

# JOHN SOSNIECKI

BIB	AGE	STATE/COUNTRY	PROFESSION
1965	42	RIVER FALLS WI USA	Business Owner

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:26:17	5:22:29	3:48:02	10:44:37	213 of 2435	177 of 2388

LEG	DISTANCE	PACE	RANK	DIV.POS.
<b>TOTAL SWIM</b>	<b>2.4 mi. (1:26:17)</b>	<b>2:16/100m</b>	<b>1311</b>	<b>1267</b>
FIRST BIKE SEGMENT	22 mi (1:05:00)	20.31 mph		
SECOND BIKE SEGMENT	37 mi (44:55)	20.04 mph		
THIRD BIKE SEGMENT	67 mi (1:29:36)	20.09 mph		
FINAL BIKE SEGMENT	112 mi (2:02:58)	21.96 mph		
<b>TOTAL BIKE</b>	<b>112 mi. (5:22:29)</b>	<b>20.84 mph</b>	<b>288</b>	<b>250</b>
FIRST RUN SEGMENT	3.38 mi. (27:14)	8:03/mile		
SECOND RUN SEGMENT	8.25 mi. (41:19)	8:29/mile		
THIRD RUN SEGMENT	13.1 mi. (41:59)	8:39/mile		
FOURTH RUN SEGMENT	15.33 mi. (21:48)	9:46/mile		
FIFTH RUN SEGMENT	20.19 mi. (44:29)	9:09/mile		
SIXTH RUN SEGMENT	25.04 mi. (41:21)	8:31/mile		
FINAL RUN SEGMENT	26.2 mi. (9:52)	8:30/mile		
<b>TOTAL RUN</b>	<b>26.2 mi. (3:48:02)</b>	<b>8:42/mile</b>	<b>213</b>	<b>177</b>

TRANSITION	TIME
<b>T1: SWIM-TO-BIKE</b>	<b>4:13</b>
<b>T2: BIKE-TO-RUN</b>	<b>3:36</b>

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