

Nicole Finstad

BIB	AGE	STATE/COUNTRY	PROFESSION
540	37	Birchwood WI USA	Management

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:21:04	6:31:35	4:44:48	12:53:59	936 of 2797	36 of 144

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:21:04)	2:08/100m	1369	65
BIKE SPLIT 1: 54 mi	54 mi (3:06:24)	17.38 mi/h		
BIKE SPLIT 2: 94 mi	40 mi (2:32:27)	15.74 mi/h		
BIKE SPLIT 3: 112 mi	18 mi (52:44)	20.48 mi/h		
TOTAL BIKE	112 mi (6:31:35)	17.16 mi/h	1232	42
RUN SPLIT 1: 8.9 mi	8.9 mi (1:31:43)	10:18/mi		
RUN SPLIT 2: 13.2 mi	4.3 mi (43:04)	10:00/mi		
RUN SPLIT 3: 21.95 mi	8.75 mi (1:38:01)	11:12/mi		
RUN SPLIT 4: 26.2 mi	4.25 mi (52:00)	12:14/mi		
TOTAL RUN	26.2 mi (4:44:48)	10:52/mi	936	36

TRANSITION	TIME
T1: SWIM-TO-BIKE	10:44
T2: BIKE-TO-RUN	5:48

