

Suzann Mouw

BIB	AGE	STATE/COUNTRY	PROFESSION
779	48	White Bear Lake MN USA	Marketing

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:08:49	5:57:10	4:18:28	11:35:37	319	4

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:08:49)	1:48/100m	441	6
BIKE SPLIT 1: 54 mi	54 mi (2:46:56)	19.41 mi/h		
BIKE SPLIT 2: 94 mi	40 mi (2:19:53)	17.16 mi/h		
BIKE SPLIT 3: 112 mi	18 mi (50:21)	21.45 mi/h		
TOTAL BIKE	112 mi (5:57:10)	18.81 mi/h	418	2
RUN SPLIT 1: 8.9 mi	8.9 mi (1:25:43)	9:37/mi		
RUN SPLIT 2: 13.2 mi	4.3 mi (44:22)	10:19/mi		
RUN SPLIT 3: 21.95 mi	8.75 mi (1:26:21)	9:52/mi		
RUN SPLIT 4: 26.2 mi	4.25 mi (42:02)	9:53/mi		
TOTAL RUN	26.2 mi (4:18:28)	9:51/mi	319	4

TRANSITION	TIME
T1: SWIM-TO-BIKE	6:42
T2: BIKE-TO-RUN	4:28