

# Antonio VIOLA

BIB	AGE	STATE/COUNTRY	PROFESSION		
694	37	VOGHERA ITA	IMPRENDITORE		
SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
35:03	3:19:44	1:55:37	6:00:19	575	126
LEG	DISTANCE	PACE	RANK	DIV.POS.	
<b>TOTAL SWIM</b>	<b>1.9 km (35:03)</b>	<b>1:50/100m</b>	<b>290</b>	<b>62</b>	
FIRST BIKE SEGMENT	14km (37:37)	22.33 km/h			
SECOND BIKE SEGMENT	32km (1:05:03)	29.52 km/h			
THIRD BIKE SEGMENT	30km (1:18:39)	22.89 km/h			
FINAL BIKE SEGMENT	14km (18:25)	45.61 km/h			
<b>TOTAL BIKE</b>	<b>90km (3:19:44)</b>	<b>27.04 km/h</b>	<b>554</b>	<b>120</b>	
FIRST RUN SEGMENT	2km (9:16)	4:38/km			
SECOND RUN SEGMENT	1km (5:02)	5:02/km			
THIRD RUN SEGMENT	1.5km (7:01)	4:40/km			
FOURTH RUN SEGMENT	2km (10:18)	5:09/km			
FIFTH RUN SEGMENT	1km (5:34)	5:34/km			
SIXTH RUN SEGMENT	1.5km (7:37)	5:04/km			
SEVENTH RUN SEGMENT	2km (10:57)	5:28/km			
EIGHTH RUN SEGMENT	1km (5:48)	5:48/km			
NINETH RUN SEGMENT	1.5km (7:56)	5:17/km			
TENTH RUN SEGMENT	2km (11:31)	5:45/km			
ELEVENTH RUN SEGMENT	1km (6:13)	6:13/km			
TWELVETH RUN SEGMENT	1.5km (8:33)	4:16/km			
THIRTEENTH RUN SEGMENT	2km (12:11)	6:05/km			
FOURTEENTH RUN SEGMENT	1km (6:29)	6:29/km			
FINAL RUN SEGMENT	0.1km (1:11)	11:50/km			
<b>TOTAL RUN</b>	<b>21.1km (1:55:37)</b>	<b>5:28/km</b>	<b>575</b>	<b>126</b>	
TRANSITION				TIME	
<b>T1: SWIM-TO-BIKE</b>				<b>5:22</b>	
<b>T2: BIKE-TO-RUN</b>				<b>4:33</b>	