



July 9th 2015: 3-3-3 Brick

3 mile run, 3 laps on the bike (18.9 miles), 3 mile run



Overall Results

(See below for Age Group Results)

Name	AgeGroup	Includes T1						Includes T2						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	Lap3 bike (clock)	Lap3 bike (split)	Lap3 bike mph	3mile run (split)		Pace per mile
Josh Hanley	M < 30	0:19:02	0:06:21	0:35:55	0:16:53	22.40	0:52:06	0:16:11	23.40	1:08:19	0:16:13	23.30	0:20:17	0:06:46	1:28:36
Peter Thompson	M < 30	0:19:33	0:06:31	0:37:50	0:18:17	20.70	0:55:12	0:17:22	21.80	1:12:57	0:17:45	21.30	0:20:53	0:06:58	1:33:50
Joe Drees	M 30-39	0:20:52	0:06:57	0:38:09	0:17:17	21.90	0:54:44	0:16:35	22.80	1:11:30	0:16:46	22.50	0:23:10	0:07:43	1:34:40
Ron Prabucki	M 50+	0:23:57	0:07:59	0:41:38	0:17:41	21.40	0:58:08	0:16:30	22.90	1:14:23	0:16:15	23.30	0:21:55	0:07:18	1:36:18
Todd Warthling	M 30-39	0:20:14	0:06:45	0:38:56	0:18:42	20.20	0:57:01	0:18:05	20.90	1:14:30	0:17:29	21.60	0:22:12	0:07:24	1:36:42
Christopher Stuff	M 30-39	0:21:57	0:07:19	0:40:14	0:18:17	20.70	0:57:45	0:17:31	21.60	1:15:24	0:17:39	21.40	0:26:32	0:08:51	1:41:56
Joe Pautler	M 40-49	0:21:54	0:07:18	0:40:37	0:18:43	20.20	0:58:19	0:17:42	21.40	1:15:54	0:17:35	21.50	0:26:09	0:08:43	1:42:03
Tim Dickey	M 30-39	0:24:13	0:08:04	0:43:28	0:19:15	19.60	1:01:41	0:18:13	20.80	1:19:48	0:18:07	20.90	0:26:05	0:08:42	1:45:53
Sean Davis	M 40-49	0:22:10	0:07:23	0:44:12	0:22:02	17.20	1:03:54	0:19:42	19.20	1:24:11	0:20:17	18.60	0:25:10	0:08:23	1:49:21
Amy Benedict	F 30-39	0:23:24	0:07:48	0:46:20	0:22:56	16.50	1:07:20	0:21:00	18.00	1:28:18	0:20:58	18.00	0:26:00	0:08:40	1:54:18
Fred Chrisfield	M 50+	0:25:12	0:08:24	0:45:51	0:20:39	18.30	1:05:10	0:19:19	19.60	1:25:37	0:20:27	18.50	0:29:06	0:09:42	1:54:43
Dave Federspiel	M 40-49	0:31:59	0:10:40	0:55:18	0:23:19	16.20	1:14:37	0:19:19	19.60	1:33:56	0:19:19	19.60	0:34:29	0:11:30	2:08:25
Robin Maloney	F 30-39	0:28:46	0:09:35	0:55:02	0:26:16	14.40	1:19:51	0:24:49	15.20	1:46:59	0:27:08	13.90	0:34:19	0:11:26	2:21:18
David Jaworski	M 40-49	0:30:52	0:10:17	0:55:08	0:24:16	15.60	1:17:38	0:22:30	16.80	1:41:26	0:23:48	15.90	0:39:55	0:13:18	2:21:21
Susan Henesey	F 50+	0:27:02	0:09:01	0:56:22	0:29:20	12.90	1:21:40	0:25:18	14.90	1:48:05	0:26:25	14.30	0:34:05	0:11:22	2:22:10
Mark Knerr	M 50+	0:26:17	0:08:46	0:48:29	0:22:12	17.00	1:07:14	0:18:45	20.20	1:27:05	0:19:51	19.00	DNF		
Susan Long	F 30-39	0:28:16	0:09:25	0:55:25	0:27:09	13.90	1:21:15	0:25:50	14.60	1:46:13	0:24:58	15.10	DNF		
Justin Adamek	M 40-49	0:23:55	0:07:58	DNF											

Age Group Results

Name	AgeGroup	Includes T1						Includes T2						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	Lap3 bike (clock)	Lap3 bike (split)	Lap3 bike mph	3mile run (split)			Pace per mile
Amy Benedict	F 30-39	0:23:24	0:07:48	0:46:20	0:22:56	16.50	1:07:20	0:21:00	18.00	1:28:18	0:20:58	18.00	0:26:00	0:08:40	1:54:18	7
Robin Maloney	F 30-39	0:28:46	0:09:35	0:55:02	0:26:16	14.40	1:19:51	0:24:49	15.20	1:46:59	0:27:08	13.90	0:34:19	0:11:26	2:21:18	5
Susan Long	F 30-39	0:28:16	0:09:25	0:55:25	0:27:09	13.90	1:21:15	0:25:50	14.60	1:46:13	0:24:58	15.10	DNF			0
Susan Henesey	F 50+	0:27:02	0:09:01	0:56:22	0:29:20	12.90	1:21:40	0:25:18	14.90	1:48:05	0:26:25	14.30	0:34:05	0:11:22	2:22:10	7
Josh Hanley	M < 30	0:19:02	0:06:21	0:35:55	0:16:53	22.40	0:52:06	0:16:11	23.40	1:08:19	0:16:13	23.30	0:20:17	0:06:46	1:28:36	7
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Joe Drees	M 30-39	0:20:52	0:06:57	0:38:09	0:17:17	21.90	0:54:44	0:16:35	22.80	1:11:30	0:16:46	22.50	0:23:10	0:07:43	1:34:40	7
Todd Warthling	M 30-39	0:20:14	0:06:45	0:38:56	0:18:42	20.20	0:57:01	0:18:05	20.90	1:14:30	0:17:29	21.60	0:22:12	0:07:24	1:36:42	5
Christopher Stuff	M 30-39	0:21:57	0:07:19	0:40:14	0:18:17	20.70	0:57:45	0:17:31	21.60	1:15:24	0:17:39	21.40	0:26:32	0:08:51	1:41:56	3
Tim Dickey	M 30-39	0:24:13	0:08:04	0:43:28	0:19:15	19.60	1:01:41	0:18:13	20.80	1:19:48	0:18:07	20.90	0:26:05	0:08:42	1:45:53	1
Joe Pautler	M 40-49	0:21:54	0:07:18	0:40:37	0:18:43	20.20	0:58:19	0:17:42	21.40	1:15:54	0:17:35	21.50	0:26:09	0:08:43	1:42:03	7
Sean Davis	M 40-49	0:22:10	0:07:23	0:44:12	0:22:02	17.20	1:03:54	0:19:42	19.20	1:24:11	0:20:17	18.60	0:25:10	0:08:23	1:49:21	5
Dave Federspiel	M 40-49	0:31:59	0:10:40	0:55:18	0:23:19	16.20	1:14:37	0:19:19	19.60	1:33:56	0:19:19	19.60	0:34:29	0:11:30	2:08:25	3
David Jaworski	M 40-49	0:30:52	0:10:17	0:55:08	0:24:16	15.60	1:17:38	0:22:30	16.80	1:41:26	0:23:48	15.90	0:39:55	0:13:18	2:21:21	1
Justin Adamek	M 40-49	0:23:55	0:07:58	DNF												0
Ron Prabucki	M 50+	0:23:57	0:07:59	0:41:38	0:17:41	21.40	0:58:08	0:16:30	22.90	1:14:23	0:16:15	23.30	0:21:55	0:07:18	1:36:18	7
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Mark Knerr	M 50+	0:26:17	0:08:46	0:48:29	0:22:12	17.00	1:07:14	0:18:45	20.20	1:27:05	0:19:51	19.00	DNF			0