



## May 24th 2012: 3-2-1 Brick

3 mile run, 2 laps on the bike (6.3 miles each), 1 mile run

### Overall Results

(See below for age group results and points)

Name	AgeGroup	3mile run (clock)	Run Pace	Lap1 bike (clock)	Lap1 bike (inc T1)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	1 mile run (inc T2)	Finish Time
Kevin Mietlicki	M 40-49	0:20:18	0:06:46	0:37:35	0:17:17	21.87	0:53:38	0:16:03	23.55	0:07:36	1:01:14
Ronald Prabucki	M 50+	0:20:22	0:06:47	0:37:39	0:17:17	21.87	0:53:42	0:16:03	23.55	0:07:57	1:01:39
Joseph Drees	M 30-39	0:20:03	0:06:41	0:37:30	0:17:27	21.66	0:53:50	0:16:20	23.14	0:07:56	1:01:46
Justin Adamek	M 40-49	0:19:32	0:06:31	0:39:00	0:19:28	19.42	0:57:07	0:18:07	20.86	0:07:18	1:04:25
Jon Metz	M 40-49	0:21:31	0:07:10	0:39:40	0:18:09	20.83	0:56:22	0:16:42	22.63	0:08:24	1:04:46
Bob Shabala	M 40-49	0:20:08	0:06:43	0:39:42	0:19:34	19.32	0:57:20	0:17:38	21.44	0:07:53	1:05:13
Sarah Bay-Cheng	F 30-39	0:21:54	0:07:18	0:40:53	0:18:59	19.91	0:57:57	0:17:04	22.15	0:07:50	1:05:47
Kristin Leiby	F 30-39	0:22:04	0:07:21	0:40:54	0:18:50	20.07	0:57:49	0:16:55	22.34	0:08:28	1:06:17
Joseph Rosati	M 40-49	0:21:48	0:07:16	0:40:49	0:19:01	19.88	0:58:24	0:17:35	21.50	0:08:11	1:06:35
Kristina Marquez	F 30-39	0:21:53	0:07:18	0:41:21	0:19:28	19.42	1:00:18	0:18:57	19.95	0:07:45	1:08:03
Charles Watson	M 30-39	0:20:02	0:06:41	0:37:32	0:17:30	21.60	0:55:43	0:18:11	20.79	0:12:22	1:08:05
Bob Timkey	M 30-39	0:21:50	0:07:17	0:42:55	0:21:05	17.93	1:00:59	0:18:04	20.92	0:08:57	1:09:56
Michael Belus	M 30-39	0:21:55	0:07:18	0:42:48	0:20:53	18.10	1:02:25	0:19:37	19.27	0:07:49	1:10:14
James Schaffstall	M 50+	0:19:53	0:06:38	0:42:38	0:22:45	16.62	1:04:01	0:21:23	17.68	0:08:47	1:12:48
William Smith	M 40-49	0:23:45	0:07:55	0:44:06	0:20:21	18.57	1:03:08	0:19:02	19.86	0:09:41	1:12:49
Charles Anderson	M 30-39	0:22:26	0:07:29	0:43:40	0:21:14	17.80	1:03:49	0:20:09	18.76	0:09:11	1:13:00
Michael Lanighan	M <30	0:24:36	0:08:12	0:45:33	0:20:57	18.04	1:04:17	0:18:44	20.18	0:09:14	1:13:31
James Karnath	M 50+	0:27:56	0:09:19	0:46:38	0:18:42	20.21	1:04:14	0:17:36	21.48	0:09:36	1:13:50
Chuck Miller	M 50+	0:25:26	0:08:29	0:46:11	0:20:45	18.22	1:04:21	0:18:10	20.81	0:10:08	1:14:29
Barbara O'Reilly	F 50+	0:24:48	0:08:16	0:46:06	0:21:18	17.75	1:04:55	0:18:49	20.09	0:09:46	1:14:41
Donald Putnam	M 30-39	0:24:47	0:08:16	0:46:20	0:21:33	17.54	1:06:24	0:20:04	18.84	0:10:18	1:16:42
Andrew Ingham	M <30	0:26:46	0:08:55	0:47:54	0:21:08	17.89	1:07:56	0:20:02	18.87	0:08:59	1:16:55
Amanda Beecher	F <30	0:23:52	0:07:57	0:46:42	0:22:50	16.55	1:08:12	0:21:30	17.58	0:10:39	1:18:51
Emily Harrington	F <30	0:24:37	0:08:12	0:48:34	0:23:57	15.78	1:10:33	0:21:59	17.19	0:09:29	1:20:02
Abigail Wesley	F <30	0:25:44	0:08:35	0:49:01	0:23:17	16.23	1:11:44	0:22:43	16.64	0:10:03	1:21:47
Tiffany Breniser	F 40-49	0:26:58	0:08:59	0:51:17	0:24:19	15.54	1:14:14	0:22:57	16.47	0:09:50	1:24:04
Michael Blumenson	M 40-49	0:29:37	0:09:52	0:53:11	0:23:34	16.04	1:15:48	0:22:37	16.71	0:10:50	1:26:38
Jayme Maloney	F 40-49	0:27:25	0:09:08	0:55:40	0:28:15	13.38	1:22:48	0:27:08	13.93	0:10:38	1:33:26
Karen Tierney	F 40-49	0:33:39	0:11:13	1:03:32	0:29:53	12.65					
Trevor Cavalier	M <30	0:33:15	0:11:05	1:02:21	0:29:06	12.99					

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, and are marked as "(inc T1)," "(inc T2)," etc.

## Age Group Results

Name	AgeGroup	3mile run (clock)	Run Pace	Lap1 bike (clock)	Lap1 bike (inc T1)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	1 mile run (inc T2)	Finish Time	Points
Amanda Beecher	F <30	0:23:52	0:07:57	0:46:42	0:22:50	16.55	1:08:12	0:21:30	17.58	0:10:39	1:18:51	7
Emily Harrington	F <30	0:24:37	0:08:12	0:48:34	0:23:57	15.78	1:10:33	0:21:59	17.19	0:09:29	1:20:02	5
Abigail Wesley	F <30	0:25:44	0:08:35	0:49:01	0:23:17	16.23	1:11:44	0:22:43	16.64	0:10:03	1:21:47	3
Sarah Bay-Cheng	F 30-39	0:21:54	0:07:18	0:40:53	0:18:59	19.91	0:57:57	0:17:04	22.15	0:07:50	1:05:47	7
Kristin Leiby	F 30-39	0:22:04	0:07:21	0:40:54	0:18:50	20.07	0:57:49	0:16:55	22.34	0:08:28	1:06:17	5
Kristina Marquez	F 30-39	0:21:53	0:07:18	0:41:21	0:19:28	19.42	1:00:18	0:18:57	19.95	0:07:45	1:08:03	3
Tiffany Breniser	F 40-49	0:26:58	0:08:59	0:51:17	0:24:19	15.54	1:14:14	0:22:57	16.47	0:09:50	1:24:04	7
Jayme Maloney	F 40-49	0:27:25	0:09:08	0:55:40	0:28:15	13.38	1:22:48	0:27:08	13.93	0:10:38	1:33:26	5
Karen Tierney	F 40-49	0:33:39	0:11:13	1:03:32	0:29:53	12.65						0
Barbara O'Reilly	F 50+	0:24:48	0:08:16	0:46:06	0:21:18	17.75	1:04:55	0:18:49	20.09	0:09:46	1:14:41	7
Michael Lanighan	M <30	0:24:36	0:08:12	0:45:33	0:20:57	18.04	1:04:17	0:18:44	20.18	0:09:14	1:13:31	7
Andrew Ingham	M <30	0:26:46	0:08:55	0:47:54	0:21:08	17.89	1:07:56	0:20:02	18.87	0:08:59	1:16:55	5
Trevor Cavalier	M <30	0:33:15	0:11:05	1:02:21	0:29:06	12.99						0
Joseph Drees	M 30-39	0:20:03	0:06:41	0:37:30	0:17:27	21.66	0:53:50	0:16:20	23.14	0:07:56	1:01:46	7
Charles Watson	M 30-39	0:20:02	0:06:41	0:37:32	0:17:30	21.60	0:55:43	0:18:11	20.79	0:12:22	1:08:05	5
Bob Timkey	M 30-39	0:21:50	0:07:17	0:42:55	0:21:05	17.93	1:00:59	0:18:04	20.92	0:08:57	1:09:56	3
Michael Belus	M 30-39	0:21:55	0:07:18	0:42:48	0:20:53	18.10	1:02:25	0:19:37	19.27	0:07:49	1:10:14	1
Charles Anderson	M 30-39	0:22:26	0:07:29	0:43:40	0:21:14	17.80	1:03:49	0:20:09	18.76	0:09:11	1:13:00	1
Donald Putnam	M 30-39	0:24:47	0:08:16	0:46:20	0:21:33	17.54	1:06:24	0:20:04	18.84	0:10:18	1:16:42	1
Kevin Mietlicki	M 40-49	0:20:18	0:06:46	0:37:35	0:17:17	21.87	0:53:38	0:16:03	23.55	0:07:36	1:01:14	7
Justin Adamek	M 40-49	0:19:32	0:06:31	0:39:00	0:19:28	19.42	0:57:07	0:18:07	20.86	0:07:18	1:04:25	5
Jon Metz	M 40-49	0:21:31	0:07:10	0:39:40	0:18:09	20.83	0:56:22	0:16:42	22.63	0:08:24	1:04:46	3
Bob Shabala	M 40-49	0:20:08	0:06:43	0:39:42	0:19:34	19.32	0:57:20	0:17:38	21.44	0:07:53	1:05:13	1
Joseph Rosati	M 40-49	0:21:48	0:07:16	0:40:49	0:19:01	19.88	0:58:24	0:17:35	21.50	0:08:11	1:06:35	1
William Smith	M 40-49	0:23:45	0:07:55	0:44:06	0:20:21	18.57	1:03:08	0:19:02	19.86	0:09:41	1:12:49	1
Michael Blumenson	M 40-49	0:29:37	0:09:52	0:53:11	0:23:34	16.04	1:15:48	0:22:37	16.71	0:10:50	1:26:38	1
Ronald Prabucki	M 50+	0:20:22	0:06:47	0:37:39	0:17:17	21.87	0:53:42	0:16:03	23.55	0:07:57	1:01:39	7
James Schaffstall	M 50+	0:19:53	0:06:38	0:42:38	0:22:45	16.62	1:04:01	0:21:23	17.68	0:08:47	1:12:48	5
James Karnath	M 50+	0:27:56	0:09:19	0:46:38	0:18:42	20.21	1:04:14	0:17:36	21.48	0:09:36	1:13:50	3
Chuck Miller	M 50+	0:25:26	0:08:29	0:46:11	0:20:45	18.22	1:04:21	0:18:10	20.81	0:10:08	1:14:29	1