



July 18th 2013: 1-2-3 Brick

1 mile run, 2 laps on the bike (12.6 miles), 3 mile run



Overall Results

(See page 2 for age group results)

Name	AgeGroup	<i>Includes T1 time</i>				<i>Includes T2 time</i>				Finish Time	
		1mile run (clock)	Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	3mile run (split)		Pace per mile
Joshua Hanley	M <30	0:06:15	0:23:30	0:17:15	21.91	0:40:25	0:16:55	22.34	0:20:30	0:06:50	1:00:55
Rob Leary	M 30-39	0:06:27	0:23:01	0:16:34	22.82	0:39:00	0:15:59	23.65	0:22:58	0:07:39	1:01:58
Ronald Prabucki	M 50+	0:07:00	0:24:08	0:17:08	22.06	0:40:38	0:16:30	22.91	0:23:04	0:07:41	1:03:42
Joseph Drees	M 30-39	0:06:35	0:24:26	0:17:51	21.18	0:41:24	0:16:57	22.30	0:24:35	0:08:12	1:05:58
Charles Watson	M 30-39	0:06:41	0:23:23	0:16:42	22.63	0:39:39	0:16:16	23.24	0:26:22	0:08:47	1:06:01
Steven Gentz	M 30-39	0:06:44	0:24:50	0:18:06	20.88	0:42:25	0:17:35	21.50	0:24:49	0:08:16	1:07:15
Michael Belus	M 30-39	0:07:54	0:26:55	0:19:01	19.88	0:44:58	0:18:03	20.94	0:24:46	0:08:15	1:09:44
William Smith	M 40-49	0:07:39	0:27:36	0:19:57	18.95	0:45:19	0:17:44	21.32	0:26:37	0:08:52	1:11:56
Don Heins	M 30-39	0:06:50	0:28:13	0:21:23	17.68	0:49:14	0:21:02	17.97	0:25:40	0:08:33	1:14:54
Michael Blumenson	M 40-49	0:08:08	0:28:47	0:20:39	18.31	0:47:42	0:18:55	19.98	0:27:48	0:09:16	1:15:29
Chuck Miller	M 50+	0:08:26	0:28:58	0:20:31	18.42	0:47:23	0:18:25	20.52	0:28:17	0:09:26	1:15:40
Rachel Nowak	F 40-49	0:07:46	0:29:29	0:21:44	17.39	0:48:46	0:19:16	19.62	0:27:38	0:09:13	1:16:24
Sergio Nordenflycht	M 40-49	0:08:09	0:27:26	0:19:17	19.60	0:45:20	0:17:54	21.12	0:33:15	0:11:05	1:18:35
Thomas M. Hoelzl	M 50+	0:08:01	0:30:58	0:22:57	16.47	0:52:35	0:21:37	17.49	0:26:20	0:08:47	1:18:55
Joshua Harris	M 30-39	0:08:51	0:30:25	0:21:34	17.53	0:50:52	0:20:27	18.48	0:29:19	0:09:46	1:20:11
Emily Harrington	F <30	0:08:37	0:32:54	0:24:18	15.56	0:54:59	0:22:04	17.13	0:26:46	0:08:55	1:21:45
Mark Sommers	M 30-39	0:08:03	0:27:10	0:19:07	19.77	0:46:01	0:18:51	20.05	0:36:07	0:12:02	1:22:08
Katherine Harrington	F <30	0:08:38	0:33:03	0:24:25	15.48	0:55:03	0:22:01	17.17	0:27:40	0:09:13	1:22:43
Amy Benedict	F 30-39	0:07:24	0:29:32	0:22:08	17.08	0:50:10	0:20:38	18.32	0:33:01	0:11:00	1:23:11
Harry Craft	M 40-49	0:08:34	0:31:49	0:23:15	16.26	0:53:05	0:21:16	17.77	0:33:13	0:11:04	1:26:17
Melinda Sanderson	F 50+	0:08:48	0:34:50	0:26:02	14.52	1:00:09	0:25:20	14.92	0:31:59	0:10:40	1:32:08
Russ Sampson	M 40-49	0:12:03	0:41:02	0:29:00	13.03	1:08:56	0:27:54	13.55	0:34:16	0:11:25	1:43:13
Pat Neil #	M 40-49	0:06:53	0:50:01	0:43:08	#	--	--	--	0:26:19	0:08:46	--

Went off course on bike lap 1. Rode approximately 13.5Mi, 18.8mph

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>		Finish Time	Points	
		1mile run (clock)	Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	3mile run (split)			Pace per mile
Emily Harrington	F <30	0:08:37	0:32:54	0:24:18	15.56	0:54:59	0:22:04	17.13	0:26:46	0:08:55	1:21:45	7
Katherine Harrington	F <30	0:08:38	0:33:03	0:24:25	15.48	0:55:03	0:22:01	17.17	0:27:40	0:09:13	1:22:43	5
Amy Benedict	F 30-39	0:07:24	0:29:32	0:22:08	17.08	0:50:10	0:20:38	18.32	0:33:01	0:11:00	1:23:11	7
Rachel Nowak	F 40-49	0:07:46	0:29:29	0:21:44	17.39	0:48:46	0:19:16	19.62	0:27:38	0:09:13	1:16:24	7
Melinda Sanderson	F 50+	0:08:48	0:34:50	0:26:02	14.52	1:00:09	0:25:20	14.92	0:31:59	0:10:40	1:32:08	7
Joshua Hanley	M <30	0:06:15	0:23:30	0:17:15	21.91	0:40:25	0:16:55	22.34	0:20:30	0:06:50	1:00:55	7
Rob Leary	M 30-39	0:06:27	0:23:01	0:16:34	22.82	0:39:00	0:15:59	23.65	0:22:58	0:07:39	1:01:58	7
Joseph Drees	M 30-39	0:06:35	0:24:26	0:17:51	21.18	0:41:24	0:16:57	22.30	0:24:35	0:08:12	1:05:58	5
Charles Watson	M 30-39	0:06:41	0:23:23	0:16:42	22.63	0:39:39	0:16:16	23.24	0:26:22	0:08:47	1:06:01	3
Steven Gentz	M 30-39	0:06:44	0:24:50	0:18:06	20.88	0:42:25	0:17:35	21.50	0:24:49	0:08:16	1:07:15	1
Michael Belus	M 30-39	0:07:54	0:26:55	0:19:01	19.88	0:44:58	0:18:03	20.94	0:24:46	0:08:15	1:09:44	1
Don Heins	M 30-39	0:06:50	0:28:13	0:21:23	17.68	0:49:14	0:21:02	17.97	0:25:40	0:08:33	1:14:54	1
Joshua Harris	M 30-39	0:08:51	0:30:25	0:21:34	17.53	0:50:52	0:20:27	18.48	0:29:19	0:09:46	1:20:11	1
Mark Sommers	M 30-39	0:08:03	0:27:10	0:19:07	19.77	0:46:01	0:18:51	20.05	0:36:07	0:12:02	1:22:08	1
William Smith	M 40-49	0:07:39	0:27:36	0:19:57	18.95	0:45:19	0:17:44	21.32	0:26:37	0:08:52	1:11:56	7
Michael Blumenson	M 40-49	0:08:08	0:28:47	0:20:39	18.31	0:47:42	0:18:55	19.98	0:27:48	0:09:16	1:15:29	5
Sergio Nordenflycht	M 40-49	0:08:09	0:27:26	0:19:17	19.60	0:45:20	0:17:54	21.12	0:33:15	0:11:05	1:18:35	3
Harry Craft	M 40-49	0:08:34	0:31:49	0:23:15	16.26	0:53:05	0:21:16	17.77	0:33:13	0:11:04	1:26:17	1
Russ Sampson	M 40-49	0:12:03	0:41:02	0:29:00	13.03	1:08:56	0:27:54	13.55	0:34:16	0:11:25	1:43:13	1
Pat Neil #	M 40-49	0:06:53	0:50:01	0:43:08	#	--	--	--	0:26:19	0:08:46	--	1
Ronald Prabucki	M 50+	0:07:00	0:24:08	0:17:08	22.06	0:40:38	0:16:30	22.91	0:23:04	0:07:41	1:03:42	7
Chuck Miller	M 50+	0:08:26	0:28:58	0:20:31	18.42	0:47:23	0:18:25	20.52	0:28:17	0:09:26	1:15:40	5
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