



August 16th 2012: 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>			3mile run (split)	Pace per mile	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
Rob Leary	M 30-39	0:20:04	0:06:41	0:36:38	0:16:34	22.82	0:52:28	0:15:50	23.87	0:21:37	0:07:12	1:14:05
Ronald Prabucki	M 50+	0:21:43	0:07:14	0:39:28	0:17:45	21.30	0:56:07	0:16:39	22.70	0:21:13	0:07:04	1:17:20
Joseph Rosati	M 40-49	0:21:31	0:07:10	0:39:29	0:17:58	21.04	0:56:17	0:16:48	22.50	0:21:49	0:07:16	1:18:06
Don Heins	M <30	0:21:05	0:07:02	0:42:04	0:20:59	18.01	1:02:21	0:20:17	18.64	0:22:15	0:07:25	1:24:36
Michael Belus	M 30-39	0:22:48	0:07:36	0:43:32	0:20:44	18.23	1:02:16	0:18:44	20.18	0:22:24	0:07:28	1:24:40
William Smith	M 40-49	0:23:55	0:07:58	0:44:23	0:20:28	18.47	1:03:13	0:18:50	20.07	0:24:48	0:08:16	1:28:01
Charles Anderson	M 30-39	0:21:38	0:07:13	0:42:40	0:21:02	17.97	1:03:00	0:20:20	18.59	0:25:52	0:08:37	1:28:52
Mark Hammer	M 50+	0:24:08	0:08:03	0:45:59	0:21:51	17.30	1:05:47	0:19:48	19.09	0:27:40	0:09:13	1:33:27
Mark Sommers	M 30-39	0:26:51	0:08:57	0:47:00	0:20:09	18.76	1:06:11	0:19:11	19.70	0:29:08	0:09:43	1:35:19
Shelly Cavalier	F 40-49	0:26:30	0:08:50	0:48:46	0:22:16	16.98	1:08:33	0:19:47	19.11	0:27:57	0:09:19	1:36:30
James Karnath	M 50+	0:28:49	0:09:36	0:49:13	0:20:24	18.53	1:07:00	0:17:47	21.26	0:30:32	0:10:11	1:37:32
Amy Benedict	F 30-39	0:25:07	0:08:22	0:48:52	0:23:45	15.92	1:10:22	0:21:30	17.58	0:29:33	0:09:51	1:39:55
Shawn Martin	M 40-49	0:26:47	0:08:56	0:52:47	0:26:00	14.54	1:15:55	0:23:08	16.34	0:33:17	0:11:06	1:49:12
Keith Burtis	M 30-39	0:40:47	0:13:36	1:08:15	0:27:28	13.76	1:34:20	0:26:05	14.49	--	--	DNF
Karen Tierney	F 40-49	0:33:07	0:11:02	1:02:36	0:29:29	12.82	1:28:51	0:26:15	14.40	--	--	DNF

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	<i>Includes T1 time</i>			<i>Includes T2 time</i>			3mile run (split)	Pace per mile	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
Amy Benedict	F 30-39	0:25:07	0:08:22	0:48:52	0:23:45	15.92	1:10:22	0:21:30	17.58	0:29:33	0:09:51	1:39:55	7
Shelly Cavalier	F 40-49	0:26:30	0:08:50	0:48:46	0:22:16	16.98	1:08:33	0:19:47	19.11	0:27:57	0:09:19	1:36:30	7
Karen Tierney	F 40-49	0:33:07	0:11:02	1:02:36	0:29:29	12.82	1:28:51	0:26:15	14.40	--	--	DNF	0
Don Heins	M <30	0:21:05	0:07:02	0:42:04	0:20:59	18.01	1:02:21	0:20:17	18.64	0:22:15	0:07:25	1:24:36	7
Rob Leary	M 30-39	0:20:04	0:06:41	0:36:38	0:16:34	22.82	0:52:28	0:15:50	23.87	0:21:37	0:07:12	1:14:05	7
Michael Belus	M 30-39	0:22:48	0:07:36	0:43:32	0:20:44	18.23	1:02:16	0:18:44	20.18	0:22:24	0:07:28	1:24:40	5
Charles Anderson	M 30-39	0:21:38	0:07:13	0:42:40	0:21:02	17.97	1:03:00	0:20:20	18.59	0:25:52	0:08:37	1:28:52	3
Mark Sommers	M 30-39	0:26:51	0:08:57	0:47:00	0:20:09	18.76	1:06:11	0:19:11	19.70	0:29:08	0:09:43	1:35:19	1
Keith Burtis	M 30-39	0:40:47	0:13:36	1:08:15	0:27:28	13.76	1:34:20	0:26:05	14.49	--	--	DNF	0
Joseph Rosati	M 40-49	0:21:31	0:07:10	0:39:29	0:17:58	21.04	0:56:17	0:16:48	22.50	0:21:49	0:07:16	1:18:06	7
William Smith	M 40-49	0:23:55	0:07:58	0:44:23	0:20:28	18.47	1:03:13	0:18:50	20.07	0:24:48	0:08:16	1:28:01	5
Shawn Martin	M 40-49	0:26:47	0:08:56	0:52:47	0:26:00	14.54	1:15:55	0:23:08	16.34	0:33:17	0:11:06	1:49:12	3
Ronald Prabucki	M 50+	0:21:43	0:07:14	0:39:28	0:17:45	21.30	0:56:07	0:16:39	22.70	0:21:13	0:07:04	1:17:20	7
Mark Hammer	M 50+	0:24:08	0:08:03	0:45:59	0:21:51	17.30	1:05:47	0:19:48	19.09	0:27:40	0:09:13	1:33:27	5
James Karnath	M 50+	0:28:49	0:09:36	0:49:13	0:20:24	18.53	1:07:00	0:17:47	21.26	0:30:32	0:10:11	1:37:32	3