



# August 30th 2012: 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	<i>Includes T1 time</i>			<i>Includes T2</i>			1mile run (split)	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
Joshua Hanley	M <30	0:20:10	0:06:43	0:37:20	0:17:10	22.02	0:53:35	0:16:15	23.26	0:07:34	1:01:09
Joe Pautler	M 30-39	0:20:06	0:06:42	0:38:11	0:18:05	20.90	0:55:07	0:16:56	22.32	0:07:24	1:02:31
Joseph Rosati	M 40-49	0:20:44	0:06:55	0:38:48	0:18:04	20.92	0:56:03	0:17:15	21.91	0:07:08	1:03:11
Tony Nicotera	M 50+	0:21:50	0:07:17	0:42:30	0:20:40	18.29	1:00:32	0:18:02	20.96	0:08:52	1:09:24
William Smith	M 40-49	0:23:26	0:07:49	0:44:03	0:20:37	18.33	1:02:49	0:18:46	20.14	0:08:59	1:11:48
Don Heins	M <30	0:21:40	0:07:13	0:43:21	0:21:41	17.43	1:04:04	0:20:43	18.25	0:08:03	1:12:07
James Karnath	M 50+	0:26:33	0:08:51	0:46:08	0:19:35	19.30	1:04:03	0:17:55	21.10	0:09:43	1:13:46
Barbara O'Reilly	F 50+	0:24:18	0:08:06	0:45:30	0:21:12	17.83	1:04:28	0:18:58	19.93	0:09:34	1:14:02
Mark Sommers	M 30-39	0:25:42	0:08:34	0:45:29	0:19:47	19.11	1:05:00	0:19:31	19.37	0:10:09	1:15:09
Michael Blumenson	M 40-49	0:26:12	0:08:44	0:47:58	0:21:46	17.37	1:09:02	0:21:04	17.94	0:09:59	1:19:01
Shelly Cavalier	F 40-49	0:26:31	0:08:50	0:49:04	0:22:33	16.76	1:09:29	0:20:25	18.51	0:09:54	1:19:23
Shawn Martin	M 40-49	0:26:29	0:08:50	0:48:23	0:21:54	17.26	1:09:32	0:21:09	17.87	0:10:03	1:19:35
Roy LaRue	M 50+	0:29:17	0:09:46	0:52:59	0:23:42	15.95	1:14:18	0:21:19	17.73	0:12:19	1:26:37
Mary Casey	F 50+	0:31:01	0:10:20	0:57:13	0:26:12	14.43	1:21:35	0:24:22	15.51	0:12:22	1:33:57
Janelle Camesano	F <30	0:31:41	0:10:34	1:01:52	0:30:11	12.52	--	--	--	0:13:01	1:14:53
Justin Adamek	M 40-49	0:20:07	0:06:42	0:39:52	0:19:45	19.14	--	--	--	--	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	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			
Janelle Camesano	F <30	0:31:41	0:10:34	1:01:52	0:30:11	12.52	--	--	--	0:13:01	1:14:53	0
Shelly Cavalier	F 40-49	0:26:31	0:08:50	0:49:04	0:22:33	16.76	1:09:29	0:20:25	18.51	0:09:54	1:19:23	7
Barbara O'Reilly	F 50+	0:24:18	0:08:06	0:45:30	0:21:12	17.83	1:04:28	0:18:58	19.93	0:09:34	1:14:02	7
Mary Casey	F 50+	0:31:01	0:10:20	0:57:13	0:26:12	14.43	1:21:35	0:24:22	15.51	0:12:22	1:33:57	5
Joshua Hanley	M <30	0:20:10	0:06:43	0:37:20	0:17:10	22.02	0:53:35	0:16:15	23.26	0:07:34	1:01:09	7
Don Heins	M <30	0:21:40	0:07:13	0:43:21	0:21:41	17.43	1:04:04	0:20:43	18.25	0:08:03	1:12:07	5
Joe Pautler	M 30-39	0:20:06	0:06:42	0:38:11	0:18:05	20.90	0:55:07	0:16:56	22.32	0:07:24	1:02:31	7
Mark Sommers	M 30-39	0:25:42	0:08:34	0:45:29	0:19:47	19.11	1:05:00	0:19:31	19.37	0:10:09	1:15:09	5
Joseph Rosati	M 40-49	0:20:44	0:06:55	0:38:48	0:18:04	20.92	0:56:03	0:17:15	21.91	0:07:08	1:03:11	7
William Smith	M 40-49	0:23:26	0:07:49	0:44:03	0:20:37	18.33	1:02:49	0:18:46	20.14	0:08:59	1:11:48	5
Michael Blumenson	M 40-49	0:26:12	0:08:44	0:47:58	0:21:46	17.37	1:09:02	0:21:04	17.94	0:09:59	1:19:01	3
Shawn Martin	M 40-49	0:26:29	0:08:50	0:48:23	0:21:54	17.26	1:09:32	0:21:09	17.87	0:10:03	1:19:35	1
Justin Adamek	M 40-49	0:20:07	0:06:42	0:39:52	0:19:45	19.14	--	--	--	--	DNF	0
Tony Nicotera	M 50+	0:21:50	0:07:17	0:42:30	0:20:40	18.29	1:00:32	0:18:02	20.96	0:08:52	1:09:24	7
James Karnath	M 50+	0:26:33	0:08:51	0:46:08	0:19:35	19.30	1:04:03	0:17:55	21.10	0:09:43	1:13:46	5
Roy LaRue	M 50+	0:29:17	0:09:46	0:52:59	0:23:42	15.95	1:14:18	0:21:19	17.73	0:12:19	1:26:37	3

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