

John Sosniecki

BIB	AGE	STATE/COUNTRY	PROFESSION
1489	43	RIVER FALLS WI USA	Appraiser

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:16:31	5:19:23	4:09:47	10:54:33	193	31

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:16:31)	2:00/100m	936	164
BIKE SPLIT 1	40 mi. (1:52:40)	21.30 mph		
BIKE SPLIT 2	43 mi. (2:01:26)	21.25 mph		
BIKE SPLIT 3	29 mi. (1:25:17)	20.40 mph		
TOTAL BIKE	112 mi. (5:19:23)	21.04 mph	152	24
RUN SPLIT 1	6.35 mi. (57:46)	9:05/mile		
RUN SPLIT 2	6.65 mi. (1:08:43)	10:20/mile		
RUN SPLIT 3	6.23 mi. (1:01:51)	9:55/mile		
RUN SPLIT 4	6.97 mi. (1:01:27)	8:48/mile		
TOTAL RUN	26.2 mi. (4:09:47)	9:32/mile	193	31

TRANSITION	TIME
T1: SWIM-TO-BIKE	7:01
T2: BIKE-TO-RUN	1:51