

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	Points
				Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph			
Allison Chertack	F < 25	0:23:41	0:07:54	0:46:09	0:22:28	16.8	1:07:23	0:21:14	17.8	0:09:30	1:16:53	7
Shannon Wilson	F 25-34	0:24:38	0:08:13	0:52:06	0:27:28	13.8	1:18:21	0:26:15	14.4	0:08:25	1:26:46	7
Suzanne Gentz	F 35-44	0:24:08	0:08:03	0:44:23	0:20:15	18.7	1:02:53	0:18:30	20.4	0:09:12	1:12:05	7
Rachel McArdle	F 35-44	0:25:51	0:08:37	0:48:14	0:22:23	16.9	1:08:33	0:20:19	18.6	0:09:19	1:17:52	5
Lynzee Ralph	F 35-44	0:30:55	0:10:18	0:55:04	0:24:09	15.7	1:15:44	0:20:40	18.3	0:11:36	1:27:20	3
Amy Preston	F 45-54	0:27:04	0:09:01	0:49:42	0:22:38	16.7	1:09:16	0:19:34	19.3	0:11:53	1:21:09	7
Susan Henesey	F 55-64	0:26:12	0:08:44	0:54:00	0:27:48	13.6	1:18:40	0:24:40	15.3	0:11:00	1:29:40	7
Ellen Tomczak	F 65+	0:29:42	0:09:54	0:57:09	0:27:27	13.8	1:21:38	0:24:29	15.4	0:11:42	1:33:20	7
Dixon Atkins	M < 25	0:17:09	0:05:43	0:34:28	0:17:19	21.8	0:50:55	0:16:27	23.0	0:06:38	0:57:33	7
Scott Ferguson	M 25-34	0:19:06	0:06:22	0:38:52	0:19:46	19.1	0:58:00	0:19:08	19.8	0:07:06	1:05:06	7
Jake Anastasia	M 25-34	0:22:46	0:07:35	0:42:28	0:19:42	19.2	1:00:56	0:18:28	20.5	0:08:10	1:09:06	5
Shawn Foti	M 25-34	0:24:06	0:08:02	0:44:09	0:20:03	18.9	1:02:56	0:18:47	20.1	0:14:55	1:17:51	3
Jason Allard	M 35-44	0:23:15	0:07:45	0:47:42	0:24:27	15.5	1:09:25	0:21:43	17.4	0:09:30	1:18:55	7
Joe LaBuda	M 35-44	0:24:04	0:08:01	0:47:44	0:23:40	16.0	1:09:29	0:21:45	17.4	0:09:28	1:18:57	5
Chris Kabel	M 35-44	0:32:31	0:10:50	0:55:33	0:23:02	16.4	1:17:10	0:21:37	17.5	0:13:27	1:30:37	3
Joshua Raczka	M 35-44	nt									nt	
Paul Schumacher	M 45-54	0:27:56	0:09:19	0:45:26	0:17:30	21.6	1:01:54	0:16:28	23.0	0:08:45	1:10:39	7
Scott Bylewski	M 45-54	0:23:57	0:07:59	0:45:35	0:21:38	17.5	1:05:20	0:19:45	19.1	0:09:59	1:15:19	5
Dave Federspiel	M 45-54	0:27:18	0:09:06	0:47:19	0:20:01	18.9	1:05:11	0:17:52	21.2	0:10:50	1:16:01	3
Tom McArdle	M 45-54	0:27:46	0:09:15	0:49:16	0:21:30	17.6	1:08:30	0:19:14	19.7	0:11:33	1:20:03	1
Bill Smith	M 45-54	0:26:33	0:08:51	0:48:35	0:22:02	17.2	1:08:22	0:19:47	19.1	0:11:44	1:20:06	1
Ron Prabucki	M 55-64	0:23:39	0:07:53	0:41:43	0:18:04	20.9	0:58:36	0:16:53	22.4	0:08:01	1:06:37	7
Dan Salmons	M 55-64	0:28:26	0:09:29	0:49:39	0:21:13	17.8	1:09:14	0:19:35	19.3	0:11:10	1:20:24	5
Craig Chertack	M 55-64	0:30:16	0:10:05	0:54:23	0:24:07	15.7	1:16:03	0:21:40	17.4	0:12:54	1:28:57	3
John Walker	M 55-64	nt									nt	
Fred Chrisfield	M 65+	0:28:49	0:09:36	0:52:28	0:23:39	16.0	1:13:03	0:20:35	18.4	0:11:39	1:24:42	7
Dennis Dempsey	M 65+	0:29:44	0:09:55	0:52:34	0:22:50	16.6	1:14:47	0:22:13	17.0	0:13:11	1:27:58	5
Rob Taylor	nm	0:20:15	0:06:45	0:37:10	0:16:55	22.3	0:53:17	0:16:07	23.5	0:19:02	1:12:19	
Kelly Morgan	nm	0:24:35	0:08:12	0:44:45	0:20:10	18.7	1:03:55	0:19:10	19.7	0:09:52	1:13:47	