



July 6th 2012: 3-3-3 Brick

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



Overall Results (See below for Age Group Results)

Name	AgeGroup	Includes T1 time						Includes T2 time						Finish Time	
		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
Justin Adamek	M 40-49	0:20:14	0:06:45	0:39:37	0:19:23	19.50	0:57:12	0:17:35	21.50	1:14:41	0:17:29	21.62	0:20:21	0:06:47	1:35:02
Ronald Prabucki	M 50+	0:22:24	0:07:28	0:41:01	0:18:37	20.30	0:57:38	0:16:37	22.75	1:14:21	0:16:43	22.61	0:21:35	0:07:12	1:35:56
Joseph Sceusa	M <30	0:20:50	0:06:57	0:40:03	0:19:13	19.67	0:56:31	0:16:28	22.96	1:13:46	0:17:15	21.91	0:23:02	0:07:41	1:36:48
Joseph Rosati	M 40-49	0:21:41	0:07:14	0:40:27	0:18:46	20.14	0:57:49	0:17:22	21.77	1:14:26	0:16:37	22.75	0:22:42	0:07:34	1:37:08
Charles Watson	M 30-39	0:22:26	0:07:29	0:40:00	0:17:34	21.52	0:56:29	0:16:29	22.93	1:13:43	0:17:14	21.93	0:24:05	0:08:02	1:37:48
Joseph Drees	M 30-39	0:21:00	0:07:00	0:39:05	0:18:05	20.90	0:56:07	0:17:02	22.19	1:13:08	0:17:01	22.21	0:25:10	0:08:23	1:38:18
Michael Balent	M 30-39	0:25:51	0:08:37	0:45:31	0:19:40	19.22	1:02:15	0:16:44	22.59	1:19:31	0:17:16	21.89	0:24:01	0:08:00	1:43:32
Chuck Miller	M 50+	0:25:11	0:08:24	0:45:50	0:20:39	18.31	1:03:22	0:17:32	21.56	1:22:44	0:19:22	19.52	0:27:48	0:09:16	1:50:32
James Schaffstall	M 50+	0:19:26	0:06:29	0:40:47	0:21:21	17.70	1:02:21	0:21:34	17.53	1:25:05	0:22:44	16.63	0:26:47	0:08:56	1:51:52
James Karnath	M 50+	0:28:10	0:09:23	0:48:45	0:20:35	18.36	1:07:13	0:18:28	20.47	1:25:36	0:18:23	20.56	0:30:19	0:10:06	1:55:55
Mark Hammer	M 50+	0:27:49	0:09:16	0:50:20	0:22:31	16.79	1:10:28	0:20:08	18.77	1:30:10	0:19:42	19.19	0:28:45	0:09:35	1:58:55
Terry Swaydis	F 50+	0:26:24	0:08:48	0:50:01	0:23:37	16.01	1:11:01	0:21:00	18.00	1:34:38	0:23:37	16.01	0:32:08	0:10:43	2:06:46
Russ Sampson	M 30-39	0:25:51	0:08:37	0:46:28	0:20:37	18.33	1:07:20	0:20:52	18.12	1:36:00	0:28:40	13.19	0:30:47	0:10:16	2:06:47
Peter Monteferrante	M 40-49	0:30:53	0:10:18	0:52:07	0:21:14	17.80	1:12:55	0:20:48	18.17	1:34:34	0:21:39	17.46	0:34:29	0:11:30	2:09:03
Amy Benedict	F 30-39	0:26:22	0:08:47	0:50:00	0:23:38	15.99	1:12:15	0:22:15	16.99	1:37:13	0:24:58	15.14	0:33:49	0:11:16	2:11:02

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	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
Amy Benedict	F 30-39	0:26:22	0:08:47	0:50:00	0:23:38	15.99	1:12:15	0:22:15	16.99	1:37:13	0:24:58	15.14	0:33:49	0:11:16	2:11:02	7
Terry Swaydis	F 50+	0:26:24	0:08:48	0:50:01	0:23:37	16.01	1:11:01	0:21:00	18.00	1:34:38	0:23:37	16.01	0:32:08	0:10:43	2:06:46	7
Joseph Sceusa	M <30	0:20:50	0:06:57	0:40:03	0:19:13	19.67	0:56:31	0:16:28	22.96	1:13:46	0:17:15	21.91	0:23:02	0:07:41	1:36:48	7
Charles Watson	M 30-39	0:22:26	0:07:29	0:40:00	0:17:34	21.52	0:56:29	0:16:29	22.93	1:13:43	0:17:14	21.93	0:24:05	0:08:02	1:37:48	7
Joseph Drees	M 30-39	0:21:00	0:07:00	0:39:05	0:18:05	20.90	0:56:07	0:17:02	22.19	1:13:08	0:17:01	22.21	0:25:10	0:08:23	1:38:18	5
Michael Balent	M 30-39	0:25:51	0:08:37	0:45:31	0:19:40	19.22	1:02:15	0:16:44	22.59	1:19:31	0:17:16	21.89	0:24:01	0:08:00	1:43:32	3
Russ Sampson	M 30-39	0:25:51	0:08:37	0:46:28	0:20:37	18.33	1:07:20	0:20:52	18.12	1:36:00	0:28:40	13.19	0:30:47	0:10:16	2:06:47	1
Justin Adamek	M 40-49	0:20:14	0:06:45	0:39:37	0:19:23	19.50	0:57:12	0:17:35	21.50	1:14:41	0:17:29	21.62	0:20:21	0:06:47	1:35:02	7
Joseph Rosati	M 40-49	0:21:41	0:07:14	0:40:27	0:18:46	20.14	0:57:49	0:17:22	21.77	1:14:26	0:16:37	22.75	0:22:42	0:07:34	1:37:08	5
Peter Monteferrante	M 40-49	0:30:53	0:10:18	0:52:07	0:21:14	17.80	1:12:55	0:20:48	18.17	1:34:34	0:21:39	17.46	0:34:29	0:11:30	2:09:03	3
Ronald Prabucki	M 50+	0:22:24	0:07:28	0:41:01	0:18:37	20.30	0:57:38	0:16:37	22.75	1:14:21	0:16:43	22.61	0:21:35	0:07:12	1:35:56	7
Chuck Miller	M 50+	0:25:11	0:08:24	0:45:50	0:20:39	18.31	1:03:22	0:17:32	21.56	1:22:44	0:19:22	19.52	0:27:48	0:09:16	1:50:32	5
James Schaffstall	M 50+	0:19:26	0:06:29	0:40:47	0:21:21	17.70	1:02:21	0:21:34	17.53	1:25:05	0:22:44	16.63	0:26:47	0:08:56	1:51:52	3
James Karnath	M 50+	0:28:10	0:09:23	0:48:45	0:20:35	18.36	1:07:13	0:18:28	20.47	1:25:36	0:18:23	20.56	0:30:19	0:10:06	1:55:55	1
Mark Hammer	M 50+	0:27:49	0:09:16	0:50:20	0:22:31	16.79	1:10:28	0:20:08	18.77	1:30:10	0:19:42	19.19	0:28:45	0:09:35	1:58:55	1

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