



Results For:
Dana Benedict
Short Course

Bib #: 3785
Age: 44
Gender: F
City, State: Hudson, WI
Nation: Us
Race Category: Short Course Age Group -
 Women 40 to 44

Triathlon Results - Short Course

Finish Time: 1:21:24.9
Category Place: 4 out of 56 Women 40 to
 44 finishers
Overall Place: 84 out of 830 Short
 Course finishers
Gender Overall Plc: 13 out
 of 389 Female finishers

Triathlon Splits

Swim .4 mile

Time: 8:20.3
Pace: 1:17 /100m
Category Place: 5
Overall Place: 137
Gender Overall Plc: 47

Transition #1

Time: 1:57.2
Category Place: 3
Overall Place: 48
Gender Overall Plc: 13

Bike 15 miles

Time: 45:26.5
Pace: 19.8MPH
Category Place: 3
Overall Place: 131
Gender Overall Plc: 19

Transition #2

Time: 1:54.6

Category Place: 13
Overall Place: 220
Gender Overall Plc: 71

Run 3 mile

Time: 23:46.2
Pace: 7:55/M
Category Place: 7
Overall Place: 108
Gender Overall Plc: 27

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