

Alfred Mahler

BIB	AGE	STATE/COUNTRY		PROFESSION	
1427	50	Güntersleben GER			
SWIM 1:06:36	BIKE 5:28:00	RUN 4:19:46	OVERALL 11:04:05	RANK 698	DIV.POS. 33
LEG		DISTANCE	PACE	RANK	DIV.POS.
TOTAL SWIM		3.8 km (1:06:36)	1:45/100m	643	29
BIKE SPLIT 1: 8.2 km		8.2 km (11:44)	41.93 km/h		
BIKE SPLIT 2: 26.7 km		18.5 km (39:21)	28.21 km/h		
BIKE SPLIT 3: 42.8 km		16.1 km (21:56)	44.04 km/h		
BIKE SPLIT 4: 67.3 km		24.5 km (42:16)	34.78 km/h		
BIKE SPLIT 5: 80.7 km		13.4 km (21:30)	37.40 km/h		
BIKE SPLIT 6: 88.9 km		8.2 km (12:02)	40.89 km/h		
BIKE SPLIT 7: 107.4 km		18.5 km (41:53)	26.50 km/h		
BIKE SPLIT 8: 123.5 km		16.1 km (25:04)	38.54 km/h		
BIKE SPLIT 9: 148.0 km		24.5 km (48:46)	30.14 km/h		
BIKE SPLIT 10: 161.4 km		13.4 km (26:34)	30.26 km/h		
BIKE SPLIT 11: 169.6 km		8.2 km (14:54)	33.02 km/h		
BIKE SPLIT 12: 180 km		10.4 km (22:00)	28.36 km/h		
TOTAL BIKE		180 km (5:28:00)	32.93 km/h	515	25
RUN SPLIT 1: 0.6 km		0.6 km (4:09)	6:55/km		
RUN SPLIT 2: 1.7 km		1.1 km (7:39)	6:57/km		
RUN SPLIT 3: 4.8 km		3.1 km (17:07)	5:31/km		
RUN SPLIT 4: 6.5 km		1.7 km (12:07)	7:07/km		
RUN SPLIT 5: 10 km		3.5 km (21:37)	6:10/km		
RUN SPLIT 6: 11.1 km		1.1 km (4:50)	4:23/km		
RUN SPLIT 7: 12.2 km		1.1 km (8:47)	7:59/km		
RUN SPLIT 8: 15.3 km		3.1 km (17:30)	5:38/km		
RUN SPLIT 9: 17.0 km		1.7 km (10:03)	5:54/km		
RUN SPLIT 10: 20.5 km		3.5 km (21:58)	6:16/km		
RUN SPLIT 11: 21.6 km		1.1 km (4:52)	4:25/km		
RUN SPLIT 12: 22.7 km		1.1 km (7:20)	6:40/km		
RUN SPLIT 13: 25.8 km		3.1 km (18:20)	5:54/km		
RUN SPLIT 14: 27.5 km		1.7 km (9:34)	5:37/km		
RUN SPLIT 15: 31 km		3.5 km (21:50)	6:14/km		
RUN SPLIT 16: 32.1 km		1.1 km (4:55)	4:28/km		
RUN SPLIT 17: 33.2 km		1.1 km (7:42)	6:59/km		
RUN SPLIT 18: 36.3 km		3.1 km (19:16)	6:12/km		
RUN SPLIT 19: 38.0 km		1.7 km (10:16)	6:02/km		
RUN SPLIT 20: 41.5 km		3.5 km (22:29)	6:25/km		
RUN SPLIT 21: 42.2 km		0.7 km (7:25)	10:35/km		
TOTAL RUN		42.2 km (4:19:46)	6:09/km	698	33
TRANSITION					TIME

T1: SWIM-TO-BIKE
T2: BIKE-TO-RUN

5:29
4:14