

Adam D. H. Grant Finishes 7th Ironman Triathlon



On June 26, 2011, Adam Grant participated in and finished his seventh Ironman distance triathlon. The competition took place in Coeur d'Alene, Idaho. Adam crossed the finish line in 12 hours and 31 minutes after completing the 2.4-mile swim in 1 hour 11 minutes, the 112-mile bike ride in 6 hours and 12 minutes and ended the day with a slightly slower-than-desired 4-hour and 55-minute marathon. Adam finished 97 out of 212 participants in his 45-49 age group for men and 872 overall out of 2,351 participants.