



## August 21st 2008: 3-2-1 Brick

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

LastName	FirstName	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
Bottoms	Jonathon	M Un 40	0:19:18	0:06:39	0:36:18	0:17:00	22.06	0:52:31	0:16:13	23.12	0:33:13	0:07:05	0:59:36	7
Moynihan	Andrew	M Un 40	0:19:00	0:06:33	0:37:21	0:18:21	20.44	0:55:40	0:18:19	20.47	0:36:40	0:07:52	1:03:32	5
Tracy	Jeff	M Un 40	0:19:25	0:06:41	0:38:52	0:19:27	19.28	0:56:24	0:17:32	21.39	0:36:59	0:07:30	1:03:54	3
Watson	Charles	M Un 40	0:19:39	0:06:46	0:38:34	0:18:55	19.82	0:56:20	0:17:46	21.11	0:36:41	0:08:23	1:04:43	1
Pautler	Joe	M Un 40	0:20:38	0:07:06	0:41:34	0:20:56	17.91	1:00:32	0:18:58	19.77	0:39:54	0:07:39	1:08:11	1
Mietlicki	Kevin	M 40-49	0:20:02	0:06:54	0:37:51	0:17:49	21.05	0:54:23	0:16:32	22.68	0:34:21	0:07:49	1:02:12	7
Capuson	Patrick	M 40-49	0:19:36	0:06:45	0:38:40	0:19:04	19.67	0:56:25	0:17:45	21.13	0:36:49	0:07:45	1:04:10	5
St.George	Mark	M 40-49	0:21:14	0:07:19	0:39:41	0:18:27	20.33	0:56:14	0:16:33	22.66	0:35:00	0:08:16	1:04:30	3
Mess	Douglas	M 40-49	0:20:52	0:07:11	0:42:19	0:21:27	17.48	1:02:16	0:19:57	18.80	0:41:24	0:09:06	1:11:22	1
Brouillard	Eric	M 40-49	0:22:25	0:07:43	0:43:15	0:20:50	18.00	1:02:13	0:18:58	19.77	0:39:48	0:09:13	1:11:26	1
McDermott	Shannon	M 40-49	0:24:10	0:08:20	0:47:05	0:22:55	16.36	1:07:29	0:20:24	18.38	0:43:19	0:09:52	1:17:21	1
Fried	Chuck	M 40-49	0:24:28	0:08:26	0:50:19	0:25:51	14.51	1:12:24	0:22:05	16.98	0:47:56	0:09:59	1:22:23	1
Chmielewski	Bob	M 40-49	0:26:42	0:09:12	0:51:42	0:25:00	15.00	1:15:47	0:24:05	15.57	0:49:05	0:11:25	1:27:12	1
Garrow	Anthony	M Ov 50	0:19:43	0:06:47	0:37:14	0:17:31	21.41	0:54:08	0:16:54	22.19	0:34:25	1:01:56	1:01:56	7
Miller	Chuck	M Ov 50	0:22:40	0:07:48	0:43:40	0:21:00	17.86	1:02:19	0:18:39	20.11	0:39:39	0:08:58	1:11:17	5
Herman	John	M Ov 50	0:22:24	0:07:43	0:43:50	0:21:26	17.50	1:02:57	0:19:07	19.62	0:40:33	0:10:00	1:12:57	3
Moore	John	M Ov 50	0:23:14	0:08:00	0:44:58	0:21:44	17.25	1:04:54	0:19:56	18.81	0:41:40	0:09:52	1:14:46	1
Grey	Joe	M Ov 50	0:23:45	0:08:11	0:46:08	0:22:23	16.75	1:05:49	0:19:41	19.05	0:42:04	0:10:08	1:15:57	1
Ashare	Rebecca	F Un 40	0:24:20	0:08:23	0:43:36	0:19:16	19.46	1:01:06	0:17:30	21.43	0:36:46	0:09:21	1:10:27	7
Bechard	Kim	F Un 40	0:27:45	0:09:34	0:51:15	0:23:30	15.96	1:13:53	0:22:38	16.57	0:46:08	0:11:42	1:25:35	5
Benedict	Amy	F Un 40	0:27:35	0:09:30	X	X	X	X	X	X	X	X	DNF	0
Haight	Catherine	F 40-49	0:22:15	0:07:40	0:43:41	0:21:26	17.50	1:02:21	0:18:40	20.09	0:40:06	0:08:20	1:10:41	7
Kennedy	Laurie	F 40-49	0:27:40	0:09:32	0:52:43	0:25:03	14.97	1:15:05	0:22:22	16.77	0:47:25	0:11:30	1:26:35	5
Abriatis	Nancy	F Ov 50	0:22:44	0:07:50	0:45:25	0:22:41	16.53	1:07:00	0:21:35	17.37	0:44:16	0:09:17	1:16:17	7
Karnath	Kathy	F Ov 50	0:26:30	0:09:08	0:48:36	0:22:06	16.97	1:08:50	0:20:14	18.53	0:42:20	0:10:53	1:19:43	5
Welby	David	Non-member	0:17:46	0:06:07	0:37:40	0:19:54	18.84	0:57:10	0:19:30	19.23	0:39:24	0:06:16	1:03:26	0
Foster	Brian	Non-member	0:18:04	0:06:13	0:37:44	0:19:40	19.07	0:55:29	0:17:45	21.13	0:37:25	0:08:09	1:03:38	0
Smith	William	Non-member	0:21:28	0:07:24	0:42:05	0:20:37	18.19	1:00:34	0:18:29	20.29	0:39:06	0:08:28	1:09:02	0
Forell	Mark	Non-member	0:24:57	0:08:36	0:50:22	0:25:25	14.75	1:12:26	0:22:04	16.99	0:47:29	0:10:05	1:22:31	0

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

90

# Transition times are included in the leg following the transition.