



August 24th 2017: 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
Murray Cutler	M 35-44	0:18:38	0:06:13	0:36:51	0:18:13	20.8	0:55:37	0:18:46	20.1	0:20:03	0:06:41	1:15:40
Jason Jones	M 35-44	0:20:02	0:06:41	0:38:15	0:18:13	20.8	0:55:00	0:16:45	22.6	0:20:42	0:06:54	1:15:42
Scott Kinerk	M 45-54	0:22:09	0:07:23	0:41:03	0:18:54	20.0	0:58:06	0:17:03	22.2	0:24:32	0:08:11	1:22:38
Bill Ackendorf	M 35-44	0:22:00	0:07:20	0:42:07	0:20:07	18.8	1:00:12	0:18:05	20.9	0:26:21	0:08:47	1:26:33
Sue Gentz	F 35-44	0:24:20	0:08:07	0:44:15	0:19:55	19.0	1:02:28	0:18:13	20.8	0:25:27	0:08:29	1:27:55
Bill Smith	M 45-54	0:24:52	0:08:17	0:44:39	0:19:47	19.1	1:02:33	0:17:54	21.1	0:27:48	0:09:16	1:30:21
Michael Rodriguez	M 35-44	0:25:39	0:08:33	0:45:20	0:19:41	19.2	1:03:30	0:18:10	20.8	0:28:52	0:09:37	1:32:22
Fred Chrisfield	M 55-64	0:27:24	0:09:08	0:48:22	0:20:58	18.0	1:07:37	0:19:15	19.6	0:28:12	0:09:24	1:35:49
Scott Bylewski	M 45-54	0:26:08	0:08:43	0:49:54	0:23:46	15.9	1:10:50	0:20:56	18.1	0:28:47	0:09:36	1:39:37
Craig Schmidt	M 55-64	0:26:30	0:08:50	0:48:11	0:21:41	17.4	1:07:53	0:19:42	19.2	0:32:10	0:10:43	1:40:03
Dan Salmons	M 55-64	0:29:09	0:09:43	0:51:13	0:22:04	17.1	1:10:45	0:19:32	19.4	0:33:13	0:11:04	1:43:58
Dave Federspiel	M 45-54	0:29:19	0:09:46	0:51:15	0:21:56	17.2	1:10:07	0:18:52	20.0	0:33:54	0:11:18	1:44:01
Dana Shannon	F 25-34	0:26:14	0:08:45	0:49:58	0:23:44	15.9	1:11:29	0:21:31	17.6	0:32:34	0:10:51	1:44:03
Dennis Dempsey	M 65+	0:28:47	0:09:36	0:52:00	0:23:13	16.3	1:13:35	0:21:35	17.5	0:32:18	0:10:46	1:45:53
Rob Leary	M 35-44	0:23:34	0:07:51	0:42:11	0:18:37	20.3	0:59:23	0:17:12	22.0	dnf		

Age Group Results

Name	AgeGroup	<i>Includes T1 time</i>					<i>Includes T2 time</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	3mile run (split)	Pace per mile		
Dana Shannon	F 25-34	0:26:14	0:08:45	0:49:58	0:23:44	15.9	1:11:29	0:21:31	17.6	0:32:34	0:10:51	1:44:03	7
Sue Gentz	F 35-44	0:24:20	0:08:07	0:44:15	0:19:55	19.0	1:02:28	0:18:13	20.8	0:25:27	0:08:29	1:27:55	7
Murray Cutler	M 35-44	0:18:38	0:06:13	0:36:51	0:18:13	20.8	0:55:37	0:18:46	20.1	0:20:03	0:06:41	1:15:40	7
Jason Jones	M 35-44	0:20:02	0:06:41	0:38:15	0:18:13	20.8	0:55:00	0:16:45	22.6	0:20:42	0:06:54	1:15:42	5
Bill Ackendorf	M 35-44	0:22:00	0:07:20	0:42:07	0:20:07	18.8	1:00:12	0:18:05	20.9	0:26:21	0:08:47	1:26:33	3
Michael Rodriguez	M 35-44	0:25:39	0:08:33	0:45:20	0:19:41	19.2	1:03:30	0:18:10	20.8	0:28:52	0:09:37	1:32:22	1
Rob Leary	M 35-44	0:23:34	0:07:51	0:42:11	0:18:37	20.3	0:59:23	0:17:12	22.0	dnf			-
Scott Kinerk	M 45-54	0:22:09	0:07:23	0:41:03	0:18:54	20.0	0:58:06	0:17:03	22.2	0:24:32	0:08:11	1:22:38	7
Bill Smith	M 45-54	0:24:52	0:08:17	0:44:39	0:19:47	19.1	1:02:33	0:17:54	21.1	0:27:48	0:09:16	1:30:21	5
Scott Bylewski	M 45-54	0:26:08	0:08:43	0:49:54	0:23:46	15.9	1:10:50	0:20:56	18.1	0:28:47	0:09:36	1:39:37	3
Dave Federspiel	M 45-54	0:29:19	0:09:46	0:51:15	0:21:56	17.2	1:10:07	0:18:52	20.0	0:33:54	0:11:18	1:44:01	1
Fred Chrisfield	M 55-64	0:27:24	0:09:08	0:48:22	0:20:58	18.0	1:07:37	0:19:15	19.6	0:28:12	0:09:24	1:35:49	7
Craig Schmidt	M 55-64	0:26:30	0:08:50	0:48:11	0:21:41	17.4	1:07:53	0:19:42	19.2	0:32:10	0:10:43	1:40:03	nm
Dan Salmons	M 55-64	0:29:09	0:09:43	0:51:13	0:22:04	17.1	1:10:45	0:19:32	19.4	0:33:13	0:11:04	1:43:58	5
Dennis Dempsey	M 65+	0:28:47	0:09:36	0:52:00	0:23:13	16.3	1:13:35	0:21:35	17.5	0:32:18	0:10:46	1:45:53	7