



July 24th 2008: 1-2-3 Brick

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

LastName	First 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
Beecher	Sean	M Un 40	0:06:06	0:23:20	0:17:14	21.76	0:39:54	0:16:34	22.64	0:33:48	0:21:18	0:07:20	1:01:12	7
Tracy	Jeff	M Un 40	0:06:36	0:25:04	0:18:28	20.31	0:42:14	0:17:10	21.84	0:35:38	0:20:35	0:07:05	1:02:49	5
McKim	Dale	M Un 40	0:06:36	0:26:08	0:19:32	19.20	0:44:30	0:18:22	20.42	0:37:54	0:21:45	0:07:30	1:06:15	3
Dibble	Robert	M Un 40	0:08:31	0:30:16	0:21:45	17.24	0:50:40	0:20:24	18.38	0:42:09	0:28:49	0:09:56	1:19:29	1
St.George	Mark	M 40-49	0:06:58	0:24:46	0:17:48	21.07	0:41:35	0:16:49	22.30	0:34:37	0:22:20	0:07:42	1:03:55	7
Schaffstall	Jim	M 40-49	0:06:54	0:26:14	0:19:20	19.40	0:45:38	0:19:24	19.33	0:38:44	0:24:08	0:08:19	1:09:46	5
Mess	Douglas	M 40-49	0:06:30	0:27:11	0:20:41	18.13	0:47:01	0:19:50	18.91	0:40:31	0:24:19	0:08:23	1:11:20	3
McDermott	Shannon	M 40-49	0:08:00	0:30:09	0:22:09	16.93	0:50:22	0:20:13	18.55	0:42:22	0:29:05	0:10:01	1:19:27	1
Garrow	Anthony	M Ov 50	0:06:45	0:24:00	0:17:15	21.74	0:40:39	0:16:39	22.52	0:33:54	0:21:14	0:07:19	1:01:53	7
Herman	John	M Ov 50	0:07:19	0:28:38	0:21:19	17.59	0:48:52	0:20:14	18.53	0:41:33	0:24:43	0:08:31	1:13:35	5
Grey	Joe	M Ov 50	0:07:41	0:28:08	0:20:27	18.34	0:47:17	0:19:09	19.58	0:39:36	0:28:15	0:09:44	1:15:32	3
Trybalski	Kellie	F Un 40	0:07:56	0:28:27	0:20:31	18.28	0:48:03	0:19:36	19.13	0:40:07	0:27:59	0:09:38	1:16:02	7
Benedict	Amy	F Un 40	0:07:24	0:29:05	0:21:41	17.29	0:49:49	0:20:44	18.09	0:42:25	0:27:58	0:09:38	1:17:47	5
Kennedy	Laurie	F 40-49	0:08:49	0:30:55	0:22:06	16.97	0:51:08	0:20:13	18.55	0:42:19	0:32:14	0:11:06	1:23:22	7
Sardes	Diane	F Ov 50	0:07:26	0:27:17	0:19:51	18.89	0:46:00	0:18:43	20.04	0:38:34	0:23:52	0:08:13	1:09:52	7
Abriatis	Nancy	F Ov 50	0:07:42	0:29:54	0:22:12	16.89	0:51:44	0:21:50	17.18	0:44:02	0:25:06	0:08:39	1:16:50	5

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.