

Mark Bittner

BIB	AGE	STATE/COUNTRY	PROFESSION
1605	45	BRUCE WI USA	

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:20:38	5:50:07	4:08:44	11:32:36	393	45

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:20:38)	2:07/100m	1318	153
BIKE SPLIT 1	40 mi. (2:02:35)	19.58 mph		
BIKE SPLIT 2	43 mi. (2:15:02)	19.11 mph		
BIKE SPLIT 3	29 mi. (1:32:30)	18.81 mph		
TOTAL BIKE	112 mi. (5:50:07)	19.19 mph	569	77
RUN SPLIT 1	6.35 mi. (53:31)	8:25/mile		
RUN SPLIT 2	6.65 mi. (1:00:33)	9:06/mile		
RUN SPLIT 3	6.23 mi. (57:01)	9:09/mile		
RUN SPLIT 4	6.97 mi. (1:17:39)	11:08/mile		
TOTAL RUN	26.2 mi. (4:08:44)	9:29/mile	393	45

TRANSITION	TIME
T1: SWIM-TO-BIKE	8:48
T2: BIKE-TO-RUN	4:19