



June 28th 2007: 3-2-1 Brick

2.9 mile run, 2 laps on the bike (6.25 miles each), 1 mile run

Name	AgeGroup	2.9 mile run (clock)	Run Pace	Lap1 bike (clock) #	Lap1 bike (split) #	Lap1 bike mph #	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	Total Bike	1 mile run (split) #	Finish Time	Points
Joe P.	M Un 40	0:20:29	0:07:03	0:41:49	0:21:20	17.58	1:01:33	0:19:44	19.00	0:41:04	0:08:33	1:10:06	7
Doug B.	M Un 40	0:25:10	0:08:40	0:46:29	0:21:19	17.59	1:05:44	0:19:15	19.48	0:40:34	0:09:47	1:15:31	5
Peter T.	M Un 40	0:22:35	0:07:47	0:46:28	0:23:53	15.70	1:12:03	0:25:35	14.66	0:49:28	0:09:49	1:21:52	3
Chris A.	M 40-49	0:18:44	0:06:27	0:37:32	0:18:48	19.95	0:55:25	0:17:53	20.97	0:36:41	0:07:18	1:02:43	7
John P.	M 40-49	0:20:25	0:07:02	0:39:37	0:19:12	19.53	0:57:19	0:17:42	21.19	0:36:54	0:07:55	1:05:14	5
Tim C.	M 40-49	0:21:46	0:07:30	0:40:00	0:18:14	20.57	0:57:10	0:17:10	21.84	0:35:24	0:09:42	1:06:52	3
Eric B.	M 40-49	0:21:16	0:07:20	0:41:06	0:19:50	18.91	0:59:36	0:18:30	20.27	0:38:20	0:08:30	1:08:06	1
Bob C.	M 40-49	0:26:00	0:08:57	0:49:07	0:23:07	16.22	1:11:56	0:22:49	16.44	0:45:56	0:09:37	1:21:33	1
Dennis P.	M Ov 50	0:20:48	0:07:10	0:40:43	0:19:55	18.83	0:58:49	0:18:06	20.72	0:38:01	0:09:02	1:07:51	7
Kellie T.	F Un 40	0:25:58	0:08:57	0:46:57	0:20:59	17.87	1:06:30	0:19:33	19.18	0:40:32	0:09:40	1:16:10	7
Joanne Y.	F 40-49	0:22:35	0:07:47	0:44:37	0:22:02	17.02	1:04:45	0:20:08	18.63	0:42:10	0:15:20	1:20:05	7
Kathleen C.	F 40-49	0:28:59	0:09:59	0:54:11	0:25:12	14.88	1:18:25	0:24:14	15.47	0:49:26	0:11:24	1:29:49	5
Nancy G.	F Ov 50	0:26:56	0:09:17	0:48:12	0:21:16	17.63	1:08:20	0:20:08	18.63	0:41:24	0:10:50	1:19:10	7
Mary C.	F Ov 50	0:26:08	0:09:00	0:51:16	0:25:08	14.92	1:14:34	0:23:18	16.09	0:48:26	0:10:24	1:24:58	5

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

70

Transition times are included in the leg following the transition.