

IM 5150 ITALY EMILIA ROMAGNA 17/9/2023

Wave Starts										1st W		Rolling Start		INIZIO CHIUSURA	FINE CHIUSURA
										AG first		AG Last			
mi	km	T	Timing Point							6:00	7:30				
		Transition open / closes													
		Sunrise							6:51						
		Sunset							7:18 PM						
										1st / L					
START		T								00:15		13:30	13:45		
0,311	0,5											1:36 PM	2:00 PM		
1,181	1,9											1:53 PM	2:45 PM		
1,181	1,9	T	Swim Finish							00:51		13:53	14:45		
swim speed - kph												4,9	1,9		
swim pace 100m												00:01:33	00:04:00		
total swim time												00:23	01:00		
T1 transition time												00:03	00:10		
0	0,0	T	S1	TRANSITION 1						00:58		1:56 PM	2:55 PM	10:30	6:30 PM
0,621	1,0		SC	Viale Tritone						01:00		1:57 PM	2:57 PM	10:30	6:30 PM
3,107	5,0		SP	SS 71 bis / Via Bollana				SP6 / Via Beneficio Il Tronco		01:05		2:03 PM	3:08 PM	10:30	6:30 PM
6,214	10,0		SP	SP 6 / Cervara				SP 254 R di Cervia		01:12		2:10 PM	3:22 PM	10:30	6:30 PM
9,321	15,0		SP	SP 254 R di Cervia				Via Castiglione		01:18		2:17 PM	3:35 PM	10:30	6:30 PM
9,88	15,9		SP	Confine di Cervia						01:19		2:18 PM	3:38 PM	10:30	6:30 PM
11,81	19,0		SP	SP 254 / Via Bagnolo						01:24		2:22 PM	3:46 PM	10:30	6:30 PM
Giro di Boa														10:30	6:30 PM
15,53	25,0		S1	Sp 254		Altezza Via Benzi				01:32		2:31 PM	4:03 PM	10:30	6:30 PM
18,64	30,0		SS	Via Cervara						01:38		2:38 PM	4:16 PM	10:30	6:30 PM
21,75	35,0		SP	Sp 71 Bis / Via Bollana						01:45		2:45 PM	4:30 PM	10:30	6:30 PM
24,23	39,0		SC	Via Edmondo De Amicis				Fine percorso Bike		01:50		2:50 PM	4:41 PM	10:30	6:30 PM
24,2	39,0	T	S7	TRANSITION 2						01:50		2:50 PM	4:41 PM	10:30	6:30 PM
bike speed - kph												43	22		
total bike time												00:54	01:46		
swim + bike												01:20	02:56		
T2 transition time												00:02	00:10		
0	0		TRANSITION 2							01:58		2:52 PM	4:51 PM		
0	0,0		SC	Lungomare Deledda						01:58		2:52 PM	4:51 PM	1:00 PM	8:30 PM
0,621	1,0		SC	Lungomare Deledda						02:01		2:56 PM	4:58 PM	1:00 PM	8:30 PM
1,118	1,8		SC	Via Roma				Aid Station 1		02:04		3:00 PM	5:04 PM	1:00 PM	8:30 PM
1,243	2,0		SC	Via Roma						02:05		3:01 PM	5:06 PM	1:00 PM	8:30 PM
1,864	3,0		SC	Via Nazario Sauro						02:08		3:05 PM	5:13 PM	1:00 PM	8:30 PM
2,485	4,0		SC	Lungomare Grazie Deledda						02:11		3:09 PM	5:21 PM	1:00 PM	8:30 PM
2,796	4,5		SC	Rotonda Grazia Deledda				Giro di boa inizio secondo giro		02:13		3:11 PM	5:25 PM	1:00 PM	8:30 PM
6,214	10,0									02:30		3:35 PM	6:06 PM	1:00 PM	8:30 PM
6,214	10	T	Finish Line							02:22		3:33 PM	5:56 PM		
run speed - kph												14,00	8,00		
run pace 1km												0:04:05	0:06:30		
total run time												00:40	01:05		
total swim, cycle, run time												02:03	04:11		