



# May 24th 2018: 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
Ryan Tober	M < 25	0:05:27	0:21:26	0:15:59	23.6	0:36:46	0:15:20	24.7	0:18:27	0:06:09	0:55:13
Jim Salmeri	M 25-34	0:06:14	0:25:55	0:19:41	19.2	0:44:29	0:18:34	20.4	0:20:16	0:06:45	1:04:45
Jake Anastasia	M 25-34	0:06:43	0:26:39	0:19:56	19.0	0:45:23	0:18:44	20.2	0:23:06	0:07:42	1:08:29
Joe Pautler	M 35-44	0:07:23	0:26:12	0:18:49	20.1	0:44:01	0:17:49	21.2	0:25:51	0:08:37	1:09:52
Marco Riccioni	M 45-54	0:07:38	0:26:10	0:18:32	20.4	0:43:43	0:17:33	21.5	0:26:36	0:08:52	1:10:19
Paul Schumacher	M 45-54	0:08:33	0:26:59	0:18:26	20.5	0:44:43	0:17:44	21.3	0:26:15	0:08:45	1:10:58
Jason Allard	M 35-44	0:06:31	0:29:21	0:22:50	16.6	0:48:43	0:19:22	19.5	0:23:00	0:07:40	1:11:43
Shawn Foti	M 25-34	0:07:30	0:27:28	0:19:58	18.9	0:46:44	0:19:16	19.6	0:25:31	0:08:30	1:12:15
Suzanne Gentz	F 35-44	0:07:50	0:27:42	0:19:52	19.0	0:46:17	0:18:35	20.3	0:26:09	0:08:43	1:12:26
Mike Rodriguez	M 35-44	0:08:17	0:27:25	0:19:08	19.8	0:45:46	0:18:21	20.6	0:27:22	0:09:07	1:13:08
Rachel McArdle	F 35-44	0:07:52	0:29:27	0:21:35	17.5	0:49:33	0:20:06	18.8	0:25:26	0:08:29	1:14:59
David Federspiel	M 45-54	0:08:25	0:28:52	0:20:27	18.5	0:47:31	0:18:39	20.3	0:28:03	0:09:21	1:15:34
Mark Sommers	M 35-44	0:08:46	0:28:30	0:19:44	19.2	0:47:13	0:18:43	20.2	0:29:08	0:09:43	1:16:21
Chris Yuen	M 35-44	0:08:21	0:30:25	0:22:04	17.1	0:49:30	0:19:05	19.8	0:27:13	0:09:04	1:16:43
Eric Klein	M 25-34	0:08:04	0:29:05	0:21:01	18.0	0:48:29	0:19:24	19.5	0:28:16	0:09:25	1:16:45
Brad Hilimon	M 35-44	0:07:14	0:29:03	0:21:49	17.3	0:50:22	0:21:19	17.7	0:26:28	0:08:49	1:16:50
Dixon Atkins	M < 25	0:05:24	0:22:41	0:17:17	21.9	0:57:53	0:35:12	10.7	0:19:07	0:06:22	1:17:00
Karla Sommers	F 35-44	0:08:18	0:29:23	0:21:05	17.9	0:49:00	0:19:37	19.3	0:28:05	0:09:22	1:17:05
Amy Benedict	F 35-44	0:07:11	0:28:15	0:21:04	17.9	0:48:22	0:20:07	18.8	0:28:49	0:09:36	1:17:11
Scott Bylewski	M 45-54	0:07:46	0:29:26	0:21:40	17.4	0:49:58	0:20:32	18.4	0:27:15	0:09:05	1:17:13
Natalie Robertello	F 25-34	0:08:08	0:32:09	0:24:01	15.7	0:53:51	0:21:42	17.4	0:24:33	0:08:11	1:18:24
Fred Chrisfield	M 65+	0:08:42	0:29:12	0:20:30	18.4	0:48:55	0:19:43	19.2	0:29:54	0:09:58	1:18:49
Kaitlyn Summers	F 25-34	0:08:06	0:32:07	0:24:01	15.7	0:54:03	0:21:56	17.2	0:25:56	0:08:39	1:19:59
Amy Preston	F 45-54	0:08:58	0:29:55	0:20:57	18.0	0:48:34	0:18:39	20.3	0:32:06	0:10:42	1:20:40
Craig Schmidt	M 55-64	0:08:00	0:29:53	0:21:53	17.3	0:49:52	0:19:59	18.9	0:33:47	0:11:16	1:23:39
Tom McArdle	M 45-54	0:09:00	0:31:01	0:22:01	17.2	0:52:52	0:21:51	17.3	0:30:57	0:10:19	1:23:49
Karen Lawton	F 35-44	0:08:29	0:31:52	0:23:23	16.2	0:54:16	0:22:24	16.9	0:29:45	0:09:55	1:24:01
Jennie McCoy	F 25-34	0:08:15	0:35:26	0:27:11	13.9	0:57:59	0:22:33	16.8	0:26:35	0:08:52	1:24:34
George Alessi	M 25-34	0:08:09	0:35:28	0:27:19	13.8	0:58:00	0:22:32	16.8	0:26:35	0:08:52	1:24:35
Holly Bernys	F 25-34	0:08:41	0:35:02	0:26:21	14.3	0:58:15	0:23:13	16.3	0:27:21	0:09:07	1:25:36
Diane Long	g	0:08:35	0:31:59	0:23:24	16.2	0:54:28	0:22:29	16.8	0:32:40	0:10:53	1:27:08
Dennis Dempsey	M 65+	0:09:20	0:32:01	0:22:41	16.7	0:52:43	0:20:42	18.3	0:35:24	0:11:48	1:28:07
Kelly Voigt	F 35-44	0:08:48	0:32:34	0:23:46	15.9	0:54:11	0:21:37	17.5	0:36:18	0:12:06	1:30:29
Mark Garguilo	M 55-64	0:10:31	0:34:09	0:23:38	16.0	0:54:48	0:20:39	18.3	0:36:29	0:12:10	1:31:17
David Jaworski	M 45-54	0:08:39	0:30:47	0:22:08	17.1	0:51:59	0:21:12	17.8	0:39:20	0:13:07	1:31:19
Terri Swaydis	F 55-64	0:09:22	0:34:31	0:25:09	15.0	0:56:27	0:21:56	17.2	0:34:54	0:11:38	1:31:21
Ellen Tomczak	F 65+	0:09:52	0:36:13	0:26:21	14.3	1:01:33	0:25:20	14.9	0:31:51	0:10:37	1:33:24

Chris Kabel	M 35-44	0:09:37	0:32:52	0:23:15	16.3	0:56:06	0:23:14	16.3	0:39:41	0:13:14	1:35:47
Danielle Rosvally	F 25-34	0:10:17	0:36:44	0:26:27	14.3	1:01:06	0:24:22	15.5	0:41:54	0:13:58	1:43:00
Joni Maxick-Jason	F 45-54	0:08:37	0:32:30	0:23:53	15.8	0:55:22	0:22:52	16.5			d

# Age Group Results

Includes T1 time

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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	Points
Natalie Robertello	F 25-34	0:08:08	0:32:09	0:24:01	15.7	0:53:51	0:21:42	17.4	0:24:33	0:08:11	1:18:24	7
Kaitlyn Summers	F 25-34	0:08:06	0:32:07	0:24:01	15.7	0:54:03	0:21:56	17.2	0:25:56	0:08:39	1:19:59	5
Jennie McCoy	F 25-34	0:08:15	0:35:26	0:27:11	13.9	0:57:59	0:22:33	16.8	0:26:35	0:08:52	1:24:34	3
Holly Bernys	F 25-34	0:08:41	0:35:02	0:26:21	14.3	0:58:15	0:23:13	16.3	0:27:21	0:09:07	1:25:36	1
Danielle Rosvally	F 25-34	0:10:17	0:36:44	0:26:27	14.3	1:01:06	0:24:22	15.5	0:41:54	0:13:58	1:43:00	1
Suzanne Gentz	F 35-44	0:07:50	0:27:42	0:19:52	19.0	0:46:17	0:18:35	20.3	0:26:09	0:08:43	1:12:26	7
Rachel McArdle	F 35-44	0:07:52	0:29:27	0:21:35	17.5	0:49:33	0:20:06	18.8	0:25:26	0:08:29	1:14:59	5
Karla Sommers	F 35-44	0:08:18	0:29:23	0:21:05	17.9	0:49:00	0:19:37	19.3	0:28:05	0:09:22	1:17:05	3
Amy Benedict	F 35-44	0:07:11	0:28:15	0:21:04	17.9	0:48:22	0:20:07	18.8	0:28:49	0:09:36	1:17:11	1
Karen Lawton	F 35-44	0:08:29	0:31:52	0:23:23	16.2	0:54:16	0:22:24	16.9	0:29:45	0:09:55	1:24:01	1
Kelly Voigt	F 35-44	0:08:48	0:32:34	0:23:46	15.9	0:54:11	0:21:37	17.5	0:36:18	0:12:06	1:30:29	1
Amy Preston	F 45-54	0:08:58	0:29:55	0:20:57	18.0	0:48:34	0:18:39	20.3	0:32:06	0:10:42	1:20:40	7
Joni Maxick-Jason	F 45-54	0:08:37	0:32:30	0:23:53	15.8	0:55:22	0:22:52	16.5			d	d
Terri Swaydis	F 55-64	0:09:22	0:34:31	0:25:09	15.0	0:56:27	0:21:56	17.2	0:34:54	0:11:38	1:31:21	7
Ellen Tomczak	F 65+	0:09:52	0:36:13	0:26:21	14.3	1:01:33	0:25:20	14.9	0:31:51	0:10:37	1:33:24	7
Diane Long	g	0:08:35	0:31:59	0:23:24	16.2	0:54:28	0:22:29	16.8	0:32:40	0:10:53	1:27:08	7
Ryan Tober	M < 25	0:05:27	0:21:26	0:15:59	23.6	0:36:46	0:15:20	24.7	0:18:27	0:06:09	0:55:13	7
Dixon Atkins	M < 25	0:05:24	0:22:41	0:17:17	21.9	0:57:53	0:35:12	10.7	0:19:07	0:06:22	1:17:00	5
Jim Salmeri	M 25-34	0:06:14	0:25:55	0:19:41	19.2	0:44:29	0:18:34	20.4	0:20:16	0:06:45	1:04:45	7
Jake Anastasia	M 25-34	0:06:43	0:26:39	0:19:56	19.0	0:45:23	0:18:44	20.2	0:23:06	0:07:42	1:08:29	5
Shawn Foti	M 25-34	0:07:30	0:27:28	0:19:58	18.9	0:46:44	0:19:16	19.6	0:25:31	0:08:30	1:12:15	3
Eric Klein	M 25-34	0:08:04	0:29:05	0:21:01	18.0	0:48:29	0:19:24	19.5	0:28:16	0:09:25	1:16:45	1
George Alessi	M 25-34	0:08:09	0:35:28	0:27:19	13.8	0:58:00	0:22:32	16.8	0:26:35	0:08:52	1:24:35	1
Joe Pautler	M 35-44	0:07:23	0:26:12	0:18:49	20.1	0:44:01	0:17:49	21.2	0:25:51	0:08:37	1:09:52	7
Jason Allard	M 35-44	0:06:31	0:29:21	0:22:50	16.6	0:48:43	0:19:22	19.5	0:23:00	0:07:40	1:11:43	5
Mike Rodriguez	M 35-44	0:08:17	0:27:25	0:19:08	19.8	0:45:46	0:18:21	20.6	0:27:22	0:09:07	1:13:08	3
Mark Sommers	M 35-44	0:08:46	0:28:30	0:19:44	19.2	0:47:13	0:18:43	20.2	0:29:08	0:09:43	1:16:21	1
Chris Yuen	M 35-44	0:08:21	0:30:25	0:22:04	17.1	0:49:30	0:19:05	19.8	0:27:13	0:09:04	1:16:43	1
Brad Hillimon	M 35-44	0:07:14	0:29:03	0:21:49	17.3	0:50:22	0:21:19	17.7	0:26:28	0:08:49	1:16:50	1
Chris Kabel	M 35-44	0:09:37	0:32:52	0:23:15	16.3	0:56:06	0:23:14	16.3	0:39:41	0:13:14	1:35:47	1
Marco Riccioni	M 45-54	0:07:38	0:26:10	0:18:32	20.4	0:43:43	0:17:33	21.5	0:26:36	0:08:52	1:10:19	7
Paul Schumacher	M 45-54	0:08:33	0:26:59	0:18:26	20.5	0:44:43	0:17:44	21.3	0:26:15	0:08:45	1:10:58	5
David Federspiel	M 45-54	0:08:25	0:28:52	0:20:27	18.5	0:47:31	0:18:39	20.3	0:28:03	0:09:21	1:15:34	3
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David Jaworski	M 45-54	0:08:39	0:30:47	0:22:08	17.1	0:51:59	0:21:12	17.8	0:39:20	0:13:07	1:31:19	1
Craig Schmidt	M 55-64	0:08:00	0:29:53	0:21:53	17.3	0:49:52	0:19:59	18.9	0:33:47	0:11:16	1:23:39	7
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