

Suzann Mouw

BIB	AGE	STATE/COUNTRY	PROFESSION
2822	47	WHITE BEAR LAKE MN USA	

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:06:14	6:05:52	4:37:20	12:03:11	618	5

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:06:14)	1:44/100m	307	2
BIKE SPLIT 1	40 mi. (2:08:42)	18.65 mph		
BIKE SPLIT 2	43 mi. (2:18:04)	18.69 mph		
BIKE SPLIT 3	29 mi. (1:39:06)	17.56 mph		
TOTAL BIKE	112 mi. (6:05:52)	18.37 mph	578	2
RUN SPLIT 1	6.35 mi. (1:00:46)	9:34/mile		
RUN SPLIT 2	6.65 mi. (1:09:08)	10:23/mile		
RUN SPLIT 3	6.23 mi. (1:07:23)	10:48/mile		
RUN SPLIT 4	6.97 mi. (1:20:03)	11:29/mile		
TOTAL RUN	26.2 mi. (4:37:20)	10:35/mile	618	5

TRANSITION	TIME
T1: SWIM-TO-BIKE	8:12
T2: BIKE-TO-RUN	5:33