

# Triple R Relay: Ride, Run, Roll!

## Overall Results

March 23, 2024

Race Results by Austin Birch for [ChampionChip 24/7](#)

[3 Person Team](#)  
[RRR Relay Hero Team](#)

### Full - Solo

| Place | Name              | Team | Bib No | Run |          |        | Ride |          |        | Roll |            |         | Total Time |
|-------|-------------------|------|--------|-----|----------|--------|------|----------|--------|------|------------|---------|------------|
|       |                   |      |        | Rnk | Time     | Pace   | Rnk  | Time     | Pace   | Rnk  | Time       | Rate    |            |
| 1     | Rachael Lindbloom |      | 101    | 1   | 21:56.85 | 7:05/M | 1    | 30:20.39 | 6:04/M | 1    | 1:07:55.03 | 7.07mph | 2:00:12.27 |

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### 3 Person Team

| Place | Name                   | Team | Bib No | Run |          |         | Ride |            |         | Roll |            |         | Total Time |
|-------|------------------------|------|--------|-----|----------|---------|------|------------|---------|------|------------|---------|------------|
|       |                        |      |        | Rnk | Time     | Pace    | Rnk  | Time       | Pace    | Rnk  | Time       | Rate    |            |
| 1     | Need For Steed         |      | 123    | 1   | 20:15.82 | 6:32/M  | 8    | 28:14.72   | 5:39/M  | 2    | 39:30.97   | 12.1mph | 1:28:01.51 |
| 2     | Dbbs Dbbs              |      | 121    | 3   | 23:37.93 | 7:37/M  | 2    | 21:25.28   | 4:17/M  | 6    | 43:07.53   | 11.1mph | 1:28:10.74 |
| 3     | The 3 Royals           |      | 129    | 4   | 26:37.15 | 8:35/M  | 5    | 24:27.95   | 4:54/M  | 5    | 42:37.29   | 11.3mph | 1:33:42.39 |
| 4     | Team McChickdick       |      | 127    | 2   | 22:58.69 | 7:25/M  | 3    | 21:40.56   | 4:20/M  | 7    | 49:28.81   | 9.70mph | 1:34:08.06 |
| 5     | The Muttely Crew       |      | 130    | 11  | 35:29.70 | 11:27/M | 1    | 19:52.59   | 3:59/M  | 3    | 40:34.65   | 11.8mph | 1:35:56.94 |
| 6     | Run Sierra Run         |      | 125    | 7   | 31:12.02 | 10:04/M | 4    | 24:17.25   | 4:51/M  | 4    | 40:56.69   | 11.7mph | 1:36:25.96 |
| 7     | Slow And Steady        |      | 126    | 9   | 34:22.63 | 11:05/M | 6    | 28:01.77   | 5:36/M  | 1    | 39:16.79   | 12.2mph | 1:41:41.19 |
| 8     | Team Triple Threat     |      | 128    | 10  | 34:58.80 | 11:17/M | 7    | 28:02.33   | 5:36/M  | 10   | 1:00:09.37 | 7.98mph | 2:03:10.50 |
| 9     | Fast, Faster, Fastest! |      | 122    | 5   | 26:57.94 | 8:42/M  | 10   | 36:01.12   | 7:12/M  | 11   | 1:00:20.17 | 7.96mph | 2:03:19.23 |
| 10    | Tri Curious            |      | 132    | 6   | 30:43.09 | 9:55/M  | 11   | 39:28.28   | 7:54/M  | 9    | 56:20.56   | 8.52mph | 2:06:31.93 |
| 11    | The Salty Cowgirls     |      | 131    | 8   | 34:21.61 | 11:05/M | 9    | 29:08.25   | 5:50/M  | 12   | 1:14:02.91 | 6.48mph | 2:17:32.77 |
| 12    | Chafing The Dream      |      | 120    | 12  | 42:54.42 | 13:50/M | 12   | 1:10:48.33 | 14:10/M | 8    | 51:19.09   | 9.35mph | 2:45:01.84 |

- Bookmarks
- Reading List
- Shared with You
- iCloud Tabs