IM ITALY EMILIA ROMAGNA 16/9/2023

Wave Starts		T	Timing Point				1st W AG first	Rolling Start AG Last	INIZIO CHIUSURA	FINE CHIUSURA
			Transition open / closes		6:00	7:30				
			Sunrise		6:50					
mi	km		Sunset		7:20 PM					
					1st / L					
	START	T			01:14		07:30	08:44		
0,311	0,5						7:36	9:02		
1,181	1,9						7:53	9:54		
2,361	3,8						8:16	11:04		
2,361	3,8	T		**Swim Finish**	02:48		08:16	11:04		
				swim speed - kph			4,9	1,62		
				swim pace 100m			00:01:13	00:03:42		
				total swim time			00:46	02:20	Swim Cut off	
				T1 transition time			00:03	00:15		
0	0,0	T	S1	**TRANSITION 1**	03:00		8:19	11:19	6:00	7:30 PM
0,621	1,0		SC	Viale Tritone	03:01		8:20	11:22	6:00	7:30 PM
3,107	5,0		SP	**SS 71 bis / Via Bollana**	03:05		8:26	11:32	6:00	7:30 PM
6,214	10,0		SP	SP 6 / Cervara	03:11		8:33	11:44	6:00	7:30 PM
9,321	15,0		SP	SP 254 R di Cervia	03:16		8:40	11:57	6:00	7:30 PM
9,88	15,9		SP	**Confine di Cervia**	03:17		8:41	11:59	6:00	7:30 PM
12,43	20,0		SP	**Ingresso Casemurate SS 3 bis / E55**	03:22		8:47	12:09 PM	6:00	7:30 PM
15,53	25,0		S1	SS 3 bis / E55	03:27		8:54	12:22 PM	6:00	7:30 PM
18,77	30,2		S2	**INIZIO PRIMO GIRO - giro di boa Km 245,2 SS 3bis /E 55**	03:33		9:01	12:35 PM	6:00	7:30 PM
22,37	36,0		S2	SS 3 bis / E55 direzione nord	03:39		9:09	12:49 PM	6:00	7:30 PM
25,48	41,0		S2	SS 3 bis / E55 direzione nord	03:45		9:16	1:02 PM	6:00	7:30 PM
28,58	46,0		S2	SS 3 bis / E55 direzione nord	03:51		9:23	1:14 PM	6:00	7:30 PM
31,69	51,0		S3	**Uscita Cesena Secante**	03:56		9:30	1:27 PM	6:00	7:30 PM
34,8	56,0		S3	Via Santa Croce	04:02		9:37	1:39 PM	7:30	7:00 PM
37,28	60,0		S3	Via Papa Giovanni XIII	04:06		9:43	1:49 PM	7:30	7:00 PM
40,39	65,0		S3	SP 39 / Via Cellaimo	04:12		9:50	2:02 PM	7:30	7:00 PM
44,12	71,0		S3	Via Rita Levi Montalcino	04:18		9:58	2:17 PM	7:30	7:00 PM
47,22	76,0		S4	Via San Cristoforo	04:24		10:05	2:29 PM	7:30	7:00 PM
50,33	81,0		S4	**Ingresso Cesena Secante**	04:29		10:12	2:42 PM	7:30	7:00 PM
53,44	86,0		S5	SS 3 bis / E55 direzione nord	04:35		10:19	2:54 PM	6:00	7:00 PM
55,92	90,0		S5	SS 3 bis / E55 direzione nord	04:39		10:25	3:04 PM	6:00	7:00 PM
59,65	96,0		S1	SS 3 bis / E55 direzione nord	04:46		10:33	3:19 PM	6:00	7:00 PM
62,26	100,2			**FINE PRIMO GIRO - giro di boa Km 244,7 SS 3bis /E 55**	04:50		10:39	3:30 PM	6:00	7:00 PM
65,55	105,5			SS 3 bis / E55 lato direzione sud	04:56		10:46	3:43 PM	6:00	7:00 PM
69,28	111,5			SS 3 bis / E55 lato direzione sud	05:03		10:55	3:58 PM	6:00	7:00 PM
72,39	116,5			SS 3 bis / E55 lato direzione sud	05:08		11:02	4:10 PM	6:00	7:00 PM
74,25	119,5			**Uscita Cesena Secante**	05:12		11:06	4:18 PM	7:30	7:00 PM
75,5	121,5			Via San Cristoforo	05:14		11:09	4:23 PM	7:30	7:00 PM
78,6	126,5			Via Santa Croce	05:19		11:16	4:35 PM	7:30	7:00 PM
80,47	129,5			Via Papa Giovanni XIII	05:23		11:20	4:43 PM	7:30	7:00 PM
81,71	131,5			Via Maianino Ausa Vecchia	05:25		11:23	4:48 PM	7:30	7:00 PM
84,2	135,5			Via Badia	05:29		11:28	4:58 PM	7:30	7:00 PM
87,92	141,5			Via Prati	05:36		11:36	5:13 PM	7:30	7:00 PM
91,03	146,5			Via San Cristoforo	05:42		11:43	5:25 PM	7:30	7:00 PM
93,52	150,5			**Ingresso Cesena Secante**	05:46		11:49	5:35 PM	7:30	7:00 PM
97,24	156,5			SS 3 bis / E55 direzione nord	05:53		11:57	5:50 PM	7:30	7:00 PM
99,11	159,5			**Uscita Casemurate**	05:56		12:02 PM	5:58 PM	6:00	7:30 PM
100,4	161,5			Via Bagnolo	05:58		12:04 PM	6:03 PM	6:00	7:30 PM
103,5	166,5			SP 254 / Via Salara Statale	06:04		12:11 PM	6:15 PM	6:00	7:30 PM
106,6	171,5			Via Cervara	06:09		12:18 PM	6:28 PM	6:00	7:30 PM
109,7	176,5			Sp 71 bis	06:15		12:25 PM	6:40 PM	6:00	7:30 PM
111,5	179,5			Via Edmondo De Amicis	06:18		12:30 PM	6:48 PM	6:00	7:30 PM
111,8	180,0	T	S7	**TRANSITION 2**	06:19		12:30 PM	6:49 PM	6:00	7:30
				bike speed - kph			43	24		
				total bike time			04:11	07:30		
				swim + bike			05:00	10:05	Swim + Bike C	
				T2 transition time			00:02	00:15		
0	0			**TRANSITION 2**	06:32		12:32 PM	7:04 PM		
0	0,0			Lungomare Deledda	06:32		12:32 PM	7:04 PM	11:00	12:30
0,621	1,0			Lungomare Deledda	06:36		12:36 PM	7:13 PM	11:00	12:30
1,118	1,8			Via Roma — **Aid Station 1**	06:39		12:40 PM	7:20 PM	11:00	12:30
1,243	2,0			Via Roma	06:40		12:41 PM	7:21 PM	11:00	12:30
1,864	3,0			Via Oriani	06:44		12:45 PM	7:30 PM	11:00	12:30
2,485	4,0			Viale Due Giuno — Via Spontini	06:48		12:49 PM	7:38 PM	11:00	12:30
2,548	4,1			Viale Due Giugno — **Aid Station 2**	06:49		12:50 PM	7:39 PM	11:00	12:30
3,107	5,0			Viale Due Giugno — Viale Spalato	06:53		12:54 PM	7:47 PM	11:00	12:30
3,728	6,0			Viale Due Giugno — Via III Traversa	06:57		12:58 PM	7:55 PM	11:00	12:30
4,287	6,9			Ciclabile Mi.Ma — **Aid Station 3**	07:01		1:02 PM	8:03 PM	11:00	12:30
4,35	7,0			Ciclabile Mi.Ma	07:01		1:02 PM	8:04 PM	11:00	12:30
4,971	8,0			Via Alfredo Oriani	07:05		1:06 PM	8:12 PM	11:00	12:30
5,592	9,0			Viale Nazario Sauro	07:10		1:11 PM	8:21 PM	11:00	12:30
5,717	9,2			Lungomare G. D'Annunzio — **Aid Station 4**	07:10		1:12 PM	8:23 PM	11:00	12:30
6,214	10,0			Lungomare Deledda	07:14		1:15 PM	8:29 PM	11:00	12:30
6,661	10,7			**INIZIO 2° GIRO**	07:17		1:18 PM	8:35 PM	11:00	12:30
13,05	21,0			**INIZIO 3° GIRO**	08:00		2:02 PM	10:03 PM	11:00	12:30
19,44	31,3			**INIZIO 4° GIRO**	08:44		2:46 PM	11:30 PM	11:00	12:30
26,22	42,2	T		**Finish Line**	09:17		3:31 PM	12:48		
				run speed - kph			14,00	7,05		
				run pace 1km			0:08:29	0:16:19		
				total run time			02:58	05:44		
				total swim, cycle, run time			08:01	16:04		