



# August 18th 2011: 3-2-3 Brick

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



## Overall Results

(See below for 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	3mile run (split)	Pace per mile		
Dan Szajta	M <30	0:21:01	0:07:00	0:37:57	0:16:56	22.32	0:54:06	0:16:09	23.41	0:20:22	0:06:47	1:14:27	100
David Welby	M <30	0:19:53	0:06:38	0:38:04	0:18:11	20.79	0:54:12	0:16:08	23.43	0:20:16	0:06:45	1:14:28	99
Charlie Watson	M 30-39	0:21:02	0:07:01	0:38:19	0:17:17	21.87	0:54:13	0:15:54	23.77	0:22:17	0:07:26	1:16:31	98
Ron Prabucki	M 50+	0:20:56	0:06:59	0:38:42	0:17:46	21.28	0:55:01	0:16:19	23.17	0:21:45	0:07:15	1:16:47	97
Joe Drees	M 30-39	0:21:09	0:07:03	0:38:53	0:17:44	21.32	0:55:38	0:16:44	22.59	0:22:22	0:07:27	1:18:00	96
Kevin Mietlicki	M 40-49	0:21:46	0:07:15	0:39:21	0:17:36	21.48	0:55:50	0:16:28	22.96	0:22:19	0:07:26	1:18:09	95
Justin Adamek	M 30-39	0:19:26	0:06:29	0:38:57	0:19:31	19.37	0:57:01	0:18:04	20.92	0:22:22	0:07:27	1:19:23	94
Kevin Leary	M 30-39	0:21:04	0:07:01	0:39:43	0:18:39	20.27	0:57:39	0:17:55	21.10	0:22:50	0:07:37	1:20:28	93
Shyri Marazita	M 30-39	0:21:28	0:07:09	0:41:34	0:20:05	18.82	1:00:17	0:18:43	20.20	0:22:38	0:07:33	1:22:55	92
Gary Grant	M 40-49	0:23:02	0:07:41	0:41:54	0:18:52	20.04	0:59:33	0:17:39	21.42	0:23:57	0:07:59	1:23:30	91
Sarah Bay-Cheng	F 30-39	0:23:09	0:07:43	0:42:21	0:19:12	19.69	1:00:23	0:18:02	20.96	0:24:17	0:08:06	1:24:39	90
William Smith	M 40-49	0:22:41	0:07:34	0:41:57	0:19:16	19.62	0:59:31	0:17:34	21.52	0:25:11	0:08:24	1:24:42	89
Allen Walker	M 40-49	0:24:04	0:08:01	0:43:18	0:19:14	19.65	1:01:05	0:17:47	21.26	0:24:04	0:08:01	1:25:08	88
Ed Barauskas	M 50+	0:23:40	0:07:53	0:44:05	0:20:26	18.50	1:02:39	0:18:33	20.38	0:25:24	0:08:28	1:28:03	87
Jeff Sullivan	M 50+	0:24:29	0:08:10	0:45:00	0:20:31	18.42	1:03:45	0:18:45	20.16	0:24:27	0:08:09	1:28:12	86
Chris Dentinger	M <30	0:22:15	0:07:25	0:43:43	0:21:28	17.61	1:03:22	0:19:38	19.25	0:25:19	0:08:26	1:28:41	85
Kevin Stukey	M 50+	0:24:00	0:08:00	0:44:09	0:20:09	18.76	1:03:12	0:19:03	19.84	0:27:27	0:09:09	1:30:39	84
Evan Benderson	M <30	0:24:54	0:08:18	0:46:00	0:21:06	17.91	1:05:57	0:19:56	18.96	0:26:04	0:08:41	1:32:01	83
Doug Mess	M 50+	0:23:41	0:07:54	0:45:19	0:21:38	17.47	1:05:19	0:20:00	18.90	0:26:47	0:08:56	1:32:06	82
Amy Benedict	F 30-39	0:22:36	0:07:32	0:45:31	0:22:55	16.49	1:06:15	0:20:44	18.23	0:26:07	0:08:42	1:32:22	81
Jim Karnath	M 50+	0:26:56	0:08:59	0:46:15	0:19:19	19.57	1:04:03	0:17:48	21.24	0:28:41	0:09:34	1:32:44	80
Karen Michaels	F 40-49	0:28:35	0:09:32	0:49:08	0:20:33	18.39	1:08:13	0:19:05	19.81	0:29:50	0:09:57	1:38:04	79
Eric Graber	M 50+	0:26:35	0:08:52	0:50:32	0:23:57	15.78	1:12:39	0:22:07	17.09	0:28:52	0:09:37	1:41:32	78
Carol Smith	F 40-49	0:28:37	0:09:32	0:52:01	0:23:23	16.17	1:13:27	0:21:26	17.64	0:32:46	0:10:55	1:46:13	77

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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