

James Kelley-

Rank: 109 of 285

Overall Rank: 1027 of 2542

BIB:	1598
Division:	M50-54
Age:	51
State:	CENTURIA WI
Country:	USA
Profession:	
Swim:	1:19:28
Bike:	5:55:34
Run:	4:45:54
Overall:	12:18:36

Swim Details Division Rank: 142							
Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
Total	3.8 km	1:19:28	1:19:28	2:05/100m	142	1314	1048
Bike Details Division Rank: 91							
Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
30 km	30 km	57:27	2:26:46	31.33 km/h			
90 km	60 km	1:58:06	4:24:52	30.48 km/h			
120 km	30 km	58:23	5:23:15	30.83 km/h			
180.2 km	60.2 km	2:01:38	7:24:53	29.70 km/h			
Total	180.2 km	5:55:34	7:24:53	30.41 km/h	91	849	756
Run Details Division Rank: 109							
Split Name	Distance	Split Time	Race Time	Pace	Div. Rank	Overall Rank	Gender Rank
21.1 km	21.1 km	1:57:32	9:30:14	5:34/km			
31.9 km	10.8 km	58:11	10:28:25	5:23/km			
42.2 km	10.3 km	1:50:11	12:18:36	10:41/km			
Total	42.2 km	4:45:54	12:18:36	6:46/km	109	1027	873
Transition							
T1: SWIM-TO-BIKE					9:51		
T2: BIKE-TO-RUN					7:49		

<http://ironmanmonttremblant.com/results/>