



September 1st 2011: 3-2-1 Brick

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



Overall Results

(See below for Age Group Results)

Name	AgeGroup	3mile run (clock)	Pace per mile	<i>Includes T1 time</i>			<i>Includes T2</i>			1mile run (split)	Finish	
				Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph		Time	Points
Dan Szajta	M <30	0:18:50	0:06:17	0:36:00	0:17:10	22.02	0:51:56	0:15:56	23.72	0:06:43	0:58:39	100
Joe Drees	M 30-39	0:20:57	0:06:59	0:38:54	0:17:57	21.06	0:55:39	0:16:45	22.57	0:07:27	1:03:06	99
Justin Adamek	M 30-39	0:20:23	0:06:48	0:39:31	0:19:08	19.76	0:56:36	0:17:05	22.13	0:07:34	1:04:10	98
Herman Van Leeuwen	M 50+	0:20:35	0:06:52	0:39:08	0:18:33	20.38	0:56:45	0:17:37	21.46	0:08:01	1:04:46	97
Kristin Leiby	F 30-39	0:21:42	0:07:14	0:41:12	0:19:30	19.38	0:59:20	0:18:08	20.85	0:08:17	1:07:37	96
Sarah Bay-Cheng	F 30-39	0:22:26	0:07:29	0:41:52	0:19:26	19.45	0:59:50	0:17:58	21.04	0:07:59	1:07:49	95
Chris Dentinger	M <30	0:22:01	0:07:20	0:41:55	0:19:54	18.99	1:00:47	0:18:52	20.04	0:08:43	1:09:30	94
Tony Nicotera	M 50+	0:22:10	0:07:23	0:42:55	0:20:45	18.22	1:00:44	0:17:49	21.22	0:09:09	1:09:53	93
Ed Barauskas	M 50+	0:23:06	0:07:42	0:43:19	0:20:13	18.70	1:01:29	0:18:10	20.81	0:09:31	1:11:00	92
Kevin Stukey	M 50+	0:23:39	0:07:53	0:43:21	0:19:42	19.19	1:01:40	0:18:19	20.64	0:09:53	1:11:33	91
Barbara O'Reilly	F 50+	0:24:11	0:08:04	0:44:51	0:20:40	18.29	1:04:04	0:19:13	19.67	0:09:37	1:13:41	90
Jim Karnath	M 50+	0:27:26	0:09:09	0:47:04	0:19:38	19.25	1:04:49	0:17:45	21.30	0:09:52	1:14:41	89
Amy Goerss	F 40-49	0:24:16	0:08:05	0:46:31	0:22:15	16.99	1:05:12	0:18:41	20.23	0:10:08	1:15:20	88
Mark Hammer	M 50+	0:24:12	0:08:04	0:46:12	0:22:00	17.18	1:06:31	0:20:19	18.61	0:08:57	1:15:28	87
Karen Michaels	F 40-49	0:26:11	0:08:44	0:48:14	0:22:03	17.14	1:08:09	0:19:55	18.98	0:11:06	1:19:15	86
Lisa Trapasso	F 40-49	0:27:21	0:09:07	0:50:13	0:22:52	16.53	1:11:21	0:21:08	17.89	0:10:03	1:21:24	85
Mary Casey	F 50+	0:28:18	0:09:26	0:53:29	0:25:11	15.01	1:16:54	0:23:25	16.14	0:11:27	1:28:21	84
Dawn-Anne Dykes	F 30-39	0:30:07	0:10:02	0:56:52	0:26:45	14.13	1:20:16	0:23:24	16.15	0:11:37	1:31:53	83
Kim Bechard	F 30-39	0:32:53	0:10:58	0:56:55	0:24:02	15.73	1:19:43	0:22:48	16.58	0:13:08	1:32:51	82

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	3mile run (clock)	Pace per mile	<i>Includes T1 time</i>			<i>Includes T2 time</i>			3mile run (split)	Finish Time	Points
				Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph			
Kristin Leiby	F 30-39	0:21:42	0:07:14	0:41:12	0:19:30	19.38	0:59:20	0:18:08	20.85	0:08:17	1:07:37	96
Sarah Bay-Cheng	F 30-39	0:22:26	0:07:29	0:41:52	0:19:26	19.45	0:59:50	0:17:58	21.04	0:07:59	1:07:49	95
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Karen Michaels	F 40-49	0:26:11	0:08:44	0:48:14	0:22:03	17.14	1:08:09	0:19:55	18.98	0:11:06	1:19:15	86
Lisa Trapasso	F 40-49	0:27:21	0:09:07	0:50:13	0:22:52	16.53	1:11:21	0:21:08	17.89	0:10:03	1:21:24	85
Barbara O'Reilly	F 50+	0:24:11	0:08:04	0:44:51	0:20:40	18.29	1:04:04	0:19:13	19.67	0:09:37	1:13:41	90
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