



May 22nd 2014: 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	3mile run (clock)	Pace per mile	<i>Includes T1 time</i>			<i>Includes T2</i>			1mile run (split)	Finish Time
				Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph		
Josh Hanley	M < 30	18:23	06:08	35:42	17:19	21.8	51:55	16:13	23.4	07:00	58:55
Joe Drees	M 30-39	19:56	06:39	37:49	17:53	21.2	54:05	16:16	23.2	07:44	1:01:49
Sam Racette	M < 30	19:17	06:26	37:51	18:34	20.3	54:34	16:43	22.6	07:43	1:02:17
Peter Thompson	M < 30	19:34	06:31	38:04	18:30	20.5	55:40	17:36	21.4	07:27	1:03:07
Eric Butler	M 40-49	21:32	07:11	39:11	17:39	21.4	55:38	16:27	22.9	08:30	1:04:08
Chris Stuff	M 30-39	20:51	06:57	39:06	18:15	20.7	56:03	16:57	22.4	08:12	1:04:15
Elaina Mertens	F < 30	20:09	06:43	39:45	19:36	19.3	58:26	18:41	20.2	07:31	1:05:57
Charles Anderson	M 40-49	20:22	06:47	40:11	19:49	19.1	59:55	19:44	19.2	08:21	1:08:16
Walter Potocki	M 30-39	19:14	06:25	40:54	21:40	17.5	1:01:01	20:07	18.8	07:26	1:08:27
David Federspiel	M 40-49	21:41	07:14	41:42	20:01	18.9	59:56	18:14	20.7	09:10	1:09:06
William Smith	M 50+	22:24	07:28	42:09	19:45	19.2	1:00:36	18:27	20.5	08:32	1:09:08
Sergio Nordenflycht	M 50+	23:57	07:59	42:50	18:53	20.0	1:03:14	20:24	18.6	08:10	1:11:24
Nicole Bennett	F 30-39	24:53	08:18	45:41	20:48	18.2	1:03:55	18:14	20.7	08:43	1:12:38
Brian Muscarella	M 30-39	22:51	07:37	43:53	21:02	18.0	1:04:12	20:19	18.7	08:27	1:12:39
Tom Hoelzl	M 50+	23:27	07:49	45:06	21:39	17.5	1:03:53	18:47	20.1	09:01	1:12:54
Chuck Miller	M 50+	25:09	08:23	45:32	20:23	18.6	1:03:56	18:24	20.6	09:14	1:13:10
Kellie Trybalski	F 30-39	25:48	08:36	46:51	21:03	18.0	1:06:22	19:31	19.4	09:23	1:15:45
Fred Chrisfield	M 50+	26:24	08:48	47:18	20:54	18.1	1:06:19	19:01	19.9	10:01	1:16:20
Jeff Tracy	M 40-49	25:41	08:34	47:12	21:31	17.6	1:07:38	20:26	18.5	08:48	1:16:26
Rachel Achtziger	F 40-49	23:36	07:52	47:33	23:57	15.8	1:07:07	19:34	19.4	10:43	1:17:50
Amy Bryan	F 50+	25:55	08:38	47:44	21:49	17.3	1:07:53	20:09	18.8	10:07	1:18:00
Amy Benedict	F 30-39	23:18	07:46	46:23	23:05	16.4	1:08:53	22:30	16.8	10:17	1:19:10
Bethany Muscarella	F < 30	25:07	08:22	48:08	23:01	16.4	1:10:06	21:58	17.2	10:11	1:20:17
Mike Blumenson	M 40-49	27:45	09:15	50:35	22:50	16.6	1:11:01	20:26	18.5	11:21	1:22:22
Kara Gorgos	F < 30	27:48	09:16	51:40	23:52	15.9	1:13:34	21:54	17.2	09:39	1:23:13
Warren Hale	M 40-49	28:43	09:34	51:49	23:06	16.4	1:13:20	21:31	17.6	10:20	1:23:40
Sandy Kaminski	F 30-39	27:12	09:04	50:04	22:52	16.5	1:11:44	21:40	17.5	11:57	1:23:41
Jennifer Hale	F 40-49	30:13	10:04	52:44	22:31	16.8	1:14:05	21:21	17.7	10:38	1:24:43
Josh Harris	M 30-39	30:25	10:08	54:18	23:53	15.9	1:15:11	20:53	18.1	10:52	1:26:03
Dilip Singh	M 40-49	38:17	12:46	1:02:20	24:03	15.7	1:24:20	22:00	17.1	02:47	1:27:07
Denise Salmons	F 50+	28:36	09:32	53:14	24:38	15.3	1:16:35	23:21	16.2	10:48	1:27:23
Jason Bennett	M 40-49	30:11	10:04	53:18	23:07	16.4	1:15:56	22:38	16.7	12:37	1:28:33
Carmine Tiso	M 50+	27:48	09:16	53:31	25:43	14.7	1:17:17	23:46	15.9	11:21	1:28:38
Laurie Kennedy	F 50+	37:05	12:22	1:03:21	26:16	14.4	1:26:42	23:21	16.2	16:21	1:43:03
Mary Casey	F 50+	35:03	11:41	1:04:43	29:40	12.7	1:31:20	26:37	14.2	15:05	1:46:25
Pat Neill	G	20:07	06:42	42:31	22:24	16.9	1:09:29	26:58	14.0	DNF	

Age Group Results

Name	AgeGroup	<i>Includes T1 time</i>					<i>Includes T2</i>					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	1mile run (split)			
Elaina Mertens	F < 30	20:09	06:43	39:45	19:36	19.3	58:26	18:41	20.2	07:31	1:05:57	7	
Bethany Muscarella	F < 30	25:07	08:22	48:08	23:01	16.4	1:10:06	21:58	17.2	10:11	1:20:17	5	
Kara Gorgos	F < 30	27:48	09:16	51:40	23:52	15.9	1:13:34	21:54	17.2	09:39	1:23:13	3	
Nicole Bennett	F 30-39	24:53	08:18	45:41	20:48	18.2	1:03:55	18:14	20.7	08:43	1:12:38	7	
Kellie Trybalski	F 30-39	25:48	08:36	46:51	21:03	18.0	1:06:22	19:31	19.4	09:23	1:15:45	5	
Amy Benedict	F 30-39	23:18	07:46	46:23	23:05	16.4	1:08:53	22:30	16.8	10:17	1:19:10	3	
Sandy Kaminski	F 30-39	27:12	09:04	50:04	22:52	16.5	1:11:44	21:40	17.5	11:57	1:23:41	1	
Rachel Achtziger	F 40-49	23:36	07:52	47:33	23:57	15.8	1:07:07	19:34	19.4	10:43	1:17:50	7	
Jennifer Hale	F 40-49	30:13	10:04	52:44	22:31	16.8	1:14:05	21:21	17.7	10:38	1:24:43	5	
Amy Bryan	F 50+	25:55	08:38	47:44	21:49	17.3	1:07:53	20:09	18.8	10:07	1:18:00	7	
Denise Salmons	F 50+	28:36	09:32	53:14	24:38	15.3	1:16:35	23:21	16.2	10:48	1:27:23	5	
Laurie Kennedy	F 50+	37:05	12:22	1:03:21	26:16	14.4	1:26:42	23:21	16.2	16:21	1:43:03	3	
Mary Casey	F 50+	35:03	11:41	1:04:43	29:40	12.7	1:31:20	26:37	14.2	15:05	1:46:25	1	
Josh Hanley	M < 30	18:23	06:08	35:42	17:19	21.8	51:55	16:13	23.4	07:00	58:55	7	
Sam Racette	M < 30	19:17	06:26	37:51	18:34	20.3	54:34	16:43	22.6	07:43	1:02:17	5	
Peter Thompson	M < 30	19:34	06:31	38:04	18:30	20.5	55:40	17:36	21.4	07:27	1:03:07	3	
Joe Drees	M 30-39	19:56	06:39	37:49	17:53	21.2	54:05	16:16	23.2	07:44	1:01:49	7	
Chris Stuff	M 30-39	20:51	06:57	39:06	18:15	20.7	56:03	16:57	22.4	08:12	1:04:15	5	
Walter Potocki	M 30-39	19:14	06:25	40:54	21:40	17.5	1:01:01	20:07	18.8	07:26	1:08:27	3	
Brian Muscarella	M 30-39	22:51	07:37	43:53	21:02	18.0	1:04:12	20:19	18.7	08:27	1:12:39	1	
Josh Harris	M 30-39	30:25	10:08	54:18	23:53	15.9	1:15:11	20:53	18.1	10:52	1:26:03	1	
Eric Butler	M 40-49	21:32	07:11	39:11	17:39	21.4	55:38	16:27	22.9	08:30	1:04:08	7	
Charles Anderson	M 40-49	20:22	06:47	40:11	19:49	19.1	59:55	19:44	19.2	08:21	1:08:16	5	
David Federspiel	M 40-49	21:41	07:14	41:42	20:01	18.9	59:56	18:14	20.7	09:10	1:09:06	3	
Jeff Tracy	M 40-49	25:41	08:34	47:12	21:31	17.6	1:07:38	20:26	18.5	08:48	1:16:26	1	
Mike Blumenson	M 40-49	27:45	09:15	50:35	22:50	16.6	1:11:01	20:26	18.5	11:21	1:22:22	1	
Warren Hale	M 40-49	28:43	09:34	51:49	23:06	16.4	1:13:20	21:31	17.6	10:20	1:23:40	1	
Dilip Singh	M 40-49	38:17	12:46	1:02:20	24:03	15.7	1:24:20	22:00	17.1	02:47	1:27:07	1	
Jason Bennett	M 40-49	30:11	10:04	53:18	23:07	16.4	1:15:56	22:38	16.7	12:37	1:28:33	1	
William Smith	M 50+	22:24	07:28	42:09	19:45	19.2	1:00:36	18:27	20.5	08:32	1:09:08	7	
Sergio Nordenflycht	M 50+	23:57	07:59	42:50	18:53	20.0	1:03:14	20:24	18.6	08:10	1:11:24	5	
Tom Hoelzl	M 50+	23:27	07:49	45:06	21:39	17.5	1:03:53	18:47	20.1	09:01	1:12:54	3	
Chuck Miller	M 50+	25:09	08:23	45:32	20:23	18.6	1:03:56	18:24	20.6	09:14	1:13:10	1	
Fred Chrisfield	M 50+	26:24	08:48	47:18	20:54	18.1	1:06:19	19:01	19.9	10:01	1:16:20	1	
Carmine Tiso	M 50+	27:48	09:16	53:31	25:43	14.7	1:17:17	23:46	15.9	11:21	1:28:38	1	
Pat Neill	Guest	20:07	06:42	42:31	22:24	16.9	1:09:29	26:58	14.0	DNF			