

## Ulrike Menning

BIB	AGE	STATE/COUNTRY	PROFESSION		
361	40	Güntersleben GER			
SWIM	BIKE	RUN	OVERALL	RANK	DIV.POS.
1:15:53	5:50:07	4:03:28	11:19:09	812	182
	LEG	DISTANCE	PACE	RANK	DIV.POS.
<b>TOTAL SWIM</b>		<b>3.8 km (1:15:53)</b>	<b>1:59/100m</b>	<b>1302</b>	275
BIKE SPLIT 1: 8.2 km		8.2 km (12:56)	38.04 km/h		
BIKE SPLIT 2: 26.7 km		18.5 km (45:22)	24.47 km/h		
BIKE SPLIT 3: 42.8 km		16.1 km (25:34)	37.78 km/h		
BIKE SPLIT 4: 67.3 km		24.5 km (47:58)	30.65 km/h		
BIKE SPLIT 5: 80.7 km		13.4 km (23:36)	34.07 km/h		
BIKE SPLIT 6: 88.9 km		8.2 km (13:37)	36.13 km/h		
BIKE SPLIT 7: 107.4 km		18.5 km (47:32)	23.35 km/h		
BIKE SPLIT 8: 123.5 km		16.1 km (29:15)	33.03 km/h		
BIKE SPLIT 9: 148.0 km		24.5 km (47:28)	30.97 km/h		
BIKE SPLIT 10: 161.4 km		13.4 km (23:42)	33.92 km/h		
BIKE SPLIT 11: 169.6 km		8.2 km (13:17)	37.04 km/h		
BIKE SPLIT 12: 180 km		10.4 km (19:50)	31.46 km/h		
<b>TOTAL BIKE</b>		<b>180 km (5:50:07)</b>	<b>30.85 km/h</b>	<b>1034</b>	<b>237</b>
RUN SPLIT 1: 0.6 km		0.6 km (4:20)	7:13/km		
RUN SPLIT 2: 1.7 km		1.1 km (6:24)	5:49/km		
RUN SPLIT 3: 4.8 km		3.1 km (16:22)	5:16/km		
RUN SPLIT 4: 6.5 km		1.7 km (9:07)	5:21/km		
RUN SPLIT 5: 10 km		3.5 km (20:00)	5:42/km		
RUN SPLIT 6: 11.1 km		1.1 km (4:32)	4:07/km		
RUN SPLIT 7: 12.2 km		1.1 km (6:56)	6:18/km		
RUN SPLIT 8: 15.3 km		3.1 km (17:07)	5:31/km		
RUN SPLIT 9: 17.0 km		1.7 km (9:31)	5:35/km		
RUN SPLIT 10: 20.5 km		3.5 km (20:56)	5:58/km		
RUN SPLIT 11: 21.6 km		1.1 km (4:43)	4:17/km		
RUN SPLIT 12: 22.7 km		1.1 km (7:08)	6:29/km		
RUN SPLIT 13: 25.8 km		3.1 km (17:41)	5:42/km		
RUN SPLIT 14: 27.5 km		1.7 km (9:38)	5:40/km		
RUN SPLIT 15: 31 km		3.5 km (22:11)	6:20/km		
RUN SPLIT 16: 32.1 km		1.1 km (4:38)	4:12/km		
RUN SPLIT 17: 33.2 km		1.1 km (7:13)	6:33/km		
RUN SPLIT 18: 36.3 km		3.1 km (17:40)	5:41/km		
RUN SPLIT 19: 38.0 km		1.7 km (9:32)	5:36/km		
RUN SPLIT 20: 41.5 km		3.5 km (20:41)	5:54/km		
RUN SPLIT 21: 42.2 km		0.7 km (7:08)	10:11/km		
<b>TOTAL RUN</b>		<b>42.2 km (4:03:28)</b>	<b>5:46/km</b>	<b>812</b>	<b>182</b>
<b>TRANSITION</b>					<b>TIME</b>

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

5:34  
4:07