



July 26th 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
Joe P.	M Un 40	0:06:37	0:26:49	0:20:12	18.56	0:46:22	0:19:33	19.18	0:39:45	0:22:49	0:07:52	1:09:11	7
Tim D.	M Un 40	0:07:21	0:33:38	0:26:17	14.27	1:00:16	0:26:38	14.08	0:52:55	0:32:53	0:11:20	1:33:09	5
Mark S.	M 40-49	0:07:19	0:25:52	0:18:33	20.22	0:43:57	0:18:05	20.74	0:36:38	0:23:15	0:08:01	1:07:12	7
Eric B.	M 40-49	0:07:25	0:27:25	0:20:00	18.75	0:45:47	0:18:22	20.42	0:38:22	0:23:43	0:08:10	1:09:30	5
Bob C.	M 40-49	0:08:47	0:32:28	0:23:41	15.83	0:54:33	0:22:05	16.98	0:45:46	0:28:56	0:09:58	1:23:29	3
Karen M.	F Un 40	0:09:08	0:31:43	0:22:35	16.61	0:51:44	0:20:01	18.73	0:42:36	0:36:36	0:12:37	1:28:20	7
Kathleen C.	F 40-49	0:09:46	0:33:32	0:23:46	15.78	0:55:10	0:21:38	17.33	0:45:24	0:33:10	0:11:26	1:28:20	7
Nancy G.	F Ov 50	0:09:07	0:30:05	0:20:58	17.89	0:49:47	0:19:42	19.04	0:40:40	0:29:18	0:10:06	1:19:05	7
Mary C.	F Ov 50	0:09:07	0:32:09	0:23:02	16.28	0:53:11	0:21:02	17.83	0:44:04	0:30:48	0:10:37	1:23:59	5

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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.