



May 24th 2007: 1-2-3 Brick

1.0 mile run, 2 laps on the bike (6.25 miles each), 2.9 mile run

Name	AgeGroup	1.0mile run (clock)	Lap1 bike (clock) #	Lap1 bike (split) #	Lap1 bike mph #	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	Total Bike #	2.9 mile run (split) #	Run pace #	Finish Time	Points
Doug B.	M Un 40	0:07:59	0:28:28	0:20:29	18.31	0:48:40	0:20:12	18.56	0:40:41	0:32:04	0:11:03	1:20:44	7
Tim C.	M 40-49	0:07:07	0:24:16	0:17:09	21.87	0:40:07	0:15:51	23.66	0:33:00	0:22:10	0:07:38	1:02:17	7
Kevin M.	M 40-49	0:07:23	0:25:36	0:18:13	20.59	0:42:33	0:16:57	22.12	0:35:10	0:22:19	0:07:41	1:04:52	5
John P.	M 40-49	0:06:43	0:25:27	0:18:44	20.02	0:43:17	0:17:50	21.03	0:36:34	0:22:49	0:07:52	1:06:06	3
Bob S.	M 40-49	0:06:44	0:25:03	0:18:19	20.47	0:42:05	0:17:02	22.02	0:35:21	0:26:39	0:09:11	1:08:44	1
Eric B.	M 40-49	0:07:09	0:26:15	0:19:06	19.63	0:44:33	0:18:18	20.49	0:37:24	0:24:42	0:08:31	1:09:15	1
Bob C.	M 40-49	0:09:01	0:34:55	0:25:54	14.48	1:02:13	0:27:18	13.74	0:53:12	0:30:29	0:10:30	1:32:42	1
Dennis P.	M Ov 50	0:07:17	0:26:13	0:18:56	19.81	0:44:17	0:18:04	20.76	0:37:00	0:25:36	0:08:49	1:09:53	7
Dick M.	M Ov 50	0:07:36	0:27:08	0:19:32	19.20	0:45:43	0:18:35	20.18	0:38:07	0:25:08	0:08:40	1:10:51	5
Joe G.	M Ov 50	0:07:38	0:28:36	0:20:58	17.89	0:48:43	0:20:07	18.64	0:41:05	0:26:26	0:09:06	1:15:09	3
Brenda M.	F 40-49	0:09:00	0:30:32	0:21:32	17.41	0:51:26	0:20:54	17.94	0:42:26	0:31:35	0:10:53	1:23:01	7
Nancy G.	F Ov 50	0:09:05	0:30:03	0:20:58	17.89	0:49:54	0:19:51	18.89	0:40:49	0:28:26	0:09:48	1:18:20	7
Mary C.	F Ov 50	0:08:40	0:32:10	0:23:30	15.96	0:54:52	0:22:42	16.52	0:46:12	0:27:52	0:09:36	1:22:44	5
Daniel H.	Non-member	0:05:32	0:23:53	0:18:21	20.44	0:41:15	0:17:22	21.59	0:35:43	0:20:57	0:07:13	1:02:12	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.