

Matic Romsak

BIB

806

AGE

43

STATE/COUNTRY

Kamnik SVN /

PROFESSION

Real Estate

SWIM	BIKE	RUN	OVERALL	POSITION
1:15:21	5:40:28	3:25:34	10:28:41	541



RACE LEG	DISTANCE	PACE	POSITION
TOTAL SWIM	2.4 mi. (1:15:21)	1:58/100m	1123
FIRST BIKE SEGMENT	5 mi. (1:34:05)	19.89 mph	
SECOND BIKE SEGMENT	28 mi. (2:44:01)	19.73 mph	
THIRD BIKE SEGMENT	59 mi. (4:22:00)	18.98 mph	
FOURTH BIKE SEGMENT	88 mi. (5:46:01)	20.71 mph	
FINAL BIKE SEGMENT	112 mi. (6:59:28)	19.61 mph	
TOTAL BIKE	112 mi. (5:40:28)	19.74 mph	827
FIRST RUN SEGMENT	5.2 mi. (7:42:22)	7:32/mile	
SECOND RUN SEGMENT	17.6 mi. (9:17:46)	7:41/mile	
RUN FINISH	26.2 mi. (10:28:41)	8:14/mile	
TOTAL RUN	26.2 mi. (3:25:34)	7:50/mile	541
TRANSITION			TIME
T1: SWIM-TO-BIKE			3:39
T2: BIKE-TO-RUN			3:39
PENALTY			TIME
TOTAL PENALTIES			--:--