



August 29th 2013: 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>			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		1mile run (split)
Jonathan Bottoms	M 40-49	0:18:24	0:06:08	0:34:52	0:16:28	22.96	0:50:22	0:15:30	24.39	0:07:06	0:57:28
Rob Leary	M 30-39	0:19:56	0:06:39	0:36:56	0:17:00	22.24	0:52:40	0:15:45	24.00	0:07:17	0:59:58
Ronald Prabucki	M 50+	0:20:59	0:07:00	0:38:00	0:17:01	22.21	0:54:19	0:16:20	23.14	0:07:13	1:01:32
Jonathan Smith	M <30	0:22:02	0:07:21	0:38:29	0:16:27	22.98	0:54:57	0:16:28	22.96	0:08:02	1:02:59
Robert Shabala	M 40-49	0:19:31	0:06:30	0:38:41	0:19:10	19.72	0:55:21	0:16:40	22.68	0:07:56	1:03:17
Peter Thompson	M <30	0:20:39	0:06:53	0:39:03	0:18:24	20.54	0:56:41	0:17:38	21.44	0:07:46	1:04:27
Tony Nicotera	M 50+	0:22:28	0:07:29	0:42:32	0:20:05	18.82	1:00:27	0:17:55	21.10	0:09:23	1:09:50
Corey Bunje Bower	M 30-39	0:19:58	0:06:39	0:42:09	0:22:11	17.04	1:02:40	0:20:30	18.44	0:07:30	1:10:10
Thomas Buck	M <30	0:23:05	0:07:42	0:43:14	0:20:09	18.76	1:00:58	0:17:44	21.32	0:09:28	1:10:26
Joe Grey	M 50+	0:23:13	0:07:44	0:42:56	0:19:43	19.17	1:00:35	0:17:39	21.42	0:09:56	1:10:31
Michael Belus	M 30-39	0:25:31	0:08:30	0:44:44	0:19:13	19.67	1:01:27	0:16:43	22.61	0:09:53	1:11:20
Chuck Eaton	M 40-49	0:24:16	0:08:05	0:43:36	0:19:20	19.55	1:02:18	0:18:41	20.23	0:09:06	1:11:23
Sandra Leary	F <30	0:24:30	0:08:10	0:44:37	0:20:07	18.79	1:03:36	0:18:59	19.91	0:10:09	1:13:45
Michael Blumenson	M 40-49	0:25:16	0:08:25	0:46:02	0:20:46	18.20	1:05:19	0:19:17	19.60	0:10:08	1:15:27
Amy Benedict	F 30-39	0:24:59	0:08:20	0:47:23	0:22:24	16.88	1:08:47	0:21:25	17.65	0:10:19	1:19:06
Peter Monteferrante	M 40-49	0:28:46	0:09:35	0:49:34	0:20:48	18.17	1:08:29	0:18:55	19.98	0:11:22	1:19:51
Rachel McArdle	F 30-39	0:27:14	0:09:05	0:51:26	0:24:12	15.62	1:14:19	0:22:53	16.52	0:10:40	1:24:59
Denise Salmons	F 40-49	0:28:09	0:09:23	0:55:22	0:27:14	13.88	1:17:32	0:22:09	17.07	0:11:12	1:28:44
Dan Salmons	M 50+	0:29:23	0:09:48	0:55:24	0:26:00	14.54	1:17:19	0:21:55	17.25	0:11:56	1:29:14
Joshua Harris	M 30-39	0:26:52	0:08:57	0:56:26	0:29:34	12.78	1:20:24	0:23:59	15.76	0:09:31	1:29:55
Harry Craft	M 40-49	0:27:54	0:09:18	0:52:56	0:25:02	15.10	1:17:35	0:24:39	15.33	0:12:54	1:30:29
Rachel Nowak	F 40-49	0:25:30	0:08:30	0:56:27	0:30:57	12.21	1:20:31	0:24:04	15.71	0:10:42	1:31:13
Rachel Mellas	F <30	0:29:08	0:09:43	0:57:00	0:27:52	13.56	1:19:58	0:22:58	16.46	0:11:52	1:31:51
Theresa Mellas	F <30	0:29:04	0:09:41	0:57:02	0:27:58	13.52	1:19:57	0:22:55	16.49	0:11:55	1:31:52
Joseph Rosati	M 40-49	0:22:01	0:07:20	0:41:29	0:19:28	19.42	0:59:44	0:18:15	20.71	--	DNF
Jody Snyder	F 50+	0:24:12	0:08:04	0:45:00	0:20:48	18.17	0:00:00	--	--	0:12:26	DNF
Nicole Bennett	F 30-39	0:27:13	0:09:04	0:00:00	--	--	0:00:00	--	--	--	DNF
Craig Braymiller	M <30	0:30:38	0:10:13	0:53:44	0:23:06	16.36	0:00:00	--	--	--	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</i>			1mile run (split)	Finish Time	Points
				Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph			
Sandra Leary	F <30	0:24:30	0:08:10	0:44:37	0:20:07	18.79	1:03:36	0:18:59	19.91	0:10:09	1:13:45	7
Rachel Mellas	F <30	0:29:08	0:09:43	0:57:00	0:27:52	13.56	1:19:58	0:22:58	16.46	0:11:52	1:31:51	5
Theresa Mellas	F <30	0:29:04	0:09:41	0:57:02	0:27:58	13.52	1:19:57	0:22:55	16.49	0:11:55	1:31:52	3
Amy Benedict	F 30-39	0:24:59	0:08:20	0:47:23	0:22:24	16.88	1:08:47	0:21:25	17.65	0:10:19	1:19:06	7
Rachel McArdle	F 30-39	0:27:14	0:09:05	0:51:26	0:24:12	15.62	1:14:19	0:22:53	16.52	0:10:40	1:24:59	5
Nicole Bennett	F 30-39	0:27:13	0:09:04	0:00:00	--	--	0:00:00	--	--	--	DNF	0
Denise Salmons	F 40-49	0:28:09	0:09:23	0:55:22	0:27:14	13.88	1:17:32	0:22:09	17.07	0:11:12	1:28:44	7
Rachel Nowak	F 40-49	0:25:30	0:08:30	0:56:27	0:30:57	12.21	1:20:31	0:24:04	15.71	0:10:42	1:31:13	5
Jody Snyder	F 50+	0:24:12	0:08:04	0:45:00	0:20:48	18.17	0:00:00	--	--	0:12:26	DNF	0
Jonathan Smith	M <30	0:22:02	0:07:21	0:38:29	0:16:27	22.98	0:54:57	0:16:28	22.96	0:08:02	1:02:59	7
Peter Thompson	M <30	0:20:39	0:06:53	0:39:03	0:18:24	20.54	0:56:41	0:17:38	21.44	0:07:46	1:04:27	5
Thomas Buck	M <30	0:23:05	0:07:42	0:43:14	0:20:09	18.76	1:00:58	0:17:44	21.32	0:09:28	1:10:26	3
Craig Braymiller	M <30	0:30:38	0:10:13	0:53:44	0:23:06	16.36	0:00:00	--	--	--	DNF	0
Rob Leary	M 30-39	0:19:56	0:06:39	0:36:56	0:17:00	22.24	0:52:40	0:15:45	24.00	0:07:17	0:59:58	7
Corey Bunje Bower	M 30-39	0:19:58	0:06:39	0:42:09	0:22:11	17.04	1:02:40	0:20:30	18.44	0:07:30	1:10:10	5
Michael Belus	M 30-39	0:25:31	0:08:30	0:44:44	0:19:13	19.67	1:01:27	0:16:43	22.61	0:09:53	1:11:20	3
Joshua Harris	M 30-39	0:26:52	0:08:57	0:56:26	0:29:34	12.78	1:20:24	0:23:59	15.76	0:09:31	1:29:55	1
Jonathan Bottoms	M 40-49	0:18:24	0:06:08	0:34:52	0:16:28	22.96	0:50:22	0:15:30	24.39	0:07:06	0:57:28	7
Robert Shabala	M 40-49	0:19:31	0:06:30	0:38:41	0:19:10	19.72	0:55:21	0:16:40	22.68	0:07:56	1:03:17	5
Chuck Eaton	M 40-49	0:24:16	0:08:05	0:43:36	0:19:20	19.55	1:02:18	0:18:41	20.23	0:09:06	1:11:23	3
Michael Blumenson	M 40-49	0:25:16	0:08:25	0:46:02	0:20:46	18.20	1:05:19	0:19:17	19.60	0:10:08	1:15:27	1
Peter Monteferrante	M 40-49	0:28:46	0:09:35	0:49:34	0:20:48	18.17	1:08:29	0:18:55	19.98	0:11:22	1:19:51	1
Harry Craft	M 40-49	0:27:54	0:09:18	0:52:56	0:25:02	15.10	1:17:35	0:24:39	15.33	0:12:54	1:30:29	1
Joseph Rosati	M 40-49	0:22:01	0:07:20	0:41:29	0:19:28	19.42	0:59:44	0:18:15	20.71	--	DNF	0
Ronald Prabucki	M 50+	0:20:59	0:07:00	0:38:00	0:17:01	22.21	0:54:19	0:16:20	23.14	0:07:13	1:01:32	7
Tony Nicotera	M 50+	0:22:28	0:07:29	0:42:32	0:20:05	18.82	1:00:27	0:17:55	21.10	0:09:23	1:09:50	5
Joe Grey	M 50+	0:23:13	0:07:44	0:42:56	0:19:43	19.17	1:00:35	0:17:39	21.42	0:09:56	1:10:31	3
Dan Salmons	M 50+	0:29:23	0:09:48	0:55:24	0:26:00	14.54	1:17:19	0:21:55	17.25	0:11:56	1:29:14	1

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.