



July 7th 2011: 3-3-3 Brick

3 mile run, 3 laps on the bike (18.9 miles), 3 mile run



Overall Results

(See Page 2 for Age Group Results)

Name	AgeGroup	Includes T1 time						Includes T2 time						Finish Time	Points	
		3mile run (clock)	Pace per mile	Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	Lap3 bike (clock)	Lap3 bike (split)	Lap3 bike mph	3mile run (split)			Pace per mile
Jon Bottoms	M 30-39	0:18:48	0:06:16	0:34:50	0:16:03	23.55	0:49:53	0:15:03	25.12	1:05:11	0:15:18	24.71	0:19:43	0:06:34	1:24:55	100
Dan Szajta	M <30	0:18:46	0:06:15	0:40:54	0:22:08	17.08	0:57:26	0:16:32	22.86	1:13:26	0:16:00	23.63	0:19:07	0:06:22	1:32:33	99
Charlie Watson	M 30-39	0:19:43	0:06:34	0:37:13	0:17:30	21.60	0:54:08	0:16:55	22.34	1:11:13	0:17:05	22.13	0:21:30	0:07:10	1:32:43	98
Jon Metz	M 40-49	0:20:48	0:06:56	0:39:05	0:18:18	20.66	0:55:39	0:16:33	22.84	1:12:09	0:16:30	22.91	0:22:13	0:07:24	1:34:22	97
Joe Drees	M 30-39	0:20:01	0:06:40	0:38:36	0:18:34	20.36	0:55:43	0:17:07	22.08	1:13:07	0:17:24	21.72	0:21:36	0:07:12	1:34:43	96
Justin Adamek	M 30-39	0:19:44	0:06:35	0:39:18	0:19:34	19.32	0:56:52	0:17:35	21.50	1:14:36	0:17:44	21.32	0:20:24	0:06:48	1:35:00	95
Dave Strassburg	M 40-49	0:20:41	0:06:54	0:39:07	0:18:26	20.51	0:55:50	0:16:43	22.61	1:12:33	0:16:43	22.61	0:23:04	0:07:41	1:35:37	94
Joshua Hanley	M <30	0:19:33	0:06:31	0:41:00	0:21:27	17.62	0:58:29	0:17:30	21.60	1:15:46	0:17:17	21.87	0:21:03	0:07:01	1:36:49	93
Kevin Leary	M 30-39	0:20:49	0:06:56	0:40:00	0:19:11	19.70	0:57:53	0:17:53	21.14	1:15:56	0:18:03	20.94	0:21:56	0:07:19	1:37:52	92
Kristin Leiby	F 30-39	0:22:05	0:07:22	0:41:03	0:18:57	19.95	0:58:37	0:17:34	21.52	1:16:12	0:17:35	21.50	0:23:55	0:07:58	1:40:07	91
Kyle Sasselin	M 30-39	0:20:51	0:06:57	0:41:07	0:20:16	18.65	1:00:11	0:19:04	19.83	1:19:16	0:19:05	19.81	0:21:06	0:07:02	1:40:22	90
Diane Bishop	F <30	0:22:29	0:07:30	0:40:57	0:18:29	20.45	0:58:36	0:17:39	21.42	1:16:28	0:17:52	21.16	0:24:21	0:08:07	1:40:49	89
Danny Kypena	M 40-49	0:22:19	0:07:26	0:42:04	0:19:44	19.16	0:59:46	0:17:42	21.36	1:17:26	0:17:40	21.40	0:24:05	0:08:02	1:41:31	88
Russ Sullivan	M <30	0:21:27	0:07:09	0:41:02	0:19:35	19.30	0:59:18	0:18:16	20.69	1:18:12	0:18:54	20.00	0:23:21	0:07:47	1:41:33	87
Bill Smith	M 40-49	0:22:31	0:07:30	0:41:59	0:19:28	19.42	0:59:45	0:17:46	21.28	1:17:18	0:17:34	21.52	0:24:34	0:08:11	1:41:52	86
Jennifer Redding	F 30-39	0:23:10	0:07:43	0:42:52	0:19:42	19.19	1:00:32	0:17:40	21.40	1:18:15	0:17:43	21.34	0:24:23	0:08:08	1:42:38	85
Brad Boyle	M 30-39	0:25:41	0:08:34	0:44:05	0:18:23	20.56	1:01:50	0:17:45	21.30	1:19:57	0:18:07	20.86	0:22:52	0:07:37	1:42:49	84
Sarah Bay-Cheng	F 30-39	0:23:05	0:07:42	0:42:54	0:19:49	19.07	1:01:04	0:18:10	20.81	1:18:55	0:17:51	21.18	0:24:05	0:08:02	1:43:00	83
Shyri Marazita	M 30-39	0:21:16	0:07:05	0:41:17	0:20:01	18.88	1:00:43	0:19:27	19.43	1:20:05	0:19:22	19.52	0:24:08	0:08:03	1:44:14	82
Allen Walker	M 40-49	0:26:28	0:08:49	0:45:48	0:19:19	19.57	1:03:46	0:17:59	21.02	1:22:03	0:18:17	20.67	0:24:44	0:08:15	1:46:47	81
Amy Benedict	F 30-39	0:21:37	0:07:12	0:43:45	0:22:07	17.09	1:04:03	0:20:18	18.62	1:23:58	0:19:55	18.98	0:24:43	0:08:14	1:48:41	80
Alison Deem	F 30-39	0:23:29	0:07:50	0:45:08	0:21:39	17.46	1:05:27	0:20:19	18.61	1:25:03	0:19:36	19.29	0:24:10	0:08:03	1:49:13	79
Barbara O'Reilly	F 50+	0:23:47	0:07:56	0:44:50	0:21:03	17.96	1:04:09	0:19:18	19.59	1:23:23	0:19:15	19.64	0:26:31	0:08:50	1:49:54	78
Kevin Stukey	M 50+	0:24:01	0:08:00	0:45:27	0:21:26	17.64	1:04:35	0:19:08	19.76	1:23:48	0:19:13	19.67	0:26:50	0:08:57	1:50:38	77
Eric Brouillard	M 40-49	0:26:14	0:08:45	0:46:57	0:20:42	18.26	1:05:38	0:18:41	20.23	1:24:28	0:18:50	20.07	0:28:39	0:09:33	1:53:08	76
Jim Karnath	M 50+	0:26:51	0:08:57	0:46:24	0:19:33	19.34	1:04:38	0:18:14	20.73	1:22:51	0:18:13	20.75	0:30:36	0:10:12	1:53:28	75
Stefany Critelli	F 40-49	0:27:40	0:09:13	0:48:56	0:21:16	17.77	1:08:27	0:19:32	19.35	1:27:56	0:19:29	19.40	0:29:36	0:09:52	1:57:32	74
Kellie Trybalski	F 30-39	0:26:37	0:08:52	0:48:52	0:22:15	16.99	1:08:53	0:20:00	18.90	1:28:57	0:20:05	18.82	0:29:38	0:09:53	1:58:36	73
April Critelli	Non-Member	0:25:43	0:08:34	0:48:47	0:23:04	16.39	1:10:52	0:22:05	17.12	1:33:01	0:22:09	17.07	0:28:07	0:09:22	2:01:09	72
Lisa Trapasso	F 40-49	0:26:17	0:08:46	0:49:50	0:23:33	16.05	1:11:38	0:21:48	17.34	1:33:34	0:21:56	17.23	0:28:54	0:09:38	2:02:27	71
Walter Hanzlik	M <30	0:26:00	0:08:40	0:50:33	0:24:33	15.40	1:11:57	0:21:24	17.66	1:33:37	0:21:40	17.45	0:28:53	0:09:38	2:02:29	70
Ted Karnath	Non-Member	0:25:24	0:08:28	0:57:22	0:31:58	11.82	1:15:54	0:18:33	20.38	1:35:56	0:20:02	18.87	0:29:54	0:09:58	2:05:50	69
Mary Casey	F 50+	0:28:04	0:09:21	0:54:12	0:26:09	14.46	1:18:42	0:24:30	15.43	1:42:56	0:24:14	15.60	0:32:35	0:10:52	2:15:31	68
James Nowak	M <30	0:31:02	0:10:21	0:58:55	0:27:53	13.56	1:24:14	0:25:19	14.93	1:50:07	0:25:53	14.60	0:32:39	0:10:53	2:22:46	67
Heather Critoph	F <30	0:31:01	0:10:20	0:59:00	0:27:59	13.51	1:24:15	0:25:15	14.97	1:50:06	0:25:51	14.62	0:32:42	0:10:54	2:22:48	66
Kate Leary	F 50+	0:27:57	0:09:19												DNF	
Karen Tierney	F 40-49	0:31:10	0:10:23	0:58:15	0:27:04	13.97	1:22:55	0:24:40	15.32	1:48:33	0:25:38	14.75			DNF	

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. For example, T1 is included in bike lap 1. The final run includes T2 time.

Age Group Results

Name	AgeGroup	<i>Includes T1 time</i>									<i>Includes T2 time</i>				Finish Time	Points
		3mile run (clock)	Pace per mile	Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	Lap3 bike (clock)	Lap3 bike (split)	Lap3 bike mph	3mile run (split)	Pace per mile		
Diane Bishop	F <30	0:22:29	0:07:30	0:40:57	0:18:29	20.45	0:58:36	0:17:39	21.42	1:16:28	0:17:52	21.16	0:24:21	0:08:07	1:40:49	89
Heather Critoph	F <30	0:31:01	0:10:20	0:59:00	0:27:59	13.51	1:24:15	0:25:15	14.97	1:50:06	0:25:51	14.62	0:32:42	0:10:54	2:22:48	66
Kristin Leiby	F 30-39	0:22:05	0:07:22	0:41:03	0:18:57	19.95	0:58:37	0:17:34	21.52	1:16:12	0:17:35	21.50	0:23:55	0:07:58	1:40:07	91
Jennifer Redding	F 30-39	0:23:10	0:07:43	0:42:52	0:19:42	19.19	1:00:32	0:17:40	21.40	1:18:15	0:17:43	21.34	0:24:23	0:08:08	1:42:38	85
Sarah Bay-Cheng	F 30-39	0:23:05	0:07:42	0:42:54	0:19:49	19.07	1:01:04	0:18:10	20.81	1:18:55	0:17:51	21.18	0:24:05	0:08:02	1:43:00	83
Amy Benedict	F 30-39	0:21:37	0:07:12	0:43:45	0:22:07	17.09	1:04:03	0:20:18	18.62	1:23:58	0:19:55	18.98	0:24:43	0:08:14	1:48:41	80
Alison Deem	F 30-39	0:23:29	0:07:50	0:45:08	0:21:39	17.46	1:05:27	0:20:19	18.61	1:25:03	0:19:36	19.29	0:24:10	0:08:03	1:49:13	79
Kellie Trybalski	F 30-39	0:26:37	0:08:52	0:48:52	0:22:15	16.99	1:08:53	0:20:00	18.90	1:28:57	0:20:05	18.82	0:29:38	0:09:53	1:58:36	73
Stefany Critelli	F 40-49	0:27:40	0:09:13	0:48:56	0:21:16	17.77	1:08:27	0:19:32	19.35	1:27:56	0:19:29	19.40	0:29:36	0:09:52	1:57:32	74
Lisa Trapasso	F 40-49	0:26:17	0:08:46	0:49:50	0:23:33	16.05	1:11:38	0:21:48	17.34	1:33:34	0:21:56	17.23	0:28:54	0:09:38	2:02:27	71
Karen Tierney	F 40-49	0:31:10	0:10:23	0:58:15	0:27:04	13.97	1:22:55	0:24:40	15.32	1:48:33	0:25:38	14.75	-	-	DNF	
Barbara O'Reilly	F 50+	0:23:47	0:07:56	0:44:50	0:21:03	17.96	1:04:09	0:19:18	19.59	1:23:23	0:19:15	19.64	0:26:31	0:08:50	1:49:54	78
Mary Casey	F 50+	0:28:04	0:09:21	0:54:12	0:26:09	14.46	1:18:42	0:24:30	15.43	1:42:56	0:24:14	15.60	0:32:35	0:10:52	2:15:31	68
Kate Leary	F 50+	0:27:57	0:09:19	-	-	-	-	-	-	-	-	-	-	-	DNF	
Dan Szajta	M <30	0:18:46	0:06:15	0:40:54	0:22:08	17.08	0:57:26	0:16:32	22.86	1:13:26	0:16:00	23.63	0:19:07	0:06:22	1:32:33	99
Joshua Hanley	M <30	0:19:33	0:06:31	0:41:00	0:21:27	17.62	0:58:29	0:17:30	21.60	1:15:46	0:17:17	21.87	0:21:03	0:07:01	1:36:49	93
Russ Sullivan	M <30	0:21:27	0:07:09	0:41:02	0:19:35	19.30	0:59:18	0:18:16	20.69	1:18:12	0:18:54	20.00	0:23:21	0:07:47	1:41:33	87
Walter Hanzlik	M <30	0:26:00	0:08:40	0:50:33	0:24:33	15.40	1:11:57	0:21:24	17.66	1:33:37	0:21:40	17.45	0:28:53	0:09:38	2:02:29	70
James Nowak	M <30	0:31:02	0:10:21	0:58:55	0:27:53	13.56	1:24:14	0:25:19	14.93	1:50:07	0:25:53	14.60	0:32:39	0:10:53	2:22:46	67
Jon Bottoms	M 30-39	0:18:48	0:06:16	0:34:50	0:16:03	23.55	0:49:53	0:15:03	25.12	1:05:11	0:15:18	24.71	0:19:43	0:06:34	1:24:55	100
Charlie Watson	M 30-39	0:19:43	0:06:34	0:37:13	0:17:30	21.60	0:54:08	0:16:55	22.34	1:11:13	0:17:05	22.13	0:21:30	0:07:10	1:32:43	98
Joe Drees	M 30-39	0:20:01	0:06:40	0:38:36	0:18:34	20.36	0:55:43	0:17:07	22.08	1:13:07	0:17:24	21.72	0:21:36	0:07:12	1:34:43	96
Justin Adamek	M 30-39	0:19:44	0:06:35	0:39:18	0:19:34	19.32	0:56:52	0:17:35	21.50	1:14:36	0:17:44	21.32	0:20:24	0:06:48	1:35:00	95
Kevin Leary	M 30-39	0:20:49	0:06:56	0:40:00	0:19:11	19.70	0:57:53	0:17:53	21.14	1:15:56	0:18:03	20.94	0:21:56	0:07:19	1:37:52	92
Kyle Sasselin	M 30-39	0:20:51	0:06:57	0:41:07	0:20:16	18.65	1:00:11	0:19:04	19.83	1:19:16	0:19:05	19.81	0:21:06	0:07:02	1:40:22	90
Brad Boyle	M 30-39	0:25:41	0:08:34	0:44:05	0:18:23	20.56	1:01:50	0:17:45	21.30	1:19:57	0:18:07	20.86	0:22:52	0:07:37	1:42:49	84
Shyri Marazita	M 30-39	0:21:16	0:07:05	0:41:17	0:20:01	18.88	1:00:43	0:19:27	19.43	1:20:05	0:19:22	19.52	0:24:08	0:08:03	1:44:14	82
Jon Metz	M 40-49	0:20:48	0:06:56	0:39:05	0:18:18	20.66	0:55:39	0:16:33	22.84	1:12:09	0:16:30	22.91	0:22:13	0:07:24	1:34:22	97
Dave Strassburg	M 40-49	0:20:41	0:06:54	0:39:07	0:18:26	20.51	0:55:50	0:16:43	22.61	1:12:33	0:16:43	22.61	0:23:04	0:07:41	1:35:37	94
Danny Kypena	M 40-49	0:22:19	0:07:26	0:42:04	0:19:44	19.16	0:59:46	0:17:42	21.36	1:17:26	0:17:40	21.40	0:24:05	0:08:02	1:41:31	88
Bill Smith	M 40-49	0:22:31	0:07:30	0:41:59	0:19:28	19.42	0:59:45	0:17:46	21.28	1:17:18	0:17:34	21.52	0:24:34	0:08:11	1:41:52	86
Allen Walker	M 40-49	0:26:28	0:08:49	0:45:48	0:19:19	19.57	1:03:46	0:17:59	21.02	1:22:03	0:18:17	20.67	0:24:44	0:08:15	1:46:47	81
Eric Brouillard	M 40-49	0:26:14	0:08:45	0:46:57	0:20:42	18.26	1:05:38	0:18:41	20.23	1:24:28	0:18:50	20.07	0:28:39	0:09:33	1:53:08	76
Kevin Stukey	M 50+	0:24:01	0:08:00	0:45:27	0:21:26	17.64	1:04:35	0:19:08	19.76	1:23:48	0:19:13	19.67	0:26:50	0:08:57	1:50:38	77
Jim Karnath	M 50+	0:26:51	0:08:57	0:46:24	0:19:33	19.34	1:04:38	0:18:14	20.73	1:22:51	0:18:13	20.75	0:30:36	0:10:12	1:53:28	75
April Critelli	Non-Member	0:25:43	0:08:34	0:48:47	0:23:04	16.39	1:10:52	0:22:05	17.12	1:33:01	0:22:09	17.07	0:28:07	0:09:22	2:01:09	72
Ted Karnath	Non-Member	0:25:24	0:08:28	0:57:22	0:31:58	11.82	1:15:54	0:18:33	20.38	1:35:56	0:20:02	18.87	0:29:54	0:09:58	2:05:50	69

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. For example, T1 is included in bike lap 1. The final run includes T2 time.