

JOHN SOSNIECKI

BIB	AGE	STATE/COUNTRY	PROFESSION
1312	42	RIVER FALLS WI USA	REAL ESTATE APPRAISER

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:18:09	5:36:27	4:47:01	11:57:40	514	87

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:18:09)	2:03/100m	1180	196
FIRST BIKE SEGMENT	40 mi. (1:58:11)	20.31 mph		
SECOND BIKE SEGMENT	83 mi. (2:03:00)	20.98 mph		
FINAL BIKE SEGMENT	112 mi. (1:35:16)	18.26 mph		
TOTAL BIKE	112 mi. (5:36:27)	19.97 mph	366	65
FIRST RUN SEGMENT	6.35 mi. (1:08:37)	10:48/mile		
SECOND RUN SEGMENT	13 mi. (1:16:36)	11:31/mile		
THIRD RUN SEGMENT	19.23 mi. (1:09:50)	11:12/mile		
FINAL RUN SEGMENT	26.2 mi. (1:11:58)	10:19/mile		
TOTAL RUN	26.2 mi. (4:47:01)	10:57/mile	514	87

TRANSITION	TIME
T1: SWIM-TO-BIKE	7:04
T2: BIKE-TO-RUN	8:59