



# July 20th 2017: 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		
Brian Schmitt	M 45-54	0:21:52	0:07:17	0:39:49	0:17:57	21.1	0:55:55	0:16:06	23.5	0:08:00	1:03:55
Philip VanPeursen	M 35-44	0:21:56	0:07:19	0:40:41	0:18:45	20.2	0:58:47	0:18:06	20.9	0:08:33	1:07:20
Scott Kinerk	M 45-54	0:22:01	0:07:20	0:41:16	0:19:15	19.6	0:58:34	0:17:18	21.8	0:09:43	1:08:17
Beth Greenwald	F 35-44	0:22:34	0:07:31	0:42:19	0:19:45	19.1	1:02:42	0:20:23	18.5	0:08:44	1:11:26
Amber Custodi	F < 25	0:23:26	0:07:49	0:43:43	0:20:17	18.6	1:02:58	0:19:15	19.6	0:09:09	1:12:07
Andrew Tamchyna	M 25-34	0:25:07	0:08:22	0:44:53	0:19:46	19.1	1:03:13	0:18:20	20.6	0:10:04	1:13:17
Josh Raczka	M 35-44	0:24:24	0:08:08	0:44:41	0:20:17	18.6	1:05:02	0:20:21	18.6	0:10:05	1:15:07
Thomas McArdle, Jr.	M 25-34	0:23:35	0:07:52	0:45:40	0:22:05	17.1	1:06:09	0:20:29	18.5	0:09:02	1:15:11
Fred Chrisfield	M 55-64	0:25:15	0:08:25	0:46:24	0:21:09	17.9	1:06:04	0:19:40	19.2	0:10:35	1:16:39
Scott Bylewski	M 45-54	0:25:11	0:08:24	0:49:23	0:24:12	15.6	1:11:29	0:22:06	17.1	0:10:19	1:21:48
Amy Preston	F 45-54	0:28:03	0:09:21	0:50:07	0:22:04	17.1	1:10:01	0:19:54	19.0	0:12:17	1:22:18
Dennis Dempsey	M 65+	0:29:11	0:09:44	0:52:04	0:22:53	16.5	1:12:32	0:20:28	18.5	0:11:32	1:24:04
Jim Karnath	M 55-64	0:31:57	0:10:39	0:54:01	0:22:04	17.1	1:12:33	0:18:32	20.4	0:11:57	1:24:30
Amy Benedict	F 35-44	0:28:02	0:09:21	0:50:30	0:22:28	16.8	1:10:54	0:20:24	18.5	0:14:10	1:25:04
Thomas McArdle	M 45-54	0:27:53	0:09:18	0:51:03	0:23:10	16.3	1:13:30	0:22:27	16.8	0:13:45	1:27:15
Jordan Preston	F < 25	0:27:00	0:09:00	0:51:36	0:24:36	15.4	1:15:45	0:24:09	15.7	0:11:38	1:27:23
Avi Altman	M 35-44	0:24:56	0:08:19	0:52:25	0:27:29	13.8	1:17:41	0:25:16	15.0	0:10:01	1:27:42
Colleen Kreuz	F 55-64	0:32:05	0:10:42	0:56:15	0:24:10	15.6	1:18:15	0:22:00	17.2	0:13:32	1:31:47

## Age Group Results

Name	AgeGroup	<i>Includes T1 time</i>					<i>Includes T2</i>				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	1mile run (split)		
Amber Custodi	F < 25	0:23:26	0:07:49	0:43:43	0:20:17	18.6	1:02:58	0:19:15	19.6	0:09:09	1:12:07	7
Jordan Preston	F < 25	0:27:00	0:09:00	0:51:36	0:24:36	15.4	1:15:45	0:24:09	15.7	0:11:38	1:27:23	5
Beth Greenwald	F 35-44	0:22:34	0:07:31	0:42:19	0:19:45	19.1	1:02:42	0:20:23	18.5	0:08:44	1:11:26	7
Amy Benedict	F 35-44	0:28:02	0:09:21	0:50:30	0:22:28	16.8	1:10:54	0:20:24	18.5	0:14:10	1:25:04	5
Amy Preston	F 45-54	0:28:03	0:09:21	0:50:07	0:22:04	17.1	1:10:01	0:19:54	19.0	0:12:17	1:22:18	7
Colleen Kreuz	F 55-64	0:32:05	0:10:42	0:56:15	0:24:10	15.6	1:18:15	0:22:00	17.2	0:13:32	1:31:47	7
Andrew Tamchyna	M 25-34	0:25:07	0:08:22	0:44:53	0:19:46	19.1	1:03:13	0:18:20	20.6	0:10:04	1:13:17	7
Thomas McArdle, Jr.	M 25-34	0:23:35	0:07:52	0:45:40	0:22:05	17.1	1:06:09	0:20:29	18.5	0:09:02	1:15:11	5
Philip VanPeursen	M 35-44	0:21:56	0:07:19	0:40:41	0:18:45	20.2	0:58:47	0:18:06	20.9	0:08:33	1:07:20	7
Josh Raczka	M 35-44	0:24:24	0:08:08	0:44:41	0:20:17	18.6	1:05:02	0:20:21	18.6	0:10:05	1:15:07	5
Avi Altman	M 35-44	0:24:56	0:08:19	0:52:25	0:27:29	13.8	1:17:41	0:25:16	15.0	0:10:01	1:27:42	3
Brian Schmitt	M 45-54	0:21:52	0:07:17	0:39:49	0:17:57	21.1	0:55:55	0:16:06	23.5	0:08:00	1:03:55	7
Scott Kinerk	M 45-54	0:22:01	0:07:20	0:41:16	0:19:15	19.6	0:58:34	0:17:18	21.8	0:09:43	1:08:17	5
Scott Bylewski	M 45-54	0:25:11	0:08:24	0:49:23	0:24:12	15.6	1:11:29	0:22:06	17.1	0:10:19	1:21:48	3
Thomas McArdle	M 45-54	0:27:53	0:09:18	0:51:03	0:23:10	16.3	1:13:30	0:22:27	16.8	0:13:45	1:27:15	1
Fred Chrisfield	M 55-64	0:25:15	0:08:25	0:46:24	0:21:09	17.9	1:06:04	0:19:40	19.2	0:10:35	1:16:39	7
Jim Karnath	M 55-64	0:31:57	0:10:39	0:54:01	0:22:04	17.1	1:12:33	0:18:32	20.4	0:11:57	1:24:30	5
Dennis Dempsey	M 65+	0:29:11	0:09:44	0:52:04	0:22:53	16.5	1:12:32	0:20:28	18.5	0:11:32	1:24:04	7