



September 21st 2006: 1-2-3 Brick

1.1 mile run, 2 laps on the bike (6.3 miles each), 3.1 mile run

Name	AgeGroup	1mile run (clock)	Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	Total Bike	3mile run (split)	3mile run pace	Finish Time	Points
Joe P.	M Un 40	0:07:26	0:26:58	0:19:32	19.35	0:46:20	0:19:22	19.52	0:38:54	0:24:17	0:08:05	1:10:37	7
Doug B.	M Un 40	0:07:58	0:26:23	0:18:25	20.52	0:44:00	0:17:37	21.46	0:36:02	0:26:58	0:08:59	1:10:58	5
Rob H.	M Un 40	0:07:48	0:26:54	0:19:06	19.79	0:45:55	0:19:01	19.88	0:38:07	0:26:50	0:08:56	1:12:45	3
Mark S.	M 40-49	0:08:02	0:26:27	0:18:25	20.52	0:44:08	0:17:41	21.38	0:36:06	0:25:16	0:08:25	1:09:24	7
Eric B.	M 40-49	0:07:56	0:26:35	0:18:39	20.27	0:44:58	0:18:23	20.56	0:37:02	0:25:10	0:08:23	1:10:08	5
Jim K.	M Ov 50	0:08:39	0:27:31	0:18:52	20.04	0:45:25	0:17:54	21.12	0:36:46	0:28:07	0:09:22	1:13:32	7
Kellie T.	F Un 40	0:08:41	0:28:40	0:19:59	18.92	0:47:59	0:19:19	19.57	0:39:18	0:28:59	0:09:39	1:16:58	7
Nancy G.	F Ov 50	0:09:18	0:29:09	0:19:51	19.04	0:48:04	0:18:55	19.98	0:38:46	0:30:25	0:10:08	1:18:29	7
Kathy K.	F Ov 50	0:09:30	0:30:39	0:21:09	17.87	0:51:05	0:20:26	18.50	0:41:35	0:30:38	0:10:12	1:21:43	5
Mary C.	F Ov 50	0:09:02	0:32:23	0:23:21	16.19	0:55:28	0:23:05	16.38	0:46:26	0:28:31	0:09:30	1:23:59	3

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

56

Transition times are included in the leg following the transition.