

John Sosniecki

BIB	AGE	STATE/COUNTRY	PROFESSION
2158	44	River Falls WI USA	Real Estate

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:15:26	5:11:53	4:17:41	10:54:32	142	23

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:15:26)	1:59/100m	932	132
BIKE SPLIT 1: 54 mi	54 mi (2:25:47)	22.22 mi/h		
BIKE SPLIT 2: 94 mi	40 mi (2:01:59)	19.67 mi/h		
BIKE SPLIT 3: 112 mi	18 mi (44:07)	24.48 mi/h		
TOTAL BIKE	112 mi (5:11:53)	21.55 mi/h	66	8
RUN SPLIT 1: 8.9 mi	8.9 mi (1:26:39)	9:44/mi		
RUN SPLIT 2: 13.2 mi	4.3 mi (38:54)	9:02/mi		
RUN SPLIT 3: 21.95 mi	8.75 mi (1:34:37)	10:48/mi		
RUN SPLIT 4: 26.2 mi	4.25 mi (37:31)	8:49/mi		
TOTAL RUN	26.2 mi (4:17:41)	9:50/mi	142	23

TRANSITION	TIME
T1: SWIM-TO-BIKE	7:02
T2: BIKE-TO-RUN	2:30