



June 20th 2013: 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	<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	Lap3 bike (clock)	Lap3 bike (split)				Lap3 bike mph
Charles Watson	M 30-39	0:20:08	0:06:43	0:36:43	0:16:35	22.79	0:53:41	0:16:58	22.28	1:09:49	0:16:08	23.43	0:20:44	0:06:55	1:30:33
Joshua Hanley	M <30	0:19:01	0:06:20	0:36:50	0:17:49	21.22	0:54:04	0:17:14	21.93	1:11:07	0:17:03	22.17	0:20:19	0:06:46	1:31:26
Chris Castleman	M <30	0:18:03	0:06:01	0:36:59	0:18:56	19.96	0:56:28	0:19:29	19.40	1:14:26	0:17:58	21.04	0:19:05	0:06:22	1:33:31
Jonathan Amoia	M 30-39	0:20:30	0:06:50	0:37:29	0:16:59	22.26	0:56:09	0:18:40	20.25	1:12:36	0:16:27	22.98	0:22:56	0:07:39	1:35:32
Joseph Drees	M 30-39	0:21:18	0:07:06	0:39:40	0:18:22	20.58	0:57:23	0:17:43	21.34	1:13:47	0:16:24	23.05	0:22:36	0:07:32	1:36:23
Kevin Mietlicki	M 40-49	0:20:21	0:06:47	0:38:43	0:18:22	20.58	0:57:05	0:18:22	20.58	1:14:18	0:17:13	21.96	0:22:38	0:07:33	1:36:56
Ronald Prabucki	M 50+	0:23:02	0:07:41	0:40:53	0:17:51	21.18	0:58:46	0:17:53	21.14	1:16:21	0:17:35	21.50	0:22:32	0:07:31	1:38:53
Christopher Stuff	M 30-39	0:21:45	0:07:15	0:41:01	0:19:16	19.62	0:59:12	0:18:11	20.79	1:17:01	0:17:49	21.22	0:23:12	0:07:44	1:40:13
Michael Belus	M 30-39	0:23:14	0:07:45	0:43:53	0:20:39	18.31	1:02:54	0:19:01	19.88	1:20:09	0:17:15	21.91	0:21:51	0:07:17	1:42:00
Kevin Leary	M 30-39	0:20:02	0:06:41	0:39:44	0:19:42	19.19	0:59:47	0:20:03	18.85	1:19:56	0:20:09	18.76	0:24:46	0:08:15	1:44:42
William Smith	M 40-49	0:22:48	0:07:36	0:43:49	0:21:01	17.99	1:02:46	0:18:57	19.95	1:21:04	0:18:18	20.66	0:25:03	0:08:21	1:46:07
Thomas Pequignot	M 30-39	0:21:38	0:07:13	<i>0:43:30</i>	0:21:52	17.29	1:02:06	0:18:36	20.32	1:20:39	0:18:33	20.38	0:26:32	0:08:51	1:47:11
Jeremy Griffiths	M 30-39	0:22:27	0:07:29	0:44:10	0:21:43	17.41	1:04:31	0:20:21	18.57	1:23:35	0:19:04	19.83	0:23:55	0:07:58	1:47:30
Mark Sommers	M 30-39	0:25:00	0:08:20	0:44:25	0:19:25	19.47	1:03:09	0:18:44	20.18	1:21:40	0:18:31	20.41	0:29:24	0:09:48	1:51:04
Thomas Hoelzl	M 50+	0:23:55	0:07:58	0:45:37	0:21:42	17.42	1:06:28	0:20:51	18.13	1:26:26	0:19:58	18.93	0:26:15	0:08:45	1:52:41
Michael Blumenson	M 40-49	0:25:57	0:08:39	0:46:34	0:20:37	18.33	1:07:18	0:20:44	18.23	1:27:17	0:19:59	18.92	0:29:03	0:09:41	1:56:20
Sandra Leary	F <30	0:25:24	0:08:28	0:45:33	0:20:09	18.76	1:05:38	0:20:05	18.82	1:26:53	0:21:15	17.79	0:30:05	0:10:02	1:56:58
Kyle McArdle	M <30	0:24:46	0:08:15	0:47:19	0:22:33	16.76	1:10:02	0:22:43	16.64	1:31:37	0:21:35	17.51	0:27:06	0:09:02	1:58:43
Rachel Nowak	F 40-49	0:25:10	0:08:23	0:49:03	0:23:53	15.83	1:09:31	0:20:28	18.47	1:30:18	0:20:47	18.19	0:28:31	0:09:30	1:58:49
Russ Sampson	M 40-49	0:23:18	0:07:46	0:44:31	0:21:13	17.82	1:03:43	0:19:12	19.69	1:24:52	0:21:09	17.87	0:33:58	0:11:19	1:58:50
Joshua Harris	M 30-39	0:28:31	0:09:30	0:52:39	0:24:08	15.66	1:13:07	0:20:28	18.47	1:33:15	0:20:08	18.77	0:28:44	0:09:35	2:01:59
Thomas McArdle	M 40-49	0:24:51	0:08:17	0:49:46	0:24:55	15.17	1:11:33	0:21:47	17.35	1:33:49	0:22:16	16.98	0:29:31	0:09:50	2:03:20
Shelly Cavalier	F 40-49	0:27:14	0:09:05	0:51:52	0:24:38	15.35	1:13:12	0:21:20	17.72	1:34:22	0:21:10	17.86	0:29:21	0:09:47	2:03:43
Karla Sommers	F 30-39	0:25:29	0:08:30	0:50:12	0:24:43	15.29	1:13:09	0:22:57	16.47	1:36:08	0:22:59	16.45	0:27:50	0:09:17	2:03:58
Amy Benedict	F 30-39	0:24:48	0:08:16	0:49:41	0:24:53	15.19	1:12:33	0:22:52	16.53	1:34:44	0:22:11	17.04	0:31:36	0:10:32	2:06:20
Rachel McArdle	F 30-39	0:24:55	0:08:18	0:51:30	0:26:35	14.22	1:15:25	0:23:55	15.80	1:39:00	0:23:35	16.03	0:29:41	0:09:54	2:08:41
David Ryan	M 30-39	0:24:44	0:08:15	0:55:07	0:30:23	12.44	1:18:42	0:23:35	16.03	DNF	DNF	DNF	0:28:14	0:09:25	1:46:56
Ken Beilman	M 50+	0:40:35	0:13:32	1:07:23	0:26:48	14.10	1:31:15	0:23:52	15.84	--	--	--	--	--	DNF
Annette Mietlicki	F 40-49	0:28:53	0:09:38	0:53:55	0:25:02	15.10	1:17:47	0:23:52	15.84	1:42:29	0:24:42	15.30	--	--	DNF

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 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.
 Times in *blue italics* are estimated because a glitch in our timing software caused us to miss the actual 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
Sandra Leary	F <30	0:25:24	0:08:28	0:45:33	0:20:09	18.76	1:05:38	0:20:05	18.82	1:26:53	0:21:15	17.79	0:30:05	0:10:02	1:56:58	7
Karla Sommers	F 30-39	0:25:29	0:08:30	0:50:12	0:24:43	15.29	1:13:09	0:22:57	16.47	1:36:08	0:22:59	16.45	0:27:50	0:09:17	2:03:58	7
Amy Benedict	F 30-39	0:24:48	0:08:16	0:49:41	0:24:53	15.19	1:12:33	0:22:52	16.53	1:34:44	0:22:11	17.04	0:31:36	0:10:32	2:06:20	5
Rachel McArdle	F 30-39	0:24:55	0:08:18	0:51:30	0:26:35	14.22	1:15:25	0:23:55	15.80	<i>1:39:00</i>	0:23:35	16.03	0:29:41	0:09:54	2:08:41	3
Rachel Nowak	F 40-49	0:25:10	0:08:23	0:49:03	0:23:53	15.83	1:09:31	0:20:28	18.47	1:30:18	0:20:47	18.19	0:28:31	0:09:30	1:58:49	7
Shelly Cavalier	F 40-49	0:27:14	0:09:05	0:51:52	0:24:38	15.35	1:13:12	0:21:20	17.72	1:34:22	0:21:10	17.86	0:29:21	0:09:47	2:03:43	5
Annette Miettlicki	F 40-49	0:28:53	0:09:38	0:53:55	0:25:02	15.10	1:17:47	0:23:52	15.84	1:42:29	0:24:42	15.30	--	--	DNF	0
Joshua Hanley	M <30	0:19:01	0:06:20	0:36:50	0:17:49	21.22	0:54:04	0:17:14	21.93	1:11:07	0:17:03	22.17	0:20:19	0:06:46	1:31:26	7
Chris Castleman	M <30	0:18:03	0:06:01	0:36:59	0:18:56	19.96	0:56:28	0:19:29	19.40	1:14:26	0:17:58	21.04	0:19:05	0:06:22	1:33:31	5
Kyle McArdle	M <30	0:24:46	0:08:15	0:47:19	0:22:33	16.76	1:10:02	0:22:43	16.64	1:31:37	0:21:35	17.51	0:27:06	0:09:02	1:58:43	3
Charles Watson	M 30-39	0:20:08	0:06:43	0:36:43	0:16:35	22.79	0:53:41	0:16:58	22.28	1:09:49	0:16:08	23.43	0:20:44	0:06:55	1:30:33	7
Jonathan Amoia	M 30-39	0:20:30	0:06:50	0:37:29	0:16:59	22.26	0:56:09	0:18:40	20.25	1:12:36	0:16:27	22.98	0:22:56	0:07:39	1:35:32	5
Joseph Drees	M 30-39	0:21:18	0:07:06	0:39:40	0:18:22	20.58	0:57:23	0:17:43	21.34	1:13:47	0:16:24	23.05	0:22:36	0:07:32	1:36:23	3
Christopher Stuff	M 30-39	0:21:45	0:07:15	0:41:01	0:19:16	19.62	0:59:12	0:18:11	20.79	1:17:01	0:17:49	21.22	0:23:12	0:07:44	1:40:13	1
Michael Belus	M 30-39	0:23:14	0:07:45	0:43:53	0:20:39	18.31	1:02:54	0:19:01	19.88	1:20:09	0:17:15	21.91	0:21:51	0:07:17	1:42:00	1
Kevin Leary	M 30-39	0:20:02	0:06:41	0:39:44	0:19:42	19.19	0:59:47	0:20:03	18.85	1:19:56	0:20:09	18.76	0:24:46	0:08:15	1:44:42	1
Thomas Pequignot	M 30-39	0:21:38	0:07:13	<i>0:43:30</i>	0:21:52	17.29	1:02:06	0:18:36	20.32	1:20:39	0:18:33	20.38	0:26:32	0:08:51	1:47:11	1
Jeremy Griffiths	M 30-39	0:22:27	0:07:29	0:44:10	0:21:43	17.41	1:04:31	0:20:21	18.57	1:23:35	0:19:04	19.83	0:23:55	0:07:58	1:47:30	1
Mark Sommers	M 30-39	0:25:00	0:08:20	0:44:25	0:19:25	19.47	1:03:09	0:18:44	20.18	1:21:40	0:18:31	20.41	0:29:24	0:09:48	1:51:04	1
Joshua Harris	M 30-39	0:28:31	0:09:30	0:52:39	0:24:08	15.66	1:13:07	0:20:28	18.47	1:33:15	0:20:08	18.77	0:28:44	0:09:35	2:01:59	1
David Ryan	M 30-39	0:24:44	0:08:15	0:55:07	0:30:23	12.44	1:18:42	0:23:35	16.03	DNF	DNF	DNF	0:28:14	0:09:25	1:46:56	0
Kevin Miettlicki	M 40-49	0:20:21	0:06:47	0:38:43	0:18:22	20.58	0:57:05	0:18:22	20.58	1:14:18	0:17:13	21.96	0:22:38	0:07:33	1:36:56	7
William Smith	M 40-49	0:22:48	0:07:36	0:43:49	0:21:01	17.99	1:02:46	0:18:57	19.95	1:21:04	0:18:18	20.66	0:25:03	0:08:21	1:46:07	5
Michael Blumenson	M 40-49	0:25:57	0:08:39	0:46:34	0:20:37	18.33	1:07:18	0:20:44	18.23	1:27:17	0:19:59	18.92	0:29:03	0:09:41	1:56:20	3
Russ Sampson	M 40-49	0:23:18	0:07:46	0:44:31	0:21:13	17.82	1:03:43	0:19:12	19.69	1:24:52	0:21:09	17.87	0:33:58	0:11:19	1:58:50	1
Thomas McArdle	M 40-49	0:24:51	0:08:17	0:49:46	0:24:55	15.17	1:11:33	0:21:47	17.35	1:33:49	0:22:16	16.98	0:29:31	0:09:50	2:03:20	1
Ronald Prabucki	M 50+	0:23:02	0:07:41	0:40:53	0:17:51	21.18	0:58:46	0:17:53	21.14	1:16:21	0:17:35	21.50	0:22:32	0:07:31	1:38:53	7
Thomas Hoelzl	M 50+	0:23:55	0:07:58	0:45:37	0:21:42	17.42	1:06:28	0:20:51	18.13	1:26:26	0:19:58	18.93	0:26:15	0:08:45	1:52:41	5
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