



June 26th 2008: 3-3-3 Brick

2.9 mile run, 3 laps on the bike (6.25 miles each), 2.9 mile run

LastName	First Name	AgeGroup	2.9 MILE RUN		LAP 1 OF BIKE COURSE			LAP 2 OF BIKE COURSE			LAP 3 OF BIKE COURSE			TOTAL BIKE		2.9 MILE RUN		Finish Time	Points
			(clock)	Pace	(clock) #	(split) #	mph #	(clock)	(split)	mph	(clock)	(split)	mph	Time #	mph #	(split) #	Pace #		
Watson	Charles	M Un 40	0:19:13	0:06:37	0:37:10	0:17:57	20.89	0:54:26	0:17:16	21.72	1:12:32	0:18:06	20.72	0:53:19	21.10	0:20:30	0:07:04	1:33:02	7
Tracy	Jeff	M Un 40	0:20:30	0:07:04	0:38:52	0:18:22	20.42	0:56:06	0:17:14	21.76	1:13:42	0:17:36	21.31	0:53:12	21.15	0:21:00	0:07:14	1:34:42	5
Montanaro	Brian	M Un 40	0:21:14	0:07:19	0:39:25	0:18:11	20.62	0:56:03	0:16:38	22.55	1:13:23	0:17:20	21.63	0:52:09	21.57	0:24:26	0:08:25	1:37:49	3
Adamek	Justin	M Un 40	0:19:26	0:06:42	0:39:53	0:20:27	18.34	0:58:45	0:18:52	19.88	1:17:56	0:19:11	19.55	0:58:30	19.23	0:19:56	0:06:52	1:37:52	1
Pautler	Joe	M Un 40	0:21:04	0:07:15	0:42:21	0:21:17	17.62	1:02:05	0:19:44	19.00	1:21:54	0:19:49	18.92	1:00:50	18.49	0:24:14	0:08:21	1:46:08	1
McKim	Dale	M Un 40	0:22:09	0:07:38	0:44:16	0:22:07	16.96	1:05:20	0:21:04	17.80	1:26:37	0:21:17	17.62	1:04:28	17.45	0:21:59	0:07:34	1:48:36	1
McCorkle	Ryan	M Un 40	0:25:51	0:08:54	0:48:11	0:22:20	16.79	1:07:37	0:19:26	19.30	1:28:54	0:21:17	17.62	1:03:03	17.84	0:35:10	0:12:07	2:04:04	1
Andres	Eric	M Un 40	0:26:25	0:09:06	0:49:45	0:23:20	16.07	1:12:20	0:22:35	16.61	1:35:46	0:23:26	16.00	1:09:21	16.22	0:34:08	0:11:46	2:09:54	1
St. George	Mark	M 40-49	0:21:49	0:07:31	0:40:10	0:18:21	20.44	0:57:35	0:17:25	21.53	1:15:29	0:17:54	20.95	0:53:40	20.96	0:23:23	0:08:03	1:38:52	7
Capuson	Patrick	M 40-49	0:21:10	0:07:17	0:40:46	0:19:36	19.13	0:59:11	0:18:25	20.36	1:17:52	0:18:41	20.07	0:56:42	19.84	0:25:30	0:08:47	1:43:22	5
Brouillard	Eric	M 40-49	0:23:14	0:08:00	0:43:10	0:19:56	18.81	1:01:10	0:18:00	20.83	1:20:14	0:19:04	19.67	0:57:00	19.74	0:25:50	0:08:54	1:46:04	3
Winkelman	Ron	M 40-49	0:30:22	0:10:28	0:55:10	0:24:48	15.12	1:22:26	0:27:16	13.75	1:42:30	0:20:04	18.69	1:12:08	15.60	0:34:22	0:11:51	2:16:52	1
Hackbush	Gary	M 40-49	0:25:45	0:08:52	0:49:40	0:23:55	15.68	1:13:30	0:23:50	15.73	xx	xx	xx	xx	xx	0:30:50	0:10:37	DNF	0
Mess	Douglas	M 40-49	0:21:06	0:07:16	0:42:38	0:21:32	17.41	xx	xx	xx	xx	xx	xx	xx	xx	xx	xx	DNF	0
Mullaney	Richard	M Ov 50	0:22:08	0:07:37	0:41:05	0:18:57	19.79	0:58:37	0:17:32	21.39	1:17:15	0:18:38	20.13	0:55:07	20.41	0:24:21	0:08:23	1:41:36	7
Moore	John	M Ov 50	0:22:49	0:07:52	0:43:51	0:21:02	17.83	1:03:52	0:20:01	18.73	1:24:25	0:20:33	18.25	1:01:36	18.26	0:24:32	0:08:27	1:48:57	5
Miller	Chuck	M Ov 50	0:23:11	0:07:59	0:45:02	0:21:51	17.16	1:04:28	0:19:26	19.30	1:25:02	0:20:34	18.23	1:01:51	18.19	0:25:03	0:08:38	1:50:05	3
Seyler	William	M Ov 50	0:30:50	0:10:37	0:52:33	0:21:43	17.27	1:12:08	0:19:35	19.15	1:32:22	0:20:14	18.53	1:01:32	18.28	0:33:31	0:11:33	2:05:53	1
Deem	Alison	F Un 40	0:23:52	0:08:13	0:45:26	0:21:34	17.39	1:05:28	0:20:02	18.72	1:25:55	0:20:27	18.34	1:02:03	18.13	0:24:44	0:08:31	1:50:39	7
Benedict	Amy	F Un 40	0:24:54	0:08:35	0:49:37	0:24:43	15.17	1:11:02	0:21:25	17.51	1:33:14	0:22:12	16.89	1:08:20	16.46	0:30:39	0:10:34	2:03:53	5
Moritz	Amy	F Un 40	0:29:53	0:10:18	0:53:18	0:23:25	16.01	1:14:47	0:21:29	17.46	1:36:35	0:21:48	17.20	1:06:42	16.87	0:31:31	0:10:52	2:08:06	3
York	Joanne	F 40-49	0:20:42	0:07:08	0:40:55	0:20:13	18.55	0:59:28	0:18:33	20.22	1:18:59	0:19:31	19.21	0:58:17	19.30	0:21:35	0:07:26	1:40:34	7
Hoffman	Mary Lou	F 40-49	0:25:53	0:08:55	0:44:40	0:18:47	19.96	1:01:40	0:17:00	22.06	1:18:47	0:17:07	21.91	0:52:54	21.27	0:27:42	0:09:33	1:46:29	5
Kennedy	Laurie	F 40-49	0:29:16	0:10:05	0:51:14	0:21:58	17.07	1:11:39	0:20:25	18.37	1:32:55	0:21:16	17.63	1:03:39	17.67	0:34:19	0:11:50	2:07:14	3
Contrino	Kathleen	F 40-49	0:30:21	0:10:27	0:55:08	0:24:47	15.13	1:22:24	0:27:16	13.75	1:42:29	0:20:05	18.67	1:12:08	15.60	0:34:23	0:11:51	2:16:52	1
Mattar	Brenda	F 40-49	0:30:40	0:10:34	0:54:43	0:24:03	15.59	1:17:47	0:23:04	16.26	1:42:39	0:24:52	15.08	1:11:59	15.63	0:37:05	0:12:47	2:19:44	1
Sardes	Diane	F Ov 50	0:22:24	0:07:43	0:43:16	0:20:52	17.97	1:02:24	0:19:08	19.60	1:21:53	0:19:29	19.25	0:59:29	18.91	0:24:41	0:08:30	1:46:34	7
Casey	Mary	F Ov 50	0:26:06	0:09:00	0:50:09	0:24:03	15.59	1:12:42	0:22:33	16.63	1:35:45	0:23:03	16.27	1:09:39	16.15	0:28:18	0:09:45	2:04:03	5
Defazio	Christian	Non-Member	0:25:51	0:08:54	0:48:08	0:22:17	16.83	1:07:35	0:19:27	19.28	1:28:55	0:21:20	17.58	1:03:04	17.84	0:25:46	0:08:53	1:54:41	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, which results in that leg appearing slightly "slower".