



August 23th 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
Andy T.	M Un 40	0:19:45	0:06:48	0:37:53	0:18:08	20.68	0:54:34	0:16:41	22.48	0:34:49	0:07:49	1:02:23	7
Joe P.	M Un 40	0:20:33	0:07:05	0:42:04	0:21:31	17.43	1:02:28	0:20:24	18.38	0:41:55	0:07:53	1:10:21	5
Doug B.	M Un 40	0:29:16	0:10:05	0:50:23	0:21:07	17.76	1:10:01	0:19:38	19.10	0:40:45	0:10:01	1:20:02	3
Tim D.	M Un 40	0:38:54	0:13:24	1:05:51	0:26:57	13.91	1:31:49	0:25:58	14.44	0:52:55	0:11:53	1:43:42	1
Tim C.	M 40-49	0:22:16	0:07:40	0:39:41	0:17:25	21.53	0:56:14	0:16:33	22.66	0:33:58	0:09:17	1:05:31	7
Eric B.	M 40-49	0:20:34	0:07:05	0:39:48	0:19:14	19.50	0:57:41	0:17:53	20.97	0:37:07	0:09:04	1:06:45	5
Segio N.	M 40-49	0:25:31	0:08:47	0:45:00	0:19:29	19.25	1:03:18	0:18:18	20.49	0:37:47	0:08:51	1:12:09	3
Bob C.	M 40-49	0:27:12	0:09:22	0:49:37	0:22:25	16.73	1:11:57	0:22:20	16.79	0:44:45	0:09:54	1:21:51	1
Dennis P.	M Ov 50	0:21:22	0:07:22	0:40:42	0:19:20	19.40	0:58:44	0:18:02	20.79	0:37:22	0:09:14	1:07:58	7
Bill S.	M Ov 50	0:28:26	0:09:48	0:48:47	0:20:21	18.43	1:07:57	0:19:10	19.57	0:39:31	0:10:55	1:18:52	5
Karen M.	F Un 40	0:31:48	0:10:57	0:55:20	0:23:32	15.93	1:17:31	0:22:11	16.90	0:45:43	0:11:52	1:29:23	7
Joanne Y.	F 40-49	0:34:40	0:11:57	0:55:34	0:20:54	17.94	1:14:47	0:19:13	19.51	0:40:07	0:08:17	1:23:04	7
Kathleen C.	F 40-49	0:31:48	0:10:57	0:55:20	0:23:32	15.93	1:17:31	0:22:11	16.90	0:45:43	0:11:52	1:29:23	5
Nancy G.	F Ov 50	0:28:05	0:09:41	0:49:41	0:21:36	17.36	1:10:42	0:21:01	17.84	0:42:37	0:10:41	1:21:23	7
Charles W.	Non-member	0:21:13	0:07:18	0:41:12	0:19:59	18.77	1:00:18	0:19:06	19.63	0:39:05	0:09:15	1:09:33	0

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

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Transition times are included in the leg following the transition.