



August 31st 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
Beth Greenwald	F 35-44	0:07:17	0:26:02	0:18:45	20.2	0:44:39	0:18:37	20.3	0:23:14	0:07:45	1:07:53
Joe Rosati	M 45-54	0:09:49	0:28:18	0:18:29	20.5	0:45:22	0:17:04	22.1	0:24:26	0:08:09	1:09:48
Andrew Tamchyna	M 25-34	0:07:50	0:26:58	0:19:08	19.8	0:44:50	0:17:52	21.2	0:28:33	0:09:31	1:13:23
Thomas McArdle, Jr.	M 25-34	0:07:19	0:28:33	0:21:14	17.8	0:48:50	0:20:17	18.6	0:25:08	0:08:23	1:13:58
Fred Chrisfield	M 55-64	0:09:39	0:30:49	0:21:10	17.9	0:50:01	0:19:12	19.7	0:26:52	0:08:57	1:16:53
Craig Schmidt	M 55-64	0:08:07	0:28:31	0:20:24	18.5	0:47:50	0:19:19	19.6	0:29:58	0:09:59	1:17:48
Amy Bryan	F 55-64	0:08:56	0:30:33	0:21:37	17.5	0:50:58	0:20:25	18.5	0:30:04	0:10:01	1:21:02
Rachel McArdle	F 35-44	0:08:47	0:31:36	0:22:49	16.6	0:53:18	0:21:42	17.4	0:28:02	0:09:21	1:21:20
Thomas McArdle	M 45-54	0:09:18	0:30:57	0:21:39	17.5	0:52:27	0:21:30	17.6	0:29:49	0:09:56	1:22:16
Kelly Voigt	F 35-44	0:08:31	0:30:11	0:21:40	17.4	0:50:23	0:20:12	18.7	0:32:32	0:10:51	1:22:55
Dan Salmons	M 55-64	0:09:47	0:30:48	0:21:01	18.0	0:50:00	0:19:12	19.7	0:32:56	0:10:59	1:22:56
Dennis Dempsey	M 65+	0:09:41	0:31:53	0:22:12	17.0	0:52:42	0:20:49	18.2	0:31:49	0:10:36	1:24:31
Mike Belus	M 35-44	0:06:58	0:33:08	0:26:10	14.4	0:57:58	0:24:50	15.2	0:29:22	0:09:47	1:27:20
Christine Babin	F 25-34	0:12:24	0:43:13	0:30:49	12.3	1:10:41	0:27:28	13.8	0:39:23	0:13:08	1:50:04
Dana Shannon	F 25-34	0:08:46	0:31:00	0:22:14	17.0	dnf					

Age Group Results

Name	AgeGroup	1mile run (clock)	<i>Includes T1 time</i>			<i>Includes T2 time</i>			3mile run (split)	Pace per mile	Finish Time	Points
			Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph				
Christine Babin	F 25-34	0:12:24	0:43:13	0:30:49	12.3	1:10:41	0:27:28	13.8	0:39:23	0:13:08	1:50:04	7
Dana Shannon	F 25-34	0:08:46	0:31:00	0:22:14	17.0	dnf						-
Beth Greenwald	F 35-44	0:07:17	0:26:02	0:18:45	20.2	0:44:39	0:18:37	20.3	0:23:14	0:07:45	1:07:53	7
Rachel McArdle	F 35-44	0:08:47	0:31:36	0:22:49	16.6	0:53:18	0:21:42	17.4	0:28:02	0:09:21	1:21:20	5
Kelly Voigt	F 35-44	0:08:31	0:30:11	0:21:40	17.4	0:50:23	0:20:12	18.7	0:32:32	0:10:51	1:22:55	3
Amy Bryan	F 55-64	0:08:56	0:30:33	0:21:37	17.5	0:50:58	0:20:25	18.5	0:30:04	0:10:01	1:21:02	7
Andrew Tamchyna	M 25-34	0:07:50	0:26:58	0:19:08	19.8	0:44:50	0:17:52	21.2	0:28:33	0:09:31	1:13:23	7
Thomas McArdle, Jr.	M 25-34	0:07:19	0:28:33	0:21:14	17.8	0:48:50	0:20:17	18.6	0:25:08	0:08:23	1:13:58	5
Mike Belus	M 35-44	0:06:58	0:33:08	0:26:10	14.4	0:57:58	0:24:50	15.2	0:29:22	0:09:47	1:27:20	7
Joe Rosati	M 45-54	0:09:49	0:28:18	0:18:29	20.5	0:45:22	0:17:04	22.1	0:24:26	0:08:09	1:09:48	7
Thomas McArdle	M 45-54	0:09:18	0:30:57	0:21:39	17.5	0:52:27	0:21:30	17.6	0:29:49	0:09:56	1:22:16	5
Fred Chrisfield	M 55-64	0:09:39	0:30:49	0:21:10	17.9	0:50:01	0:19:12	19.7	0:26:52	0:08:57	1:16:53	7
Craig Schmidt	M 55-64	0:08:07	0:28:31	0:20:24	18.5	0:47:50	0:19:19	19.6	0:29:58	0:09:59	1:17:48	5
Dan Salmons	M 55-64	0:09:47	0:30:48	0:21:01	18.0	0:50:00	0:19:12	19.7	0:32:56	0:10:59	1:22:56	3
Dennis Dempsey	M 65+	0:09:41	0:31:53	0:22:12	17.0	0:52:42	0:20:49	18.2	0:31:49	0:10:36	1:24:31	7