



# July 21st 2011: 1-2-3 Brick

1 mile run, 2 laps on the bike (12.6 miles), 3 mile run



## Overall Results

(See below for Age Group Results)

Name	AgeGroup	1mile run (clock)	Includes T1 time			Includes T2 time			3mile run (split)	Pace per mile	Finish Time	Points
			Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph				
Jon Bottoms	M 30-39	0:06:00	0:21:25	0:15:26	24.49	0:36:22	0:14:57	25.28	0:20:29	0:06:50	0:56:51	100
Joshua Hanley	M <30	0:05:59	0:23:05	0:17:06	22.11	0:40:33	0:17:28	21.64	0:21:28	0:07:09	1:02:01	99
Kevin Leary	M 30-39	0:06:13	0:24:37	0:18:23	20.56	0:42:49	0:18:12	20.77	0:22:50	0:07:37	1:05:38	98
Jim Schaffstall	M 40-49	0:06:08	0:27:15	0:21:07	17.90	0:47:09	0:19:53	19.01	0:22:28	0:07:29	1:09:37	97
Shyri Marazita	M 30-39	0:06:36	0:26:44	0:20:08	18.77	0:46:28	0:19:44	19.16	0:24:00	0:08:00	1:10:28	96
Bill Smith	M 40-49	0:07:22	0:26:27	0:19:05	19.81	0:45:07	0:18:39	20.27	0:26:15	0:08:45	1:11:21	95
Tony Nicotera	M 50+	0:07:36	0:27:59	0:20:23	18.54	0:45:52	0:17:54	21.12	0:25:33	0:08:31	1:11:26	94
Tom Pequignot	M 30-39	0:06:34	0:26:58	0:20:23	18.54	0:46:40	0:19:42	19.19	0:25:48	0:08:36	1:12:28	93
Kevin Stukey	M 50+	0:07:55	0:27:41	0:19:46	19.12	0:46:43	0:19:02	19.86	0:28:00	0:09:20	1:14:43	92
Jim Karnath	M 50+	0:08:52	0:28:15	0:19:23	19.50	0:46:15	0:18:00	21.00	0:30:04	0:10:01	1:16:20	91
Doug Mess	M 50+	0:07:24	0:27:41	0:20:18	18.62	0:46:45	0:19:03	19.84	0:29:59	0:10:00	1:16:44	90
Amy Benedict	F 30-39	0:06:47	0:28:42	0:21:55	17.25	0:49:48	0:21:06	17.91	0:27:10	0:09:03	1:16:57	89
Amy Dundas	F 30-39	0:08:34	0:32:00	0:23:27	16.12	0:54:01	0:22:00	17.18	0:29:58	0:09:59	1:23:58	88
Carol Smith	F 40-49	0:09:16	0:31:55	0:22:39	16.69	0:53:46	0:21:51	17.30	0:36:18	0:12:06	1:30:03	87
Karen Michaels	F 40-49	0:09:31	0:30:55	0:21:25	17.65	0:51:14	0:20:19	18.61	0:39:56	0:13:19	1:31:10	86
Craig Alf	M 50+	0:09:30	0:37:01	0:27:31	13.74	1:02:10	0:25:09	15.03	0:38:06	0:12:42	1:40:15	85
Kim Bechard	F 30-39	0:09:34	0:32:43	0:23:09	16.33	0:56:08	0:23:25	16.14			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.

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