



July 7th 2016: 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)

Includes T1 time

Includes T2 time

Name	AgeGroup	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
Ronald Prabucki	M 55-64	0:20:16	0:06:45	0:37:52	0:17:36	21.5	0:54:12	0:16:20	23.1	0:22:20	0:07:27	1:16:32
Kevin Smith	M 35-44	0:22:04	0:07:21	0:39:55	0:17:51	21.2	0:56:35	0:16:40	22.7	0:23:54	0:07:58	1:20:29
Joe Pautler	M 35-44	0:20:51	0:06:57	0:40:03	0:19:12	19.7	0:58:12	0:18:09	20.8	0:23:46	0:07:55	1:21:58
Michael Belus	M 35-44	0:23:02	0:07:41	0:41:43	0:18:41	20.2	0:59:12	0:17:29	21.6	0:23:46	0:07:55	1:22:58
Brian McNamara	M 45-54	0:22:43	0:07:34	0:41:40	0:18:57	19.9	0:58:54	0:17:14	21.9	0:26:07	0:08:42	1:25:01
David Ward	M 55-64	0:22:18	0:07:26	0:43:09	0:20:51	18.1	1:01:57	0:18:48	20.1	0:26:59	0:09:00	1:28:56
Jurriaan de Jong	M 45-54	0:25:23	0:08:28	0:44:58	0:19:35	19.3	1:03:24	0:18:26	20.5	0:27:52	0:09:17	1:31:16
Josh Raczka	M 35-44	0:25:13	0:08:24	0:46:48	0:21:35	17.5	1:06:48	0:20:00	18.9	0:28:54	0:09:38	1:35:42
Shaunessy Ryan	M 35-44	0:23:04	0:07:41	0:48:23	0:25:19	14.9	1:12:51	0:24:28	15.4	0:27:49	0:09:16	1:40:40
Fred Chrisfield	M 55-64	0:27:20	0:09:07	0:49:49	0:22:29	16.8	1:09:48	0:19:59	18.9	0:32:15	0:10:45	1:42:03
Dennis Dempsey	M 65+	0:30:46	0:10:15	0:53:31	0:22:45	16.6	1:14:00	0:20:29	18.5	0:31:34	0:10:31	1:45:34
Susan Henesey	F 55-64	0:25:52	0:08:37	0:53:47	0:27:55	13.5	1:16:51	0:23:04	16.4	0:29:10	0:09:43	1:46:01
David Federspiel	M 45-54	0:29:27	0:09:49	0:52:39	0:23:12	16.3	1:10:29	0:17:50	21.2	0:41:39	0:13:53	1:52:08
Kelly Voigt	F 35-44	0:29:24	0:09:48	0:53:32	0:24:08	15.7	1:14:23	0:20:51	18.1	0:37:49	0:12:36	1:52:12
Chris Yuen	M 35-44	0:29:28	0:09:49	0:54:50	0:25:22	14.9	1:18:52	0:24:02	15.7	0:33:23	0:11:08	1:52:15
Jason Bennett	M 35-44	0:35:00	0:11:40	1:00:18	0:25:18	14.9	1:24:20	0:24:02	15.7	DNF		
Joni Maxick-Jason	F 45-54	0:24:44	0:08:15	0:49:16	0:24:32	15.4	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
Kelly Voigt	F 35-44	0:29:24	0:09:48	0:53:32	0:24:08	15.7	1:14:23	0:20:51	18.1	0:37:49	0:12:36	1:52:12	7
Joni Maxick-Jason	F 45-54	0:24:44	0:08:15	0:49:16	0:24:32	15.4	DNF						0
Susan Henesey	F 55-64	0:25:52	0:08:37	0:53:47	0:27:55	13.5	1:16:51	0:23:04	16.4	0:29:10	0:09:43	1:46:01	7
Kevin Smith	M 35-44	0:22:04	0:07:21	0:39:55	0:17:51	21.2	0:56:35	0:16:40	22.7	0:23:54	0:07:58	1:20:29	7
Joe Pautler	M 35-44	0:20:51	0:06:57	0:40:03	0:19:12	19.7	0:58:12	0:18:09	20.8	0:23:46	0:07:55	1:21:58	5
Michael Belus	M 35-44	0:23:02	0:07:41	0:41:43	0:18:41	20.2	0:59:12	0:17:29	21.6	0:23:46	0:07:55	1:22:58	3
Josh Raczka	M 35-44	0:25:13	0:08:24	0:46:48	0:21:35	17.5	1:06:48	0:20:00	18.9	0:28:54	0:09:38	1:35:42	nm
Shaunessy Ryan	M 35-44	0:23:04	0:07:41	0:48:23	0:25:19	14.9	1:12:51	0:24:28	15.4	0:27:49	0:09:16	1:40:40	1
Chris Yuen	M 35-44	0:29:28	0:09:49	0:54:50	0:25:22	14.9	1:18:52	0:24:02	15.7	0:33:23	0:11:08	1:52:15	1
Jason Bennett	M 35-44	0:35:00	0:11:40	1:00:18	0:25:18	14.9	1:24:20	0:24:02	15.7	DNF			0
Brian McNamara	M 45-54	0:22:43	0:07:34	0:41:40	0:18:57	19.9	0:58:54	0:17:14	21.9	0:26:07	0:08:42	1:25:01	7
Jurriaan de Jong	M 45-54	0:25:23	0:08:28	0:44:58	0:19:35	19.3	1:03:24	0:18:26	20.5	0:27:52	0:09:17	1:31:16	5
David Federspiel	M 45-54	0:29:27	0:09:49	0:52:39	0:23:12	16.3	1:10:29	0:17:50	21.2	0:41:39	0:13:53	1:52:08	nm
Ronald Prabucki	M 55-64	0:20:16	0:06:45	0:37:52	0:17:36	21.5	0:54:12	0:16:20	23.1	0:22:20	0:07:27	1:16:32	7
David Ward	M 55-64	0:22:18	0:07:26	0:43:09	0:20:51	18.1	1:01:57	0:18:48	20.1	0:26:59	0:09:00	1:28:56	5
Fred Chrisfield	M 55-64	0:27:20	0:09:07	0:49:49	0:22:29	16.8	1:09:48	0:19:59	18.9	0:32:15	0:10:45	1:42:03	3
Dennis Dempsey	M 65+	0:30:46	0:10:15	0:53:31	0:22:45	16.6	1:14:00	0:20:29	18.5	0:31:34	0:10:31	1:45:34	7