



June 20, 2019: 3-2-3 Brick

3 mile run, 2 laps on the bike (12.6 miles), 3 mile run



Overall Results

Bib	Name	Age	Gender	Age Group	Lap 1		Lap 2		Lap 3		Lap 4		Total Total	Ranking			Points
					Run	Pace	Bike 1	MPH	Bike 2	MPH	Run	Pace		Overall	Gender	Age Grp	
11	Ryan Tober	22	Male	M <25	19:19.8	06:26.6	16:53.3	22.38	14:40.4	25.76	20:15.2	06:45.1	1:11:09	1	1	1	7
8	George Alessi	29	Male	M 25-34	21:11.5	07:03.8	18:50.8	20.06	15:57.1	23.70	22:41.9	07:34.0	1:18:41	2	2	1	7
14	Luke Coleman	44	Male	M 35-44	23:58.6	07:59.5	20:03.1	18.85	18:09.3	20.82	27:07.0	09:02.3	1:29:18	3	3	1	7
13	Paul Schumacher	52	Male	M 45-54	28:25.8	09:28.6	18:45.1	20.16	17:17.1	21.87	27:40.3	09:13.4	1:32:08	4	4	1	7
7	Jennie McCoy	26	Female	F 25-34	22:59.5	07:39.8	23:09.4	16.32	20:40.2	18.29	26:01.3	08:40.4	1:32:50	5	1	1	7
12	Amy Benedict	42	Female	F 35-44	25:23.2	08:27.7	22:15.0	16.99	19:37.4	19.26	29:58.5	09:59.5	1:37:14	6	2	1	7
1	Andrew Kean	24	Male	M <25	26:02.8	08:40.9	23:14.6	16.26	20:17.0	18.64	30:05.0	10:01.7	1:39:39	7	5	2	5
3	Rachel McArdle	45	Female	F 45-54	26:35.2	08:51.7	23:55.9	15.79	21:09.4	17.87	28:29.2	09:29.7	1:40:10	8	3	1	7
6	Fred Chrisfield	66	Male	M 65+	27:53.5	09:17.8	22:09.7	17.06	20:16.3	18.65	30:45.3	10:15.1	1:41:05	9	6	1	7
4	Thomas McArdle	47	Male	M 45-54	28:17.8	09:25.9	22:16.7	16.97	19:57.6	18.94	32:04.7	10:41.6	1:42:37	10	7	2	5
9	Dan Salmons	60	Male	M 55-64	29:00.0	09:40.0	22:14.9	16.99	20:10.2	18.74	33:02.3	11:00.8	1:44:27	11	8	1	7
2	Dennis Dempsey	68	Male	M 65+	31:58.5	10:39.5	24:28.6	15.44	20:54.8	18.07	35:16.1	11:45.4	1:52:38	12	9	2	5
5	Matt Piwtorak	37	Male	M 35-44	33:57.1	11:19.0	26:10.6	14.44	22:17.3	16.96	40:47.5	13:35.8	2:03:12	13	10	2	5