



August 24th 2006: Formula 1 Brick

1.1 mile run, 1 lap on the bike (6.3 miles), 2 mile run, 1 lap on the bike (6.3 miles), 1.1 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
Kevin M.	M Un 40	0:07:28	0:25:22	0:17:54	21.12	0:40:37	0:15:15	0:07:37	0:58:30	0:17:53	21.14	0:08:22	1:06:52	7
Bob S.	M Un 40	0:07:21	0:24:19	0:16:58	22.28	0:40:34	0:16:15	0:08:07	0:57:48	0:17:14	21.93	0:09:41	1:07:29	5
John P.	M 40-49	0:07:43	0:25:48	0:18:05	20.90	0:41:55	0:16:07	0:08:03	1:00:54	0:18:59	19.91	0:08:48	1:09:42	7
Mark S.	M 40-49	0:07:54	0:25:51	0:17:57	21.06	0:42:38	0:16:47	0:08:23	1:01:18	0:18:40	20.25	0:09:29	1:10:47	5
Eric B.	M 40-49	0:07:52	0:25:45	0:17:53	21.14	0:43:34	0:17:49	0:08:54	1:02:40	0:19:06	19.79	0:09:15	1:11:55	3
Sergio N.	M 40-49	0:07:47	0:25:50	0:18:03	20.94	0:43:03	0:17:13	0:08:36	1:02:42	0:19:39	19.24	0:09:26	1:12:08	1
Jim K.	M Ov 50	0:08:43	0:27:58	0:19:15	19.64	0:45:55	0:17:57	0:08:58	1:05:30	0:19:35	19.30	0:10:04	1:15:34	7
Quinn A.	F Un 40	0:10:37	0:33:42	0:23:05	16.38	0:53:28	0:19:46	0:09:53	1:16:22	0:22:54	16.51	0:11:23	1:27:45	7
Melissa H.	F Un 40	0:10:37	0:33:49	0:23:12	16.29	0:53:33	0:19:44	0:09:52	1:16:27	0:22:54	16.51	0:11:19	1:27:46	5
Nancy G.	F Ov 50	0:10:37	0:33:47	0:23:10	16.32	0:53:33	0:19:46	0:09:53	1:16:30	0:22:57	16.47	0:11:16	1:27:46	7
Doug M.*	Non-Member	0:07:22	0:42:49	0:35:27	10.66	0:58:15	0:15:26	0:07:43	1:23:00	0:24:45	15.27	0:09:27	1:32:27	0

Time data is entered into shaded cells. All other time information is calculated by Microsoft Excel formulas
Transition times are included in the leg following the transition.

* Made a wrong turn on the first bike lap