



June 4th 2015: 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		
Rob Cornish	M < 30	0:20:21	0:06:47	0:37:35	0:17:14	21.9	0:53:53	0:16:18	23.2	0:06:37	1:00:30
Mike Belus	M 30-39	0:20:50	0:06:57	0:38:54	0:18:04	20.9	0:55:48	0:16:54	22.4	0:07:12	1:03:00
Daniel Gunderson	M < 30	0:20:36	0:06:52	0:39:22	0:18:46	20.1	0:56:34	0:17:12	22.0	0:07:46	1:04:20
Charlie Watson	M 30-39	0:21:28	0:07:09	0:39:44	0:18:16	20.7	0:57:21	0:17:37	21.5	0:09:01	1:06:22
Bill Smith	M 50+	0:21:46	0:07:15	0:40:49	0:19:03	19.8	0:57:44	0:16:55	22.3	0:08:42	1:06:26
Joe Pautler	M 40-49	0:22:26	0:07:29	0:40:47	0:18:21	20.6	0:58:08	0:17:21	21.8	0:08:29	1:06:37
Mark Sommers	M 30-39	0:25:45	0:08:35	0:44:35	0:18:50	20.1	1:01:44	0:17:09	22.0	0:09:16	1:11:00
Ray Bailey	M 30-39	0:23:11	0:07:44	0:43:11	0:20:00	18.9	1:02:40	0:19:29	19.4	0:08:29	1:11:09
Justin Adamek	M 40-49	0:22:07	0:07:22	0:43:38	0:21:31	17.6	1:04:08	0:20:30	18.4	0:08:58	1:13:06
Tom Schaefer	M 50+	0:22:30	0:07:30	0:44:10	0:21:40	17.4	1:04:40	0:20:30	18.4	0:09:22	1:14:02
Fred Chrisfield	M 50+	0:26:13	0:08:44	0:46:27	0:20:14	18.7	1:05:38	0:19:11	19.7	0:10:07	1:15:45
Erin Sheehan	F 30-39	0:24:24	0:08:08	0:46:53	0:22:29	16.8	1:06:35	0:19:42	19.2	0:09:15	1:15:50
Kara Gorgos	F < 30	0:24:34	0:08:11	0:46:56	0:22:22	16.9	1:07:49	0:20:53	18.1	0:08:43	1:16:32
Sean Davis	M 40-49	0:22:08	0:07:23	0:47:49	0:25:41	14.7	1:08:20	0:20:31	18.4	0:09:03	1:17:23
David Ward	M 50+	0:26:12	0:08:44	0:47:00	0:20:48	18.2	1:04:28	0:17:28	21.6	0:13:05	1:17:33
Amy Bryan	F 50+	0:26:36	0:08:52	0:48:01	0:21:25	17.6	1:08:18	0:20:17	18.6	0:09:50	1:18:08
Harry Craft	M 40-49	0:26:40	0:08:53	0:48:39	0:21:59	17.2	1:08:38	0:19:59	18.9	0:10:51	1:19:29
Jack Deavers	M 30-39	0:25:51	0:08:37	0:48:21	0:22:30	16.8	1:08:57	0:20:36	18.3	0:10:35	1:19:32
Theresa Mellas	F < 30	0:26:48	0:08:56	0:49:20	0:22:32	16.8	1:08:42	0:19:22	19.5	0:10:54	1:19:36
Corey Bower	M 30-39	0:25:49	0:08:36	0:50:43	0:24:54	15.2	1:12:42	0:21:59	17.2	0:07:45	1:20:27
Doug Mess	M 50+	0:25:47	0:08:36	0:49:58	0:24:11	15.6	1:12:45	0:22:47	16.6	0:09:48	1:22:33
Dan Salmons	M 50+	0:29:26	0:09:49	0:53:12	0:23:46	15.9	1:13:56	0:20:44	18.2	0:11:22	1:25:18
Susan Henesey	F 50+	0:27:36	0:09:12	0:52:43	0:25:07	15.0	1:16:22	0:23:39	16.0	0:10:26	1:26:48
Jason Bennett	M 40-49	0:31:12	0:10:24	0:53:51	0:22:39	16.7	1:15:53	0:22:02	17.2	0:11:51	1:27:44
Susan Long	F 30-39	0:27:53	0:09:18	0:53:37	0:25:44	14.7	1:18:24	0:24:47	15.3	0:10:19	1:28:43
Dilip Singh	M 40-49	0:32:27	0:10:49	0:55:29	0:23:02	16.4	1:15:37	0:20:08	18.8	0:13:27	1:29:04
David Jaworski	M 40-49	0:32:23	0:10:48	0:57:12	0:24:49	15.2	1:19:23	0:22:11	17.0	0:12:06	1:31:29
Heather Ring	F 40-49	0:30:51	0:10:17	0:56:47	0:25:56	14.6	1:19:53	0:23:06	16.4	0:12:17	1:32:10

Age Group Results

Name	AgeGroup	<i>Includes T1 time</i>					<i>Includes T2</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	1mile run (split)	Finish Time	Points
Kara Gorgos	F < 30	0:24:34	0:08:11	0:46:56	0:22:22	16.9	1:07:49	0:20:53	18.1	0:08:43	1:16:32	7
Theresa Mellas	F < 30	0:26:48	0:08:56	0:49:20	0:22:32	16.8	1:08:42	0:19:22	19.5	0:10:54	1:19:36	5
Erin Sheehan	F 30-39	0:24:24	0:08:08	0:46:53	0:22:29	16.8	1:06:35	0:19:42	19.2	0:09:15	1:15:50	7
Susan Long	F 30-39	0:27:53	0:09:18	0:53:37	0:25:44	14.7	1:18:24	0:24:47	15.3	0:10:19	1:28:43	5
Heather Ring	F 40-49	0:30:51	0:10:17	0:56:47	0:25:56	14.6	1:19:53	0:23:06	16.4	0:12:17	1:32:10	7
Amy Bryan	F 50+	0:26:36	0:08:52	0:48:01	0:21:25	17.6	1:08:18	0:20:17	18.6	0:09:50	1:18:08	7
Susan Henesey	F 50+	0:27:36	0:09:12	0:52:43	0:25:07	15.0	1:16:22	0:23:39	16.0	0:10:26	1:26:48	5
Rob Cornish	M < 30	0:20:21	0:06:47	0:37:35	0:17:14	21.9	0:53:53	0:16:18	23.2	0:06:37	1:00:30	7
Daniel Gunderson	M < 30	0:20:36	0:06:52	0:39:22	0:18:46	20.1	0:56:34	0:17:12	22.0	0:07:46	1:04:20	5
Mike Belus	M 30-39	0:20:50	0:06:57	0:38:54	0:18:04	20.9	0:55:48	0:16:54	22.4	0:07:12	1:03:00	7
Charlie Watson	M 30-39	0:21:28	0:07:09	0:39:44	0:18:16	20.7	0:57:21	0:17:37	21.5	0:09:01	1:06:22	5
Mark Sommers	M 30-39	0:25:45	0:08:35	0:44:35	0:18:50	20.1	1:01:44	0:17:09	22.0	0:09:16	1:11:00	3
Ray Bailey	M 30-39	0:23:11	0:07:44	0:43:11	0:20:00	18.9	1:02:40	0:19:29	19.4	0:08:29	1:11:09	1
Jack Deavers	M 30-39	0:25:51	0:08:37	0:48:21	0:22:30	16.8	1:08:57	0:20:36	18.3	0:10:35	1:19:32	1
Corey Bower	M 30-39	0:25:49	0:08:36	0:50:43	0:24:54	15.2	1:12:42	0:21:59	17.2	0:07:45	1:20:27	1
Joe Pautler	M 40-49	0:22:26	0:07:29	0:40:47	0:18:21	20.6	0:58:08	0:17:21	21.8	0:08:29	1:06:37	7
Justin Adamek	M 40-49	0:22:07	0:07:22	0:43:38	0:21:31	17.6	1:04:08	0:20:30	18.4	0:08:58	1:13:06	5
Sean Davis	M 40-49	0:22:08	0:07:23	0:47:49	0:25:41	14.7	1:08:20	0:20:31	18.4	0:09:03	1:17:23	3
Harry Craft	M 40-49	0:26:40	0:08:53	0:48:39	0:21:59	17.2	1:08:38	0:19:59	18.9	0:10:51	1:19:29	1
Jason Bennett	M 40-49	0:31:12	0:10:24	0:53:51	0:22:39	16.7	1:15:53	0:22:02	17.2	0:11:51	1:27:44	1
Dilip Singh	M 40-49	0:32:27	0:10:49	0:55:29	0:23:02	16.4	1:15:37	0:20:08	18.8	0:13:27	1:29:04	1
David Jaworski	M 40-49	0:32:23	0:10:48	0:57:12	0:24:49	15.2	1:19:23	0:22:11	17.0	0:12:06	1:31:29	1
Bill Smith	M 50+	0:21:46	0:07:15	0:40:49	0:19:03	19.8	0:57:44	0:16:55	22.3	0:08:42	1:06:26	7
Tom Schaefer	M 50+	0:22:30	0:07:30	0:44:10	0:21:40	17.4	1:04:40	0:20:30	18.4	0:09:22	1:14:02	5
Fred Chrisfield	M 50+	0:26:13	0:08:44	0:46:27	0:20:14	18.7	1:05:38	0:19:11	19.7	0:10:07	1:15:45	3
David Ward	M 50+	0:26:12	0:08:44	0:47:00	0:20:48	18.2	1:04:28	0:17:28	21.6	0:13:05	1:17:33	1
Doug Mess	M 50+	0:25:47	0:08:36	0:49:58	0:24:11	15.6	1:12:45	0:22:47	16.6	0:09:48	1:22:33	1
Dan Salmons	M 50+	0:29:26	0:09:49	0:53:12	0:23:46	15.9	1:13:56	0:20:44	18.2	0:11:22	1:25:18	1