



## August 25th 2005: Formula 1 Brick

1 mile run, 1 lap on the bike (6.3 miles), 2 mile run, 1 lap on the bike (6.3 miles), 1 mile run

Name	AgeGroup	1mile run (clock)	Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	2mile run (clock)	2mile run (split)	2mile run pace	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	1mile run (split)	Finish Time	Points
John V.	M Un 40	0:06:14	0:23:30	0:17:16	21.89	0:36:40	0:13:10	0:06:35	0:54:00	0:17:20	21.81	0:07:14	1:01:14	7
Joe N.	M Un 40	0:06:34	0:22:51	0:16:17	23.21	0:37:22	0:14:31	0:07:15	0:55:51	0:18:29	20.45	0:07:46	1:03:37	5
Matt D.	M Un 40	0:06:43	0:24:33	0:17:50	21.20	0:41:03	0:16:30	0:08:15	0:56:24	0:15:21	24.63	0:07:16	1:03:40	3
Rich C.	M Un 40	0:06:39	0:25:02	0:18:23	20.56	0:39:21	0:14:19	0:07:09	0:58:04	0:18:43	20.20	0:07:32	1:05:36	1
Kevin M.	M Un 40	0:07:26	0:24:55	0:17:29	21.62	0:40:19	0:15:24	0:07:42	0:58:20	0:18:01	20.98	0:07:58	1:06:18	1
Robert H.	M Un 40	0:07:48	0:26:12	0:18:24	20.54	0:42:34	0:16:22	0:08:11	1:01:18	0:18:44	20.18	0:08:21	1:09:39	1
Don M.	M Un 40	0:07:44	0:26:07	0:18:23	20.56	0:42:58	0:16:51	0:08:25	1:01:09	0:18:11	20.79	0:09:08	1:10:17	1
Joe P.	M Un 40	0:07:24	0:26:54	0:19:30	19.38	0:43:14	0:16:20	0:08:10	1:03:01	0:19:47	19.11	0:08:25	1:11:26	1
John P.	M Un 40	0:08:35	0:27:23	0:18:48	20.11	0:46:14	0:18:51	0:09:25	1:05:55	0:19:41	19.20	0:10:05	1:16:00	1
Dick M.	M Ov 50	0:08:02	0:26:25	0:18:23	20.56	0:42:47	0:16:22	0:08:11	1:01:20	0:18:33	20.38	0:08:38	1:09:58	7
Bill S.	M Ov 50	0:08:25	0:27:49	0:19:24	19.48	0:45:44	0:17:55	0:08:57	1:04:34	0:18:50	20.07	0:09:20	1:13:54	5
Bob G.	M Ov 50	0:08:16	0:27:41	0:19:25	19.47	0:45:12	0:17:31	0:08:45	1:05:07	0:19:55	18.98	0:09:28	1:14:35	3
John M.	M Ov 50	0:08:04	0:28:57	0:20:53	18.10	0:45:56	0:16:59	0:08:29	1:08:58	0:23:02	16.41	0:08:57	1:17:55	1
Gene B.	M Ov 50	0:08:47	0:33:35	0:24:48	15.24	0:53:08	0:19:33	0:09:46	1:16:53	0:23:45	15.92	0:08:00	1:24:53	1
Karen M.	F Un 40	0:08:47	0:30:59	0:22:12	17.03	0:51:25	0:20:26	0:10:13	1:13:43	0:22:18	16.95	0:11:10	1:24:53	7
Joanne Y.	F 40-49	0:07:25	0:27:18	0:19:53	19.01	0:42:46	0:15:28	0:07:44	1:03:22	0:20:36	18.35	0:08:12	1:11:34	7
Mary C.	F Ov 50	0:09:28	0:32:29	0:23:01	16.42	0:52:13	0:19:44	0:09:52	1:16:52	0:24:39	15.33	0:10:59	1:27:51	7

(Time data is entered into shaded cells. All other time information is calculated by Microsoft Excel formulas)