



August 30th 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
Dixon Atkins	M < 25	0:06:08	0:24:40	0:18:32	20.4	0:41:33	0:16:53	22.4	0:21:32	0:07:11	1:03:05
Jason Jones	M 35-44	0:06:07	0:24:42	0:18:35	20.3	0:41:35	0:16:53	22.4	0:21:52	0:07:17	1:03:27
Chris Hoppe-Spink	M 45-54	0:06:52	0:25:40	0:18:48	20.1	0:43:38	0:17:58	21.0	0:22:35	0:07:32	1:06:13
Jake Anastasia	M 25-34	0:07:24	0:27:15	0:19:51	19.0	0:46:35	0:19:20	19.6	0:22:40	0:07:33	1:09:15
Paul Schumacher	M 45-54	0:08:55	0:26:29	0:17:34	21.5	0:42:44	0:16:15	23.3	0:26:43	0:08:54	1:09:27
Josh Raczka	M 35-44	0:07:10	0:26:21	0:19:11	19.7	0:44:45	0:18:24	20.5	0:26:17	0:08:46	1:11:02
Nick Martino	M 35-44	0:06:55	0:26:44	0:19:49	19.1	0:45:41	0:18:57	19.9	0:25:40	0:08:33	1:11:21
Emily Brooks	F 25-34	0:08:02	0:29:55	0:21:53	17.3	0:50:04	0:20:09	18.8	0:24:06	0:08:02	1:14:10
Dave Federspiel	M 45-54	0:09:11	0:29:17	0:20:06	18.8	0:47:03	0:17:46	21.3	0:27:43	0:09:14	1:14:46
Bill Smith	M 45-54	0:08:22	0:28:23	0:20:01	18.9	0:47:08	0:18:45	20.2	0:28:02	0:09:21	1:15:10
Fred Chrisfield	M 65+	0:08:50	0:29:53	0:21:03	18.0	0:50:00	0:20:07	18.8	0:29:21	0:09:47	1:19:21
Tom McArdle	M 45-54	0:09:16	0:29:45	0:20:29	18.5	0:49:19	0:19:34	19.3	0:30:16	0:10:05	1:19:35
Dan Salmons	M 55-64	0:09:18	0:29:48	0:20:30	18.4	0:49:21	0:19:33	19.3	0:30:22	0:10:07	1:19:43
Rachel McArdle	F 35-44	0:09:17	0:32:28	0:23:11	16.3	0:53:39	0:21:11	17.8	0:28:19	0:09:26	1:21:58
Lynzee Ralph	F 35-44	0:08:52	0:31:10	0:22:18	17.0	0:51:16	0:20:06	18.8	0:31:08	0:10:23	1:22:24
Dennis Dempsey	M 65+	0:09:14	0:30:52	0:21:38	17.5	0:51:25	0:20:33	18.4	0:31:23	0:10:28	1:22:48
Susan Henesey	F 55-64	0:08:11	0:33:50	0:25:39	14.7	0:58:21	0:24:31	15.4	0:28:33	0:09:31	1:26:54
Kylie Massoom	F 35-44	0:09:09	0:33:30	0:24:21	15.5	0:57:37	0:24:07	15.7	0:30:29	0:10:10	1:28:06
Brian Smith	M 35-44	0:09:20	0:32:34	0:23:14	16.3	0:55:07	0:22:33	16.8	0:38:40	0:12:53	1:33:47

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				
Emily Brooks	F 25-34	0:08:02	0:29:55	0:21:53	17.3	0:50:04	0:20:09	18.8	0:24:06	0:08:02	1:14:10	7
Rachel McArdle	F 35-44	0:09:17	0:32:28	0:23:11	16.3	0:53:39	0:21:11	17.8	0:28:19	0:09:26	1:21:58	7
Lynzee Ralph	F 35-44	0:08:52	0:31:10	0:22:18	17.0	0:51:16	0:20:06	18.8	0:31:08	0:10:23	1:22:24	5
Kylie Massoom	F 35-44	0:09:09	0:33:30	0:24:21	15.5	0:57:37	0:24:07	15.7	0:30:29	0:10:10	1:28:06	3
Susan Henesey	F 55-64	0:08:11	0:33:50	0:25:39	14.7	0:58:21	0:24:31	15.4	0:28:33	0:09:31	1:26:54	7
Dixon Atkins	M < 25	0:06:08	0:24:40	0:18:32	20.4	0:41:33	0:16:53	22.4	0:21:32	0:07:11	1:03:05	7
Jake Anastasia	M 25-34	0:07:24	0:27:15	0:19:51	19.0	0:46:35	0:19:20	19.6	0:22:40	0:07:33	1:09:15	7
Jason Jones	M 35-44	0:06:07	0:24:42	0:18:35	20.3	0:41:35	0:16:53	22.4	0:21:52	0:07:17	1:03:27	7
Josh Raczka	M 35-44	0:07:10	0:26:21	0:19:11	19.7	0:44:45	0:18:24	20.5	0:26:17	0:08:46	1:11:02	5
Nick Martino	M 35-44	0:06:55	0:26:44	0:19:49	19.1	0:45:41	0:18:57	19.9	0:25:40	0:08:33	1:11:21	3
Brian Smith	M 35-44	0:09:20	0:32:34	0:23:14	16.3	0:55:07	0:22:33	16.8	0:38:40	0:12:53	1:33:47	1
Chris Hoppe-Spink	M 45-54	0:06:52	0:25:40	0:18:48	20.1	0:43:38	0:17:58	21.0	0:22:35	0:07:32	1:06:13	7
Paul Schumacher	M 45-54	0:08:55	0:26:29	0:17:34	21.5	0:42:44	0:16:15	23.3	0:26:43	0:08:54	1:09:27	5
Dave Federspiel	M 45-54	0:09:11	0:29:17	0:20:06	18.8	0:47:03	0:17:46	21.3	0:27:43	0:09:14	1:14:46	3
Bill Smith	M 45-54	0:08:22	0:28:23	0:20:01	18.9	0:47:08	0:18:45	20.2	0:28:02	0:09:21	1:15:10	1
Tom McArdle	M 45-54	0:09:16	0:29:45	0:20:29	18.5	0:49:19	0:19:34	19.3	0:30:16	0:10:05	1:19:35	1
Dan Salmons	M 55-64	0:09:18	0:29:48	0:20:30	18.4	0:49:21	0:19:33	19.3	0:30:22	0:10:07	1:19:43	7
Fred Chrisfield	M 65+	0:08:50	0:29:53	0:21:03	18.0	0:50:00	0:20:07	18.8	0:29:21	0:09:47	1:19:21	7
Dennis Dempsey	M 65+	0:09:14	0:30:52	0:21:38	17.5	0:51:25	0:20:33	18.4	0:31:23	0:10:28	1:22:48	5