56 mi. (3:08:10)</b>	<b>17.86 mph</b>		
FIRST RUN HALF	6.55 mi. (---:--)	--/mile	1201	<b>59</b>
SECOND RUN HALF	6.55 mi. (6:32:21)	59:54/mile	1201	<b>59</b>
<b>TOTAL RUN</b>	<b>13.1 mi. (2:33:03)</b>	<b>11:40/mile</b>	<b>1201</b>	<b>59</b>

TRANSITION	TIME
<b>T1: SWIM-TO-BIKE</b>	<b>4:05</b>
<b>T2: BIKE-TO-RUN</b>	

