

Ironman 70.3 World Championship

Sat. Nov. 13th Clearwater, Florida

Thomas Krenz

BIB	AGE	STATE/COUNTRY	PROFESSION
1496	49	Chisago City MN USA	Teacher

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
29:53	2:10:44	1:30:57	4:18:16	167	12

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	1.2 mi. (29:53)	1:34/100m	257	21
BIKE SPLIT 1: 25 mi	25 mi. (59:15)	25.32 mph		
BIKE SPLIT 2: 56 mi	31 mi. (1:11:29)	26.02 mph		
TOTAL BIKE	56 mi. (2:10:44)	25.70 mph		
RUN SPLIT 1: 3.6 mi	3.6 mi. (23:38)	6:33/mile		
RUN SPLIT 2: 6.5 mi	2.9 mi. (20:03)	6:54/mile		
RUN SPLIT 3: 10 mi	3.5 mi. (25:12)	7:12/mile		
RUN SPLIT 4: 13.1 mi	3.1 mi. (22:04)	7:07/mile		
TOTAL RUN	13.1 mi. (1:30:57)	6:56/mile	167	12

TRANSITION	TIME
T1: SWIM-TO-BIKE	3:32
T2: BIKE-TO-RUN	3:10