

# 2015 Challenge Knoxville / Olympic

[< Back to Events \(/mobile/events/1\)](/mobile/events/1)  [< Back to Races \(/mobile/races/8BAD2F50-C238-4765-](/mobile/races/8BAD2F50-C238-4765-)

AF99-124BEA5ABF83)  [< Back to Athlete Search \(/mobile/athlete-search/8BAD2F50-C238-4765-](/mobile/athlete-search/8BAD2F50-C238-4765-)  
AF99-124BEA5ABF83/3)

## Connie Foster

Bib #: 688

Division: 65-69 Female

Gender: F

Status: OK

Total Time: 03:21:36.516

## Course Summary

Course	Time	Pace	Distance
Swim	00:34:14.493	02:22 /100m	0.90 mi
Bike	01:39:41.786	15.05 mph	25.00 mi
Run	01:01:56.400	09:59 /mi	6.20 mi

## Splits

Location	Distance	Split Time	Pace	Division	Gender	Overall
Wave 9: 8:00am - All Women, Athena, Aquabike, Relays - Orange Caps / Chip time: 8:02:00 AM						
Swim Finish	0.90 mi	34:14	02:22 /100m	1 / 2	55 / 82	189 / 246
Transition 1	-	03:49	-	-	-	-
Bike Start	0.00 mi	00:00	0.00 mph	1 / 2	53 / 82	183 /

246

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Mile 12.3	12.30 mi	40:52	18.06 mph	1 / 2	54 / 82	191 / 246
Bike Finish	12.70 mi	58:50	12.95 mph	1 / 2	52 / 82	194 / 246
Transition 2	-	01:55	-	-	-	-
Run Start	0.00 mi	00:00	00:00 /mi	1 / 2	51 / 82	192 / 246
Mile 2.9	2.90 mi	28:41	09:53 /mi	1 / 2	53 / 82	196 / 246
Finish	3.30 mi	33:16	10:05 /mi	1 / 2	49 / 82	190 / 246

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