

Name	Age	Age Group	3 Mile Run	Run Pace (Min/Mile)	2 Loop Bike	Bike Pace (MPH)	1 Mile Run	Total
▼ F20-29								
Sandra Leary	25	F20-29	25:28	08:29	38:25	19.5	09:43	1:13:36
▼ F30-39								
Sarah Bay Cheng	36	F30-39	23:46	07:55	41:08	18.2	06:48	1:11:42
Alison Deem	32	F30-39	23:01	07:40	41:38	18.0	08:08	1:12:47
Amy Benedict	33	F30-39	22:24	07:28	45:00	16.7	09:12	1:16:36
Jen Thompson	33	F30-39	25:27	08:29	45:44	16.4	09:28	1:20:39
▼ F40-49								
Kathy Contrino	47	F40-49	30:52	10:17	46:33	16.1	11:30	1:28:55
▼ F50-59								
Barb O' Reilly	50	F50-59	22:53	07:38	38:18	19.6	08:43	1:09:54
Amy Bryan	51	F50-59	25:02	08:21	42:01	17.9	08:58	1:16:01
▼ F60-69								
▼ M20-29								
Nick Brodnicki	24	M20-29	19:04	06:21	35:17	21.3	06:28	1:00:49
Joe Sceusa	25	M20-29	20:26	06:49	34:05	22.0	07:27	1:01:58
▼ M30-39								
Jon Bottoms	36	M30-39	18:15	06:05	31:59	23.4	06:36	0:56:50
Joe Drees	30	M30-39	20:41	06:54	33:54	22.1	07:38	1:02:13
Eric Butler	38	M30-39	21:11	07:04	34:06	22.0	07:20	1:02:37
Richard Jibb	36	M30-39	19:37	06:32	37:50	19.8	07:20	1:04:47
Rob Leary	32	M30-39	22:09	07:23	35:12	21.3	07:59	1:05:20
Kyle Saisselin	30	M30-39	20:04	06:41	38:09	19.7	07:09	1:05:22
▼ M40-49								
Jon Metz	42	M40-49	21:11	07:04	33:22	22.5	07:21	1:01:54
Dave Strassberg	40	M40-49	21:11	07:04	35:08	21.3	07:38	1:03:57
Mike Pace	42	M40-49	21:15	07:05	35:38	21.0	08:18	1:05:11
Greg Weber	48	M40-49	20:34	06:51	38:05	19.7	07:37	1:06:16
Bill Smith	45	M40-49	22:18	07:26	36:35	20.5	09:05	1:07:58
Clint Ronan	41	M40-49	23:17	07:46	41:24	18.1	09:33	1:14:14
Warren Hale	40	M40-49	30:53	10:18	41:44	18.0	10:02	1:22:39
▼ M50-59								
Herman van Leeuwen	51	M50-59	20:19	06:46	35:47	21.0	07:51	1:03:57
Tony Nicoterra	55	M50-59	21:39	07:13	37:15	20.1	08:32	1:07:26
John Herman	55	M50-59	22:50	07:37	38:42	19.4	09:00	1:10:32
Joe Grey	54	M50-59	24:42	08:14	38:35	19.4	09:26	1:12:43
Jim Karnath	55	M50-59	25:54	08:38	37:44	19.9	09:09	1:12:47
Mark Hammer	59	M50-59	26:07	08:42	44:30	16.9	09:45	1:20:22
Craig Alf	58	M50-59	30:30	10:10	53:52	13.9	09:43	1:34:05
▼ M60-69								
▼ MY-19								
Jack Jibb	12	MY-19	30:01	10:00	52:21	14.3	11:38	1:34:00