



May 25th 2017: 1-2-3 Brick

1 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	1mile run (clock)	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
Ben Barnhardt	M 35-44	0:06:45	0:22:47	0:16:02	23.6	0:38:10	0:15:23	24.6	0:22:20	0:07:27	1:00:30
Murray Cutler	M 35-44	0:06:21	0:25:52	0:19:31	19.4	0:43:25	0:17:33	21.5	0:18:11	0:06:04	1:01:36
Chris Stoj	M 35-44	0:07:25	0:26:18	0:18:53	20.0	0:43:20	0:17:02	22.2	0:23:32	0:07:51	1:06:52
Brian McNamara	M 45-54	0:07:13	0:25:49	0:18:36	20.3	0:42:53	0:17:04	22.1	0:24:45	0:08:15	1:07:38
John Roden	M 55-64	0:08:05	0:26:21	0:18:16	20.7	0:43:36	0:17:15	21.9	0:24:31	0:08:10	1:08:07
Bill Ackendorf	M 35-44	0:07:17	0:26:34	0:19:17	19.6	0:44:22	0:17:48	21.2	0:23:50	0:07:57	1:08:12
Scott Kinerk	M 45-54	0:06:57	0:26:41	0:19:44	19.2	0:45:04	0:18:23	20.6	0:23:36	0:07:52	1:08:40
Jim Norton	M 45-54	0:07:16	0:26:47	0:19:31	19.4	0:45:06	0:18:19	20.6	0:24:22	0:08:07	1:09:28
Beth Greenwald	F 35-44	0:07:42	0:26:44	0:19:02	19.9	0:45:24	0:18:40	20.3	0:24:20	0:08:07	1:09:44
Paul Schumacher	M 45-54	0:09:04	0:27:37	0:18:33	20.4	0:44:48	0:17:11	22.0	0:25:28	0:08:29	1:10:16
Bill Beardsley	M 65+	0:07:50	0:26:45	0:18:55	20.0	0:45:19	0:18:34	20.4	0:25:20	0:08:27	1:10:39
Andrew Tamchyna	M 25-34	0:08:18	0:28:10	0:19:52	19.0	0:45:52	0:17:42	21.4	0:26:44	0:08:55	1:12:36
Sue Gentz	F 35-44	0:08:01	0:27:56	0:19:55	19.0	0:46:43	0:18:47	20.1	0:26:36	0:08:52	1:13:19
Fred Chrisfield	M 55-64	0:08:10	0:28:57	0:20:47	18.2	0:48:38	0:19:41	19.2	0:27:55	0:09:18	1:16:33
Bill Smith	M 45-54	0:07:53	0:27:27	0:19:34	19.3	0:45:21	0:17:54	21.1	0:32:33	0:10:51	1:17:54
Thomas McArdle, Jr.	M 25-34	0:07:32	0:30:57	0:23:25	16.1	0:52:55	0:21:58	17.2	0:26:20	0:08:47	1:19:15
Amy Benedict	F 35-44	0:08:34	0:29:49	0:21:15	17.8	0:49:55	0:20:06	18.8	0:30:03	0:10:01	1:19:58
Dana Shannon	F 25-34	0:08:21	0:32:24	0:24:03	15.7	0:53:50	0:21:26	17.6	0:28:41	0:09:34	1:22:31
Amy Bryan	F 55-64	0:09:39	0:32:10	0:22:31	16.8	0:52:22	0:20:12	18.7	0:31:51	0:10:37	1:24:13
Thomas McArdle	M 45-54	0:09:29	0:33:29	0:24:00	15.8	0:55:44	0:22:15	17.0	0:31:21	0:10:27	1:27:05
Lynzee Ralph	F 35-44	0:10:03	0:35:44	0:25:41	14.7	0:57:06	0:21:22	17.7	0:33:44	0:11:15	1:30:50
Dennis Dempsey	M 65+	0:09:41	0:32:37	0:22:56	16.5	1:00:57	0:28:20	13.3	0:31:33	0:10:31	1:32:30
Roy LaRue	M 55-64	0:09:46	0:34:40	0:24:54	15.2	0:57:23	0:22:43	16.6	0:36:32	0:12:11	1:33:55
Jason Bennett	M 35-44	0:11:20	0:35:07	0:23:47	15.9	0:57:25	0:22:18	17.0	0:38:28	0:12:49	1:35:53
Josh Raczka	M 35-44	0:06:54	0:26:16	0:19:22	19.5	0:43:30	0:17:14	21.9	dnf		

Age Group Results

Name	AgeGroup	<i>Includes T1 time</i>						<i>Includes T2 time</i>		Finish Time	Points	
		1mile run (clock)	Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	3mile run (split)			Pace per mile
Dana Shannon	F 25-34	0:08:21	0:32:24	0:24:03	15.7	0:53:50	0:21:26	17.6	0:28:41	0:09:34	1:22:31	7
Beth Greenwald	F 35-44	0:07:42	0:26:44	0:19:02	19.9	0:45:24	0:18:40	20.3	0:24:20	0:08:07	1:09:44	7
Sue Gentz	F 35-44	0:08:01	0:27:56	0:19:55	19.0	0:46:43	0:18:47	20.1	0:26:36	0:08:52	1:13:19	5
Amy Benedict	F 35-44	0:08:34	0:29:49	0:21:15	17.8	0:49:55	0:20:06	18.8	0:30:03	0:10:01	1:19:58	3
Lynzee Ralph	F 35-44	0:10:03	0:35:44	0:25:41	14.7	0:57:06	0:21:22	17.7	0:33:44	0:11:15	1:30:50	1
Amy Bryan	F 55-64	0:09:39	0:32:10	0:22:31	16.8	0:52:22	0:20:12	18.7	0:31:51	0:10:37	1:24:13	7
Andrew Tamchyna	M 25-34	0:08:18	0:28:10	0:19:52	19.0	0:45:52	0:17:42	21.4	0:26:44	0:08:55	1:12:36	7
Thomas McArdle, Jr.	M 25-34	0:07:32	0:30:57	0:23:25	16.1	0:52:55	0:21:58	17.2	0:26:20	0:08:47	1:19:15	5
Ben Barnhardt	M 35-44	0:06:45	0:22:47	0:16:02	23.6	0:38:10	0:15:23	24.6	0:22:20	0:07:27	1:00:30	7
Murray Cutler	M 35-44	0:06:21	0:25:52	0:19:31	19.4	0:43:25	0:17:33	21.5	0:18:11	0:06:04	1:01:36	5
Chris Stoj	M 35-44	0:07:25	0:26:18	0:18:53	20.0	0:43:20	0:17:02	22.2	0:23:32	0:07:51	1:06:52	3
Bill Ackendorf	M 35-44	0:07:17	0:26:34	0:19:17	19.6	0:44:22	0:17:48	21.2	0:23:50	0:07:57	1:08:12	1
Jason Bennett	M 35-44	0:11:20	0:35:07	0:23:47	15.9	0:57:25	0:22:18	17.0	0:38:28	0:12:49	1:35:53	1
Josh Raczka	M 35-44	0:06:54	0:26:16	0:19:22	19.5	0:43:30	0:17:14	21.9	dnf			-
Brian McNamara	M 45-54	0:07:13	0:25:49	0:18:36	20.3	0:42:53	0:17:04	22.1	0:24:45	0:08:15	1:07:38	7
Scott Kinerk	M 45-54	0:06:57	0:26:41	0:19:44	19.2	0:45:04	0:18:23	20.6	0:23:36	0:07:52	1:08:40	5
Jim Norton	M 45-54	0:07:16	0:26:47	0:19:31	19.4	0:45:06	0:18:19	20.6	0:24:22	0:08:07	1:09:28	3
Paul Schumacher	M 45-54	0:09:04	0:27:37	0:18:33	20.4	0:44:48	0:17:11	22.0	0:25:28	0:08:29	1:10:16	1
Bill Smith	M 45-54	0:07:53	0:27:27	0:19:34	19.3	0:45:21	0:17:54	21.1	0:32:33	0:10:51	1:17:54	1
Thomas McArdle	M 45-54	0:09:29	0:33:29	0:24:00	15.8	0:55:44	0:22:15	17.0	0:31:21	0:10:27	1:27:05	1
John Roden	M 55-64	0:08:05	0:26:21	0:18:16	20.7	0:43:36	0:17:15	21.9	0:24:31	0:08:10	1:08:07	7
Fred Chrisfield	M 55-64	0:08:10	0:28:57	0:20:47	18.2	0:48:38	0:19:41	19.2	0:27:55	0:09:18	1:16:33	5
Roy LaRue	M 55-64	0:09:46	0:34:40	0:24:54	15.2	0:57:23	0:22:43	16.6	0:36:32	0:12:11	1:33:55	3
Bill Beardsley	M 65+	0:07:50	0:26:45	0:18:55	20.0	0:45:19	0:18:34	20.4	0:25:20	0:08:27	1:10:39	7
Dennis Dempsey	M 65+	0:09:41	0:32:37	0:22:56	16.5	1:00:57	0:28:20	13.3	0:31:33	0:10:31	1:32:30	5