

SUZANN MOUW

BIB	AGE	STATE/COUNTRY	PROFESSION
2586	46	WHITE BEAR LAKE MN USA	

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:05:50	5:54:49	4:55:50	12:07:11	573	9

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:05:50)	1:43/100m	333	3
FIRST BIKE SEGMENT	40 mi. (2:00:10)	19.97 mph		
SECOND BIKE SEGMENT	83 mi. (2:15:03)	19.10 mph		
FINAL BIKE SEGMENT	112 mi. (1:39:36)	17.47 mph		
TOTAL BIKE	112 mi. (5:54:49)	18.94 mph	443	4
FIRST RUN SEGMENT	6.35 mi. (1:04:06)	10:05/mile		
SECOND RUN SEGMENT	13 mi. (1:11:48)	10:47/mile		
THIRD RUN SEGMENT	19.23 mi. (1:14:57)	12:01/mile		
FINAL RUN SEGMENT	26.2 mi. (1:24:59)	12:11/mile		
TOTAL RUN	26.2 mi. (4:55:50)	11:17/mile	573	9

TRANSITION	TIME
T1: SWIM-TO-BIKE	6:49
T2: BIKE-TO-RUN	3:53