



August 15th 2013: 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 (clock) | Pace per mile | Lap1 bike (clock) | Lap1 bike (split) | Lap1 bike mph | Lap2 bike (clock) | Lap2 bike (split) | Lap2 bike mph | 3mile run (split) | Pace per mile | Finish Time |
| Charles Watson | M 30-39 | 0:19:47 | 0:06:36 | 0:37:15 | 0:17:29 | 21.62 | 0:53:45 | 0:16:30 | 22.91 | 0:21:21 | 0:07:07 | 1:15:07 |
| Michael Belus | M 30-39 | 0:21:39 | 0:07:13 | 0:40:19 | 0:18:40 | 20.25 | 0:57:16 | 0:16:58 | 22.28 | 0:20:18 | 0:06:46 | 1:17:35 |
| Steven Gentz | M 30-39 | 0:21:51 | 0:07:17 | 0:39:48 | 0:17:58 | 21.04 | 0:57:14 | 0:17:26 | 21.68 | 0:23:29 | 0:07:50 | 1:20:44 |
| Brian Hohl | M 30-39 | 0:21:54 | 0:07:18 | 0:39:52 | 0:17:58 | 21.04 | 0:57:18 | 0:17:25 | 21.70 | 0:23:34 | 0:07:51 | 1:20:52 |
| Peter Thompson | M <30 | 0:22:08 | 0:07:23 | 0:40:55 | 0:18:47 | 20.12 | 0:58:32 | 0:17:38 | 21.44 | 0:22:37 | 0:07:32 | 1:21:09 |
| Tony Nicotera | M 50+ | 0:22:15 | 0:07:25 | 0:42:41 | 0:20:26 | 18.50 | 1:01:11 | 0:18:31 | 20.41 | 0:25:35 | 0:08:32 | 1:26:47 |
| Don Heins | M 30-39 | 0:22:06 | 0:07:22 | 0:44:01 | 0:21:55 | 17.25 | 1:04:34 | 0:20:33 | 18.39 | 0:25:18 | 0:08:26 | 1:29:52 |
| Thomas M. Hoelzl | M 50+ | 0:24:11 | 0:08:04 | 0:46:03 | 0:21:52 | 17.29 | 1:05:07 | 0:19:04 | 19.83 | 0:25:59 | 0:08:40 | 1:31:06 |
| Michael Blumenson | M 40-49 | 0:24:10 | 0:08:03 | 0:44:52 | 0:20:42 | 18.26 | 1:03:56 | 0:19:04 | 19.83 | 0:28:09 | 0:09:23 | 1:32:05 |
| Rachel Nowak | F 40-49 | 0:23:44 | 0:07:55 | 0:46:01 | 0:22:16 | 16.98 | 1:05:33 | 0:19:32 | 19.35 | 0:26:42 | 0:08:54 | 1:32:15 |
| Emily Harrington | F <30 | 0:23:31 | 0:07:50 | 0:46:35 | 0:23:04 | 16.39 | 1:07:34 | 0:20:59 | 18.01 | 0:25:07 | 0:08:22 | 1:32:40 |
| Sergio Nordenflycht | M 40-49 | 0:26:37 | 0:08:52 | 0:45:56 | 0:19:20 | 19.55 | 1:04:42 | 0:18:46 | 20.14 | 0:28:48 | 0:09:36 | 1:33:30 |
| Dan White | M 40-49 | 0:26:15 | 0:08:45 | 0:47:18 | 0:21:03 | 17.96 | 1:06:17 | 0:18:59 | 19.91 | 0:29:41 | 0:09:54 | 1:35:58 |
| Ronald Prabucki | M 50+ | 0:24:51 | 0:08:17 | 0:44:10 | 0:19:19 | 19.57 | 1:02:29 | 0:18:19 | 20.64 | 0:34:08 | 0:11:23 | 1:36:37 |
| Thomas McArdle | M 40-49 | 0:24:05 | 0:08:02 | 0:47:03 | 0:22:58 | 16.46 | 1:07:54 | 0:20:51 | 18.13 | 0:29:51 | 0:09:57 | 1:37:45 |
| Rachel McArdle | F 30-39 | 0:25:44 | 0:08:35 | 0:50:35 | 0:24:50 | 15.22 | 1:13:41 | 0:23:07 | 16.35 | 0:28:00 | 0:09:20 | 1:41:41 |
| Craig Braymiller | M <30 | 0:29:41 | 0:09:54 | 0:51:19 | 0:21:38 | 17.47 | 1:11:41 | 0:20:22 | 18.56 | 0:32:36 | 0:10:52 | 1:44:16 |
| Rachel Mellas | F <30 | 0:27:29 | 0:09:10 | 0:52:54 | 0:25:25 | 14.87 | 1:15:44 | 0:22:50 | 16.55 | 0:32:06 | 0:10:42 | 1:47:50 |
| Denise Salmons | F 40-49 | 0:29:37 | 0:09:52 | 0:55:38 | 0:26:01 | 14.53 | 1:21:07 | 0:25:29 | 14.83 | 0:32:49 | 0:10:56 | 1:53:56 |
| Dan Salmons | M 50+ | 0:29:42 | 0:09:54 | 0:55:40 | 0:25:58 | 14.56 | 1:20:54 | 0:25:14 | 14.98 | 0:33:03 | 0:11:01 | 1:53:58 |
| James Karnath | M 50+ | 0:26:35 | 0:08:52 | 0:45:52 | 0:19:17 | 19.60 | 1:03:38 | 0:17:46 | 21.28 | -- | -- | DNF |
| Russ Sampson | M 40-49 | 0:29:43 | 0:09:54 | 0:55:43 | 0:26:00 | 14.54 | -- | -- | -- | -- | -- | 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> | | | | | 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 | 3mile run (split) | Pace per mile | | Finish Time |
| Emily Harrington | F <30 | 0:23:31 | 0:07:50 | 0:46:35 | 0:23:04 | 16.39 | 1:07:34 | 0:20:59 | 18.01 | 0:25:07 | 0:08:22 | 1:32:40 | 7 |
| Rachel Mellas | F <30 | 0:27:29 | 0:09:10 | 0:52:54 | 0:25:25 | 14.87 | 1:15:44 | 0:22:50 | 16.55 | 0:32:06 | 0:10:42 | 1:47:50 | 5 |
| Rachel McArdle | F 30-39 | 0:25:44 | 0:08:35 | 0:50:35 | 0:24:50 | 15.22 | 1:13:41 | 0:23:07 | 16.35 | 0:28:00 | 0:09:20 | 1:41:41 | 7 |
| Rachel Nowak | F 40-49 | 0:23:44 | 0:07:55 | 0:46:01 | 0:22:16 | 16.98 | 1:05:33 | 0:19:32 | 19.35 | 0:26:42 | 0:08:54 | 1:32:15 | 7 |
| Denise Salmons | F 40-49 | 0:29:37 | 0:09:52 | 0:55:38 | 0:26:01 | 14.53 | 1:21:07 | 0:25:29 | 14.83 | 0:32:49 | 0:10:56 | 1:53:56 | 5 |
| Peter Thompson | M <30 | 0:22:08 | 0:07:23 | 0:40:55 | 0:18:47 | 20.12 | 0:58:32 | 0:17:38 | 21.44 | 0:22:37 | 0:07:32 | 1:21:09 | 7 |
| Craig Braymiller | M <30 | 0:29:41 | 0:09:54 | 0:51:19 | 0:21:38 | 17.47 | 1:11:41 | 0:20:22 | 18.56 | 0:32:36 | 0:10:52 | 1:44:16 | 5 |
| Charles Watson | M 30-39 | 0:19:47 | 0:06:36 | 0:37:15 | 0:17:29 | 21.62 | 0:53:45 | 0:16:30 | 22.91 | 0:21:21 | 0:07:07 | 1:15:07 | 7 |
| Michael Belus | M 30-39 | 0:21:39 | 0:07:13 | 0:40:19 | 0:18:40 | 20.25 | 0:57:16 | 0:16:58 | 22.28 | 0:20:18 | 0:06:46 | 1:17:35 | 5 |
| Steven Gentz | M 30-39 | 0:21:51 | 0:07:17 | 0:39:48 | 0:17:58 | 21.04 | 0:57:14 | 0:17:26 | 21.68 | 0:23:29 | 0:07:50 | 1:20:44 | 3 |
| Brian Hohl | M 30-39 | 0:21:54 | 0:07:18 | 0:39:52 | 0:17:58 | 21.04 | 0:57:18 | 0:17:25 | 21.70 | 0:23:34 | 0:07:51 | 1:20:52 | 1 |
| Don Heins | M 30-39 | 0:22:06 | 0:07:22 | 0:44:01 | 0:21:55 | 17.25 | 1:04:34 | 0:20:33 | 18.39 | 0:25:18 | 0:08:26 | 1:29:52 | 1 |
| Michael Blumenson | M 40-49 | 0:24:10 | 0:08:03 | 0:44:52 | 0:20:42 | 18.26 | 1:03:56 | 0:19:04 | 19.83 | 0:28:09 | 0:09:23 | 1:32:05 | 7 |
| Sergio Nordenflycht | M 40-49 | 0:26:37 | 0:08:52 | 0:45:56 | 0:19:20 | 19.55 | 1:04:42 | 0:18:46 | 20.14 | 0:28:48 | 0:09:36 | 1:33:30 | 5 |
| Dan White | M 40-49 | 0:26:15 | 0:08:45 | 0:47:18 | 0:21:03 | 17.96 | 1:06:17 | 0:18:59 | 19.91 | 0:29:41 | 0:09:54 | 1:35:58 | 3 |
| Thomas McArdle | M 40-49 | 0:24:05 | 0:08:02 | 0:47:03 | 0:22:58 | 16.46 | 1:07:54 | 0:20:51 | 18.13 | 0:29:51 | 0:09:57 | 1:37:45 | 1 |
| Russ Sampson | M 40-49 | 0:29:43 | 0:09:54 | 0:55:43 | 0:26:00 | 14.54 | -- | -- | -- | -- | -- | DNF | 0 |
| Tony Nicotera | M 50+ | 0:22:15 | 0:07:25 | 0:42:41 | 0:20:26 | 18.50 | 1:01:11 | 0:18:31 | 20.41 | 0:25:35 | 0:08:32 | 1:26:47 | 7 |
| Thomas M. Hoelzl | M 50+ | 0:24:11 | 0:08:04 | 0:46:03 | 0:21:52 | 17.29 | 1:05:07 | 0:19:04 | 19.83 | 0:25:59 | 0:08:40 | 1:31:06 | 5 |
| Ronald Prabucki | M 50+ | 0:24:51 | 0:08:17 | 0:44:10 | 0:19:19 | 19.57 | 1:02:29 | 0:18:19 | 20.64 | 0:34:08 | 0:11:23 | 1:36:37 | 3 |
| Dan Salmons | M 50+ | 0:29:42 | 0:09:54 | 0:55:40 | 0:25:58 | 14.56 | 1:20:54 | 0:25:14 | 14.98 | 0:33:03 | 0:11:01 | 1:53:58 | 1 |
| James Karnath | M 50+ | 0:26:35 | 0:08:52 | 0:45:52 | 0:19:17 | 19.60 | 1:03:38 | 0:17:46 | 21.28 | -- | -- | DNF | 0 |

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.