

Ilona Szotyori

BIB	AGE	STATE/COUNTRY	PROFESSION
2337	24	CORTLAND NY USA	Student

SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:22:45	7:37:04	5:15:33	14:37:16	2052	6

LEG	DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM	2.4 mi. (1:22:45)	2:10/100m	1820	6
BIKE SPLIT 1: 30 mi.	30 mi. (1:40:00)	18.00 mph		
BIKE SPLIT 2: 56 mi.	26 mi. (1:55:15)	13.54 mph		
BIKE SPLIT 3: 86 mi.	30 mi. (1:47:20)	16.77 mph		
BIKE SPLIT 4: 112 mi.	26 mi. (2:14:29)	11.60 mph		
TOTAL BIKE	112 mi. (7:37:04)	14.70 mph	2242	6
RUN SPLIT 1: 5.7	5.7 mi. (57:56)	10:09/mile		
RUN SPLIT 2: 11.9 mi	6.2 mi. (1:12:59)	11:46/mile		
RUN SPLIT 3: 26.2 mi	14.3 mi. (3:04:38)	12:54/mile		
TOTAL RUN	26.2 mi. (5:15:33)	12:02/mile	2052	6

TRANSITION	TIME
T1: SWIM-TO-BIKE	13:52
T2: BIKE-TO-RUN	8:02

