

# France Cokan

**BIB**

190

**AGE**

76

**STATE/COUNTRY**

Bellevue WA USA / SVN

**PROFESSION**

Physician

SWIM	BIKE	RUN	OVERALL	POSITION
2:11:06	7:05:02	5:21:19	14:55:19	1581



RACE LEG	DISTANCE	PACE	POSITION
<b>TOTAL SWIM</b>	<b>2.4 mi. (2:11:06)</b>	<b>3:26/100m</b>	<b>1786</b>
FIRST BIKE SEGMENT	5 mi. (2:39:35)	14.41 mph	
SECOND BIKE SEGMENT	28 mi. (4:07:14)	15.74 mph	
THIRD BIKE SEGMENT	59 mi. (6:03:01)	16.06 mph	
FOURTH BIKE SEGMENT	88 mi. (7:46:59)	16.74 mph	
FINAL BIKE SEGMENT	112 mi. (9:23:48)	14.87 mph	
<b>TOTAL BIKE</b>	<b>112 mi. (7:05:02)</b>	<b>15.81 mph</b>	<b>1641</b>
FIRST RUN SEGMENT	5.2 mi. (10:29:43)	10:42/mile	
SECOND RUN SEGMENT	17.6 mi. (13:06:56)	12:40/mile	
RUN FINISH	26.2 mi. (14:55:19)	12:36/mile	
<b>TOTAL RUN</b>	<b>26.2 mi. (5:21:19)</b>	<b>12:15/mile</b>	<b>1581</b>
TRANSITION			TIME
<b>T1: SWIM-TO-BIKE</b>			<b>7:40</b>
<b>T2: BIKE-TO-RUN</b>			<b>10:12</b>
PENALTY			TIME
<b>TOTAL PENALTIES</b>			<b>--:--</b>