



June 27, 2019: 3-2-1 Brick

3 mile run, 2 laps on the bike (12.6 miles), 1 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	
12	George Alessi	29	Male	M 25-34	20:00.2	06:40.1	17:25.7	21.69	15:31.8	24.34	8:28.6	8:28.6	1:01:26	1	1	1	7
3	Joe Pautler	45	Male	M 45-54	20:43.8	06:54.6	20:03.4	18.85	18:17.4	20.67	8:09.7	8:09.7	1:07:14	2	2	1	7
27	Randy Neiswonger	41	Male	M 35-44	22:35.0	07:31.7	19:20.8	19.54	18:25.2	20.52	7:44.7	7:44.7	1:08:06	3	3	1	7
6	Paul Schumacher	52	Male	M 45-54	25:55.7	08:38.6	17:45.4	21.29	16:08.2	23.42	8:52.2	8:52.2	1:08:42	4	4	2	5
13	Emily Brooks	29	Female	F 25-34	21:12.6	07:04.2	21:09.2	17.87	19:12.3	19.68	8:22.6	8:22.6	1:09:57	5	1	1	7
22	Justin Weber	36	Male	M 35-44	22:25.5	07:28.5	20:53.8	18.09	18:47.0	20.12	8:42.9	8:42.9	1:10:49	6	5	2	5
16	Luke Coleman	44	Male	M 35-44	23:36.5	07:52.2	19:26.8	19.44	18:21.1	20.60	9:35.2	9:35.2	1:11:00	7	6	3	3
9	Nathan Anastasia	26	Male	M 25-34	23:53.6	07:57.9	20:21.6	18.57	19:04.1	19.82	9:00.7	9:00.7	1:12:20	8	7	2	5
26	Jake Anastasia	28	Male	M 25-34	23:55.8	07:58.6	20:35.6	18.36	19:37.8	19.26	8:25.1	8:25.1	1:12:34	9	8	3	3
17	Jason Crosby	50	Male	M 45-54	23:51.7	07:57.2	21:14.6	17.79	18:34.9	20.34	9:04.9	9:04.9	1:12:46	10	9	3	3
1	Jeremy Griffiths	35	Male	M 35-44	22:57.1	07:39.0	21:53.2	17.27	20:06.8	18.79	8:36.7	8:36.7	1:13:34	11	10	4	1
11	Jennie McCoy	26	Female	F 25-34	22:41.7	07:33.9	22:19.5	16.93	19:32.1	19.35	9:06.2	9:06.2	1:13:40	12	2	2	5
5	Fred Chrisfield	66	Male	M 65+	26:25.0	08:48.3	22:35.7	16.73	20:40.7	18.28	10:46.3	10:46.3	1:20:28	13	11	1	7
2	Jaime Ibanez	45	Male	M 45-54	24:29.2	08:09.7	23:37.6	16.00	22:19.9	16.93	10:54.4	10:54.4	1:21:21	14	12	4	1
21	Josh Lynch	37	Male	M 35-44	26:42.3	08:54.1	24:38.6	15.34	19:28.5	19.41	11:23.0	11:23.0	1:22:12	15	13	5	1
7	Eric Klein	30	Male	M 25-34	28:09.4	09:23.1	24:11.4	15.63	22:20.5	16.92	11:42.5	11:42.5	1:26:24	16	14	4	1
18	Dennis Dempsey	68	Male	M 65+	30:08.2	10:02.7	23:25.8	16.13	21:03.1	17.96	12:05.0	12:05.0	1:26:42	17	15	2	5
8	Kylie Massoom	39	Female	F 35-44	30:06.0	10:02.0	23:36.0	16.02	22:27.6	16.83	11:38.2	11:38.2	1:27:48	18	3	1	7
14	Megan Morris	27	Female	F 25-34	31:48.5	10:36.2	24:06.2	15.68	21:58.8	17.20	11:16.2	11:16.2	1:29:10	19	4	3	3
15	Bob Fix	68	Male	M 65+	28:11.7	09:23.9	26:38.5	14.19	23:39.5	15.98	14:10.9	14:10.9	1:32:41	20	16	3	3
24	David Jaworski	45	Male	M 45-54	29:08.2	09:42.7	26:25.7	14.30	23:11.1	16.30	14:28.4	14:28.4	1:33:13	21	17	5	1
19	Dan Lamm	33	Male	M 25-34	26:40.1	08:53.4	28:48.3	13.12	28:48.3	13.12	9:19.7	9:19.7	1:33:36	22	18	5	1
4	Matthew Piwtorak	37	Male	M 35-44	34:39.8	11:33.3	26:22.2	14.33	21:59.8	17.18	13:03.3	13:03.3	1:36:05	23	19	6	1
25	David Federspiel	50	Male	M 45-54	29:10.3	09:43.4	35:26.7	10.66	19:31.2	19.36	12:03.9	12:03.9	1:36:12	24	20	6	1
20	Jess Lamm	29	Female	F 25-34	34:48.4	11:36.1	34:38.6	10.91				00:00.0	DNF	DNF	DNF	DNF	-