



# August 28th 2014: 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
Joshua Hanley	M <30	20:55	06:58	38:54	17:59	21.0	55:07	16:13	23.3	20:45	06:55	1:15:52
Peter Thompson	M < 30	21:01	07:00	39:25	18:24	20.5	56:34	17:09	22.0	22:15	07:25	1:18:49
Brian Muscarella	M 30-39	22:17	07:26	44:02	21:45	17.4	1:03:33	19:31	19.4	23:59	08:00	1:27:32
Fred Chrisfield	M 50+	24:32	08:11	44:23	19:51	19.0	1:03:06	18:43	20.2	28:02	09:21	1:31:08
David Federspiel	M 40-49	25:04	08:21	46:55	21:51	17.3	1:05:54	18:59	19.9	27:40	09:13	1:33:34
Kara Gorgos	F < 30	25:05	08:22	46:54	21:49	17.3	1:06:47	19:53	19.0	26:59	09:00	1:33:46
Brad Hilimon	M 30-39	23:49	07:56	46:13	22:24	16.9	1:07:03	20:50	18.1	28:41	09:34	1:35:44
Steven Gentz	M 30-39	27:24	09:08	50:35	23:11	16.3	1:10:55	20:20	18.6	30:03	10:01	1:40:58
Suzanne Gentz	F 30-39	27:23	09:08	50:36	23:13	16.3	1:10:57	20:21	18.6	30:02	10:01	1:40:59
Marco Riccioni	M 40-49	23:04	07:41	1:00:11	37:07	10.2	1:26:18	26:07	14.5	DNF		
Corey Bunje Bower	M 30-39	20:53	06:58	DNF								

## 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	
Kara Gorgos	F < 30	25:05	08:22	46:54	21:49	17.3	1:06:47	19:53	19.0	26:59	09:00	1:33:46	7
Suzanne Gentz	F 30-39	27:23	09:08	50:36	23:13	16.3	1:10:57	20:21	18.6	30:02	10:01	1:40:59	7
Joshua Hanley	M < 30	20:55	06:58	38:54	17:59	21.0	55:07	16:13	23.3	20:45	06:55	1:15:52	7
Peter Thompson	M < 30	21:01	07:00	39:25	18:24	20.5	56:34	17:09	22.0	22:15	07:25	1:18:49	5
Brian Muscarella	M 30-39	22:17	07:26	44:02	21:45	17.4	1:03:33	19:31	19.4	23:59	08:00	1:27:32	7
Brad Hilimon	M 30-39	23:49	07:56	46:13	22:24	16.9	1:07:03	20:50	18.1	28:41	09:34	1:35:44	5
Steven Gentz	M 30-39	27:24	09:08	50:35	23:11	16.3	1:10:55	20:20	18.6	30:03	10:01	1:40:58	3
Corey Bunje Bower	M 30-39	20:53	06:58	DNF									0
David Federspiel	M 40-49	25:04	08:21	46:55	21:51	17.3	1:05:54	18:59	19.9	27:40	09:13	1:33:34	7
Marco Riccioni	M 40-49	23:04	07:41	1:00:11	37:07	10.2	1:26:18	26:07	14.5	DNF			0
Fred Chrisfield	M 50+	24:32	08:11	44:23	19:51	19.0	1:03:06	18:43	20.2	28:02	09:21	1:31:08	7