

Ironman Florida- Sat. Nov. 6, 2010

John Sosniecki

| BIB | • AGE | STATE/COUNTRY | PROFESSION |
|------|-------|--------------------|------------|
| 1298 | • 43 | RIVER FALLS WI USA | |

| SWIM | BIKE | RUN | OVERALL | RANK | DIV.POS. |
|---------|---------|---------|----------|------|----------|
| 1:15:12 | 4:54:41 | 4:15:22 | 10:40:43 | 295 | 62 |

| LEG | DISTANCE | PACE | RANK | DIV.POS. |
|-------------------------|---------------------------|------------------|-------------|------------|
| FIRST SWIM HALF | 1.2 mi. (35:51) | 1:53/100m | | |
| SECOND SWIM HALF | 1.2 mi. (39:21) | 2:04/100m | | |
| TOTAL SWIM | 2.4 mi. (1:15:12) | 1:58/100m | 1132 | 221 |
| BIKE SPLIT 1: 55mi | 55 mi. (2:21:46) | 23.28 mph | | |
| BIKE SPLIT 2: 95mi | 40 mi. (1:49:29) | 21.92 mph | | |
| FINAL BIKE SPLIT: 112mi | 17 mi. (43:26) | 23.48 mph | | |
| TOTAL BIKE | 112 mi. (4:54:41) | 22.80 mph | 211 | 40 |
| RUN SPLIT 1: 6mi | 6 mi. (51:46) | 8:37/mile | | |
| RUN SPLIT 2: 13.05mi | 7.05 mi. (1:10:42) | 10:01/mile | | |
| RUN SPLIT 3: 19.05mi | 6 mi. (1:00:57) | 10:09/mile | | |
| RUN SPLIT 4: 26.2mi | 7.15 mi. (1:11:57) | 10:03/mile | | |
| TOTAL RUN | 26.2 mi. (4:15:22) | 9:44/mile | 295 | 62 |

| TRANSITION | TIME |
|-------------------------|--------------|
| T1: SWIM-TO-BIKE | 11:19 |
| T2: BIKE-TO-RUN | 4:09 |