



September 4th 2008: 1-2-3 Brick

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

LastName	FirstName	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
Bottoms	Jonathon	M Un 40	0:06:10	0:22:46	0:16:36	22.59	0:38:39	0:15:53	23.61	0:32:29	0:19:44	0:06:48	0:58:23	7
Moynihan	Andrew	M Un 40	0:06:16	0:24:25	0:18:09	20.66	0:41:48	0:17:23	21.57	0:35:32	0:20:48	0:07:10	1:02:36	5
Watson	Charles	M Un 40	0:06:13	0:24:02	0:17:49	21.05	0:41:13	0:17:11	21.82	0:35:00	0:21:45	0:07:30	1:02:58	3
Pautler	Joe	M Un 40	0:06:21	0:25:42	0:19:21	19.38	0:43:57	0:18:15	20.55	0:37:36	0:21:38	0:07:27	1:05:35	1
McKim	Dale	M Un 40	0:07:00	0:28:12	0:21:12	17.69	0:48:25	0:20:13	18.55	0:41:25	0:24:25	0:08:25	1:12:50	1
Capuson	Patrick	M 40-49	0:06:09	0:24:04	0:17:55	20.93	0:40:48	0:16:44	22.41	0:34:39	0:22:35	0:07:47	1:03:23	7
St.George	Mark	M 40-49	0:07:00	0:24:58	0:17:58	20.87	0:41:40	0:16:42	22.46	0:34:40	0:23:41	0:08:10	1:05:21	5
Mess	Douglas	M 40-49	0:06:30	0:26:29	0:19:59	18.77	0:45:53	0:19:24	19.33	0:39:23	0:24:33	0:08:27	1:10:26	3
Brouillard	Eric	M 40-49	0:07:31	0:27:07	0:19:36	19.13	0:45:59	0:18:52	19.88	0:38:28	0:25:56	0:08:56	1:11:55	1
Fried	Chuck	M 40-49	0:07:13	0:28:57	0:21:44	17.25	0:49:46	0:20:49	18.01	0:42:33	0:23:37	0:08:08	1:13:23	1
McDermott	Shannon	M 40-49	0:07:40	0:29:43	0:22:03	17.01	0:49:45	0:20:02	18.72	0:42:05	0:27:07	0:09:21	1:16:52	1
Chmielewski	Bob	M 40-49	0:08:52	0:32:47	0:23:55	15.68	0:56:33	0:23:46	15.78	0:47:41	0:30:53	0:10:38	1:27:26	1
Karnath	Ted	M Ov 50	0:07:33	0:25:44	0:18:11	20.62	0:43:33	0:17:49	21.05	0:36:00	0:26:31	0:09:08	1:10:04	7
Grey	Joe	M Ov 50	0:07:31	0:27:18	0:19:47	18.96	0:46:15	0:18:57	19.79	0:38:44	0:26:25	0:09:06	1:12:40	5
Karnath	James	M Ov 50	0:08:24	0:28:08	0:19:44	19.00	0:47:06	0:18:58	19.77	0:38:42	0:29:58	0:10:20	1:17:04	3
Rowan	Catherine	F Un 40	0:07:08	0:28:57	0:21:49	17.19	0:49:39	0:20:42	18.12	0:42:31	0:24:21	0:08:23	1:14:00	7
Bechard	Kim	F Un 40	0:09:19	0:31:38	0:22:19	16.80	0:53:19	0:21:41	17.29	0:44:00	0:32:22	0:11:09	1:25:41	5
Benedict	Amy	F Un 40	0:07:36	0:27:08	0:19:32	19.20	0:52:14	0:25:06	14.94	0:44:38	0:36:03	0:12:25	1:28:17	3
Hoffman	Mary Lou	F 40-49	0:08:32	0:27:02	0:18:30	20.27	0:51:55	0:24:53	15.07	0:43:23	0:29:24	0:10:08	1:21:19	7
Kennedy	Laurie	F 40-49	0:09:02	0:31:11	0:22:09	16.93	0:52:24	0:21:13	17.67	0:43:22	0:32:23	0:11:10	1:24:47	5
Abriatis	Nancy	F Ov 50	0:06:56	0:28:53	0:21:57	17.08	0:50:26	0:21:33	17.40	0:43:30	0:25:37	0:08:50	1:16:03	7
Karnath	Kathy	F Ov 50	0:08:30	0:29:03	0:20:33	18.25	0:48:38	0:19:35	19.15	0:40:08	0:28:58	0:09:59	1:17:36	5
Welby	David	Non-member	0:05:33	0:25:27	0:19:54	18.84	0:44:37	0:19:10	19.57	0:39:04	0:17:44	0:06:06	1:02:21	0
Smith	William	Non-member	0:06:54	0:25:51	0:18:57	19.79	0:44:12	0:18:21	20.44	0:37:18	0:22:57	0:07:54	1:07:09	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.