

## Charles Rhode

<b>BIB</b>	<b>AGE</b>	<b>STATE/COUNTRY</b>	<b>PROFESSION</b>
843	22	Watertown NY USA	Student

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:24:56	5:53:57	4:28:37	12:00:53	412	18

LEG	DISTANCE	PACE	RANK	DIV.POS.
<b>TOTAL SWIM</b>	<b>2.4 mi. (1:24:56)</b>	<b>2:14/100m</b>	<b>1498</b>	<b>70</b>
FIRST BIKE SEGMENT	23 mi (1:08:56)	20.02 mph		
SECOND BIKE SEGMENT	40 mi (51:39)	19.75 mph		
THIRD BIKE SEGMENT	70.5 mi (1:39:12)	18.45 mph		
FINAL BIKE SEGMENT	112 mi (2:14:10)	18.56 mph		
<b>TOTAL BIKE</b>	<b>112 mi. (5:53:57)</b>	<b>18.99 mph</b>	<b>641</b>	<b>26</b>
FIRST RUN SEGMENT	3.39 mi. (33:23)	9:50/mile		
SECOND RUN SEGMENT	8.2 mi. (50:05)	10:24/mile		
THIRD RUN SEGMENT	13.1 mi. (50:08)	10:20/mile		
FOURTH RUN SEGMENT	15.33 mi. (23:29)	10:31/mile		
FIFTH RUN SEGMENT	20.1 mi. (51:55)	10:53/mile		
SIXTH RUN SEGMENT	25.04 mi. (48:59)	9:54/mile		
FINAL RUN SEGMENT	26.2 mi. (10:38)	9:10/mile		
<b>TOTAL RUN</b>	<b>26.2 mi. (4:28:37)</b>	<b>10:15/mile</b>	<b>412</b>	<b>18</b>

TRANSITION	TIME
<b>T1: SWIM-TO-BIKE</b>	<b>6:09</b>
<b>T2: BIKE-TO-RUN</b>	<b>7:14</b>

