

IM 70.3 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						6:51						
		Sunrise						7:18 PM						
		Sunset												
START		T								00:50	12:00	12:50		
0,311 0,5									12:06 PM	1:08 PM				
1,181 1,9									12:23 PM	2:00 PM				
1,181 1,9		T		Swim Finish						01:37	12:23	14:00		
		swim speed - kph							4,9	1,82				
		swim pace 100m							00:00:37	00:01:51				
		total swim time							00:23	01:10	Swim Cut off 1:10 hour			
		T1 transition time							00:03	00:15				
0	0,0	T		S1 TRANSITION 1						01:49	12:26 PM	2:15 PM	10:30	6:30 PM
0,621	1,0		SC	Viale Tritone						01:50	12:27 PM	2:18 PM	10:30	6:30 PM
3,107	5,0		SP	SS 71 bis / Via Bollana						01:55	12:33 PM	2:29 PM	10:30	6:30 PM
6,214	10,0		SP	SP 6 / Cervara						02:02	12:40 PM	2:42 PM	10:30	6:30 PM
9,321	15,0		SP	SP 254 R di Cervia						02:09	12:47 PM	2:56 PM	10:30	6:30 PM
9,88	15,9		SP	Confine di Cervia						02:10	12:48 PM	2:58 PM	10:30	6:30 PM
12,43	20,0		SP	Ingresso Casemurate SS 3 bis / E55						02:15	12:54 PM	3:09 PM	10:30	6:30 PM
15,53	25,0		S1	SS 3 bis / E55 lato direzione sud						02:22	1:01 PM	3:23 PM	10:30	6:30 PM
18,64	30,0		SS	Uscita Cesena Secante						02:29	1:08 PM	3:37 PM	10:30	6:30 PM
21,75	35,0		SP	Via Santa Croce						02:35	1:15 PM	3:50 PM	10:30	6:30 PM
24,85	40,0		SC	Via Papa Giovanni XIII						02:42	1:22 PM	4:04 PM	10:30	6:30 PM
27,96	45,0		SC	Via Badia						02:49	1:29 PM	4:18 PM	10:30	6:30 PM
31,07	50,0		SP	SP 39 / Via Cellaimo						02:55	1:36 PM	4:31 PM	10:30	6:30 PM
34,18	55,0		SP	Via Santa Croce						03:02	1:43 PM	4:45 PM	10:30	6:30 PM
37,28	60,0		SS	Ingresso Cesena Secante						03:09	1:49 PM	4:59 PM	11:00	6:00 PM
40,39	65,0		SS	SS 3 bis / E55 direzione nord						03:15	1:56 PM	5:12 PM	11:00	6:00 PM
43,5	70,0		SS	Uscita Casemurate						03:22	2:03 PM	5:26 PM	10:30	6:30 PM
46,6	75,0		SS	SP 254 / Via Salara Statale						03:29	2:10 PM	5:39 PM	10:30	6:30 PM
49,71	80,0		SS	Via Cervara						03:35	2:17 PM	5:53 PM	10:30	6:30 PM
50,95	82,0		SP	Via Cervara						03:38	2:20 PM	5:59 PM	10:30	6:30 PM
52,82	85,0		SP	Sp 71 bis						03:42	2:24 PM	6:07 PM	10:30	6:30 PM
55,92	90,0		SC	Via Edmondo De Amicis						03:48	2:31 PM	6:20 PM	10:30	6:30 PM
55,9	90,0	T		S7 TRANSITION 2						03:48	2:31 PM	6:20 PM	10:30	6:30 PM
		bike speed - kph							43	22				
		total bike time							02:05	04:05				
		swim + bike							02:31	05:30	Swim + Bike Cut off 5hrs 30mins			
		T2 transition time							00:02	00:10				
0	0	TRANSITION 2						03:56	2:33 PM	6:30 PM				
0,621	1,0		SC	Lungomare Deledda						03:56	2:33 PM	6:30 PM	1:00 PM	8:30 PM
1,118	1,8		SC	Lungomare Deledda						03:59	2:38 PM	6:38 PM	1:00 PM	8:30 PM
1,243	2,0		SC	Via Roma						04:02	2:41 PM	6:43 PM	1:00 PM	8:30 PM
1,864	3,0		SC	Via Orian						04:05	2:46 PM	6:52 PM	1:00 PM	8:30 PM
2,485	4,0		SC	Viale Due Giugno						04:08	2:50 PM	6:59 PM	1:00 PM	8:30 PM
2,548	4,1		SC	Viale Due Giugno						04:08	2:51 PM	7:00 PM	1:00 PM	8:30 PM
3,107	5,0		SC	Viale Giuseppe Parini						04:11	2:55 PM	7:06 PM	1:00 PM	8:30 PM
3,604	5,8		SC	Via Lungomare Gabriele D'annunzio						04:13	2:58 PM	7:12 PM	1:00 PM	8:30 PM
3,728	6,0		SC	Via Lungomare Gabriele D'annunzio						04:14	2:59 PM	7:13 PM	1:00 PM	8:30 PM
4,35	7,0		SC	Rotonda Grazia Deledda						04:17	3:03 PM	7:21 PM	1:00 PM	8:30 PM
4,412	7,1		SC	INIZIO 2° GIRO						04:17	3:04 PM	7:21 PM	1:00 PM	8:30 PM
8,823	14,2		SC	INIZIO 3° GIRO						04:38	3:34 PM	8:12 PM	1:00 PM	8:30 PM
13,05	21	T		Finish Line						04:49	4:01 PM	8:51 PM		
		run speed - kph							14,00	8,35				
		run pace 1km							0:04:10	0:06:41				
		total run time							01:28	02:20				
		total swim, cycle, run time							04:01	08:01	Final Cut off 8hrs			