

Scott Nelson

BIB	AGE	STATE/COUNTRY	PROFESSION		
181	46	Hudson WI USA	Fire Fighter		
<i>SWIM</i>	<i>BIKE</i>	<i>RUN</i>	<i>OVERALL</i>	<i>RANK</i>	<i>DIV.POS.</i>
1:16:57	6:10:47	4:57:02	12:47:10	870	95
<i>LEG</i>	<i>DISTANCE</i>	<i>PACE</i>	<i>RANK</i>	<i>DIV.POS.</i>	
TOTAL SWIM	2.4 mi. (1:16:57)	2:01/100m	1034	122	
BIKE SPLIT 1: 54 mi	54 mi (2:54:24)	18.58 mi/h			
BIKE SPLIT 2: 94 mi	40 mi (2:24:36)	16.60 mi/h			
BIKE SPLIT 3: 112 mi	18 mi (51:47)	20.86 mi/h			
TOTAL BIKE	112 mi (6:10:47)	18.12 mi/h	850	111	
RUN SPLIT 1: 8.9 mi	8.9 mi (1:33:36)	10:31/mi			
RUN SPLIT 2: 13.2 mi	4.3 mi (47:51)	11:07/mi			
RUN SPLIT 3: 21.95 mi	8.75 mi (1:46:19)	12:09/mi			
RUN SPLIT 4: 26.2 mi	4.25 mi (49:16)	11:35/mi			
TOTAL RUN	26.2 mi (4:57:02)	11:20/mi	870	95	
<i>TRANSITION</i>					<i>TIME</i>
T1: SWIM-TO-BIKE					12:05
T2: BIKE-TO-RUN					10:19