



July 19th 2012: 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
			Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph			
Joshua Hanley	M <30	0:06:33	0:24:32	0:17:59	21.02	0:40:51	0:16:19	23.17	0:21:42	0:07:14	1:02:33
Joseph Rosati	M 40-49	0:06:50	0:24:22	0:17:32	21.56	0:41:00	0:16:38	22.73	0:21:51	0:07:17	1:02:51
Ronald Prabucki	M 50+	0:07:04	0:25:14	0:18:10	20.81	0:42:34	0:17:20	21.81	0:21:46	0:07:15	1:04:20
Michael Lanighan	M <30	0:06:31	0:24:53	0:18:22	20.58	0:42:22	0:17:29	21.62	0:23:46	0:07:55	1:06:08
Tony Nicotera	M 50+	0:07:11	0:26:22	0:19:11	19.70	0:44:10	0:17:48	21.24	0:23:42	0:07:54	1:07:52
Don Heins	M <30	0:06:41	0:27:06	0:20:25	18.51	0:47:11	0:20:05	18.82	0:23:18	0:07:46	1:10:29
Charles Anderson	M 30-39	0:06:43	0:26:45	0:20:02	18.87	0:46:29	0:19:44	19.16	0:24:14	0:08:05	1:10:43
Chuck Miller	M 50+	0:08:22	0:28:32	0:20:10	18.74	0:47:59	0:19:27	19.43	0:25:27	0:08:29	1:13:26
Barbara O'Reilly	F 50+	0:08:44	0:29:08	0:20:24	18.53	0:48:05	0:18:57	19.95	0:26:09	0:08:43	1:14:14
Emily Harrington	F <30	0:07:33	0:29:45	0:22:12	17.03	0:51:25	0:21:40	17.45	0:24:15	0:08:05	1:15:40
Amy Benedict	F 30-39	0:07:46	0:30:26	0:22:40	16.68	0:52:00	0:21:34	17.53	0:27:19	0:09:06	1:19:19
Michael Blumenson	M 40-49	0:07:57	0:29:36	0:21:39	17.46	0:50:59	0:21:23	17.68	0:28:54	0:09:38	1:19:53
Joshua Harris	M 30-39	0:09:15	0:30:54	0:21:39	17.46	0:52:19	0:21:25	17.65	0:27:44	0:09:15	1:20:03
Karen Tierney	F 40-49	0:09:46	0:37:46	0:28:00	13.50	1:03:37	0:25:51	14.62	0:36:43	0:12:14	1:40:20

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	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				
Emily Harrington	F <30	0:07:33	0:29:45	0:22:12	17.03	0:51:25	0:21:40	17.45	0:24:15	0:08:05	1:15:40	7
Amy Benedict	F 30-39	0:07:46	0:30:26	0:22:40	16.68	0:52:00	0:21:34	17.53	0:27:19	0:09:06	1:19:19	7
Karen Tierney	F 40-49	0:09:46	0:37:46	0:28:00	13.50	1:03:37	0:25:51	14.62	0:36:43	0:12:14	1:40:20	7
Barbara O'Reilly	F 50+	0:08:44	0:29:08	0:20:24	18.53	0:48:05	0:18:57	19.95	0:26:09	0:08:43	1:14:14	7
Joshua Hanley	M <30	0:06:33	0:24:32	0:17:59	21.02	0:40:51	0:16:19	23.17	0:21:42	0:07:14	1:02:33	7
Michael Lanighan	M <30	0:06:31	0:24:53	0:18:22	20.58	0:42:22	0:17:29	21.62	0:23:46	0:07:55	1:06:08	5
Don Heins	M <30	0:06:41	0:27:06	0:20:25	18.51	0:47:11	0:20:05	18.82	0:23:18	0:07:46	1:10:29	3
Charles Anderson	M 30-39	0:06:43	0:26:45	0:20:02	18.87	0:46:29	0:19:44	19.16	0:24:14	0:08:05	1:10:43	7
Joshua Harris	M 30-39	0:09:15	0:30:54	0:21:39	17.46	0:52:19	0:21:25	17.65	0:27:44	0:09:15	1:20:03	5
Joseph Rosati	M 40-49	0:06:50	0:24:22	0:17:32	21.56	0:41:00	0:16:38	22.73	0:21:51	0:07:17	1:02:51	7
Michael Blumenson	M 40-49	0:07:57	0:29:36	0:21:39	17.46	0:50:59	0:21:23	17.68	0:28:54	0:09:38	1:19:53	5
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Chuck Miller	M 50+	0:08:22	0:28:32	0:20:10	18.74	0:47:59	0:19:27	19.43	0:25:27	0:08:29	1:13:26	3