

	distance	best case rate	worst case rate		best case time	Race Day time	worst case time		Time of Day Best Case	Actual time on race day	Time of Day Worst Case	Cut-off	
swim start									swim start	6:45 AM	6:51 AM	7:00 AM	
Swim	4400 yards	1m 55s	2m 15s	sec / 100 yd.	1h 24m	1h 25m	1h 39m						
swim finish									swim finish	8:09 AM	8:16 AM	8:39 AM	9:20 AM
T1					0h 6m	0h 24m	0h 15m						
bike start									bike start	8:15 AM	8:40 AM	8:54 AM	
Bike	112 miles	14.4	13.2	mph	7h 47m	8h 3m	8h 29m						
bike finish									bike finish	4:02 PM	4:43 PM	5:23 PM	5:30 PM
T2					0h 8m	0h 12m	0h 15m						
Run start									run start	4:10 PM	4:55 PM	5:38 PM	
Run	26.2 miles	12	15	min. / mile	5h 14m	6h 31m	6h 33m						
Run finish									run finish	9:24 PM	11:26 PM	12:11 AM	11:45 PM