

## Duathlon Overall Results

Place	Bib	Name	Gender			Age	City	State	Run				Bike				Run				
			Sex	Place	Place				Time (Cumulative)	Pace (Cumulative)	Time	Pace	Time (Cumulative)	Pace (Cumulative)	Time	Pace	Time (Cumulative)	Pace (Cumulative)	Time	Pace	Time
1	512	David Schofield	M	1: M	40	MECHANICSBURG PA	PA	21:31	7:10	21:31	7:10	1:29:33	10.7 mph	1:08:02	11.5 mph	2:06:16	6:01	36:44	7:21	2:06:16.00	6:01
2	532	ACIE HYLTON	M	2: M	49	Beckley WV	WV	25:11	8:24	25:11	8:24	1:27:11	11 mph	1:02:01	12.6 mph	2:09:47	6:11	42:36	8:31	2:09:47.00	6:11
3	514	Dustin Sanders	M	3: M	43	Orrtanna PA	PA	25:45	8:35	25:45	8:35	1:31:55	10.4 mph	1:06:11	11.8 mph	2:19:18	6:38	47:23	9:29	2:19:18.00	6:38
4	522	Steve Smith	M	4: M	55	Poolesville MD	MD	26:41	8:54	26:41	8:54	1:40:51	9.5 mph	1:14:10	10.5 mph	2:28:06	7:03	47:16	9:27	2:28:06.00	7:03
5	539	Alain Boy	M	5: M	50	Bethesda MD	MD	28:16	9:25	28:16	9:25	1:45:41	9.1 mph	1:17:26	10.1 mph	2:35:59	7:26	50:18	10:04	2:35:59.00	7:26
6	523	David Gooze	M	6: M	33	Washington DC	DC	26:21	8:47	26:21	8:47	1:50:24	8.7 mph	1:24:04	9.3 mph	2:37:28	7:30	47:04	9:25	2:37:28.00	7:30
7	534	Jason Clarke	M	7: M	50	HUNT VALLEY MD	MD	28:58	9:39	28:58	9:39	1:45:49	9.1 mph	1:16:52	10.1 mph	2:38:14	7:32	52:25	10:29	2:38:14.00	7:32
8	517	Christopher Taylor	M	8: M	45	Towson MD	MD	29:39	9:53	29:39	9:53	1:45:54	9.1 mph	1:16:15	10.2 mph	2:42:55	7:45	57:02	11:24	2:42:55.00	7:45
9	543	Ryan Moreland	M	9: M	40	Arlington VA	VA	28:50	9:36	28:50	9:36	1:51:12	8.6 mph	1:22:22	9.5 mph	2:44:24	7:50	53:13	10:39	2:44:24.00	7:50
10	501	April Nabholz	F	1: F	37	Airville PA	PA	31:54	10:38	31:54	10:38	1:51:56	8.6 mph	1:20:02	9.7 mph	2:45:52	7:54	53:56	10:47	2:45:52.00	7:54

Place	Bib	Name	Gender		Age	Age Place	City	State	Run				Bike				Run					
			Sex	Place					Time		Pace		Time		Pace		Time		Pace		Clock	
									(Cumulative)	(Cumulative)	Time	Pace	(Cumulative)	(Cumulative)	Time	Pace	(Cumulative)	(Cumulative)	Time	Pace	Time	Pace
11	540	Mackenzie Vanover	F	2: F	32	2: Top 3 Overall 2: F30-39	WINCHESTER	VA	27:30	9:10	27:30	9:10	1:52:58	8.5 mph	1:25:29	9.1 mph	2:46:30	7:56	53:32	10:42	2:46:30.00	7:56
12	511	Kur Sohn	M	10: M	42	6: M40-49	Sterling	VA	31:19	10:26	31:19	10:26	1:48:10	8.9 mph	1:16:52	10.1 mph	2:46:38	7:56	58:29	11:42	2:46:38.00	7:56
13	542	Lawrence Headley	M	11: M	45	7: M40-49	Spotsylvania	VA	29:51	9:57	29:51	9:57	1:54:34	8.4 mph	1:24:43	9.2 mph	2:48:42	8:02	54:09	10:50	2:48:42.00	8:02
14	503	John Clark	M	12: M	41	8: M40-49	silver spring	MD	28:22	9:27	28:22	9:27	1:49:25	8.8 mph	1:21:03	9.6 mph	2:49:11	8:03	59:47	11:57	2:49:11.00	8:03
15	527	JACQUELINE MINKLER	F	3: F	34	3: Top 3 Overall 3: F30-39	Schenectady	NY	30:58	10:19	30:58	10:19	2:04:05	7.7 mph	1:33:07	8.4 mph	2:53:20	8:15	49:15	9:51	2:53:20.00	8:15
16	545	Dave Hallman	M	13: M	53	4: M50-59	Wrightstown	NJ	29:23	9:48	29:23	9:48	1:48:12	8.9 mph	1:18:49	9.9 mph	2:53:21	8:15	1:05:10	13:02	2:53:21.00	8:15
17	507	Regis Carattini	M	14: M	35	2: M30-39	East Meadow	NY	29:53	9:57	29:53	9:57	1:48:18	8.9 mph	1:18:26	9.9 mph	2:54:14	8:18	1:05:56	13:11	2:54:14.00	8:18
18	521	PAUL C ESPANOL	M	15: M	48	9: M40-49	VIENNA	VA	31:12	10:24	31:12	10:24	1:54:47	8.4 mph	1:23:35	9.3 mph	2:55:59	8:23	1:01:13	12:15	2:55:59.00	8:23
19	535	Matt Dillon	M	16: M	37	3: M30-39	Graham	NC	29:36	9:52	29:36	9:52	1:52:47	8.5 mph	1:23:12	9.4 mph	2:56:17	8:24	1:03:31	12:42	2:56:17.00	8:24
20	506	Don Morrison	M	17: M	71	1: M70-79	W BRANDYWINE	PA	31:31	10:30	31:31	10:30	1:54:55	8.4 mph	1:23:24	9.4 mph	2:57:20	8:27	1:02:26	12:29	2:57:20.00	8:27
21	547	Kevin Lukens	M	18: M	30	4: M30-39	ALEXANDRIA	VA	28:08	9:22	28:08	9:22	1:59:26	8 mph	1:31:19	8.5 mph	2:58:37	8:30	59:12	11:50	2:58:37.00	8:30
22	538	Wade Stoner	M	19: M	57	5: M50-59			30:15	10:05	30:15	10:05	1:59:51	8 mph	1:29:37	8.7 mph	2:58:51	8:31	59:00	11:48	2:58:51.00	8:31
23	533	David Hagan	M	20: M	50	6: M50-59	WASHINGTON	DC	32:34	10:51	32:34	10:51	1:53:15	8.5 mph	1:20:41	9.7 mph	3:01:14	8:38	1:08:00	13:36	3:01:14.00	8:38
24	502	Katina Sayers	F	4: F	54	1: F50-59	South Park	PA	38:45	12:55	38:45	12:55	1:56:07	8.3 mph	1:17:22	10.1 mph	3:01:59	8:40	1:05:53	13:10	3:01:59.00	8:40

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										Time		Pace		Time		Pace		Time		Pace		Time		Pace	
										(Cumulative)	(Cumulative)	Time	Pace	(Cumulative)	(Cumulative)	Time	Pace	(Cumulative)	(Cumulative)	Time	Pace	Time	Pace	Time	Pace
25	505	Luis E Rosa Colon	M	21: M	51	7: M50-59	East Meadow	NY	32:10	10:43	32:10	10:43	2:08:10	7.5 mph	1:36:01	8.1 mph	3:02:18	8:41	54:09	10:50	3:02:18.00	8:41			
26	529	Steven Feldstein	M	22: M	43	10: M40-49	ARLINGTON	VA	30:13	10:04	30:13	10:04	2:05:27	7.7 mph	1:35:15	8.2 mph	3:05:30	8:50	1:00:03	12:01	3:05:30.00	8:50			
27	548	Lester Benitez	M	23: M	52	8: M50-59	ashburn	VA	34:58	11:39	34:58	11:39	2:08:53	7.4 mph	1:33:56	8.3 mph	3:06:03	8:52	57:10	11:26	3:06:03.00	8:52			
28	519	Shannon Kamieneski	F	5: F	45	1: F40-49	Goffstown	NH	36:26	12:08	36:26	12:08	2:05:33	7.6 mph	1:29:08	8.8 mph	3:08:08	8:57	1:02:35	12:31	3:08:08.00	8:57			
29	515	Vicki Stinebaugh	F	6: F	45	2: F40-49	Waynesboro	PA	36:12	12:04	36:12	12:04	2:08:33	7.5 mph	1:32:21	8.4 mph	3:11:46	9:08	1:03:13	12:39	3:11:46.00	9:08			
30	509	David Roach	M	24: M	54	9: M50-59	Frederick	MD	35:11	11:43	35:11	11:43	2:15:48	7.1 mph	1:40:38	7.8 mph	3:11:53	9:08	56:05	11:13	3:11:53.00	9:08			
31	546	Jason Park	M	25: M	26	1: M20-29	DERWOOD	MD	32:39	10:53	32:39	10:53	2:08:18	7.5 mph	1:35:40	8.2 mph	3:16:53	9:22	1:08:35	13:43	3:16:53.00	9:22			
32	536	Shawn Hoffman	M	26: M	51	10: M50-59	Reading	PA	32:42	10:54	32:42	10:54	2:11:18	7.3 mph	1:38:37	7.9 mph	3:17:07	9:23	1:05:49	13:10	3:17:07.00	9:23			
33	526	Ryan Jones	M	27: M	42	11: M40-49	KEEDYSVILLE	MD	38:52	12:57	38:52	12:57	2:20:24	6.8 mph	1:41:33	7.7 mph	3:22:08	9:37	1:01:45	12:21	3:22:08.00	9:37			
34	525	Micha Shines	F	7: F	50	2: F50-59	Alexandria	VA	44:17	14:45	44:17	14:45	1:54:38	8.4 mph	1:10:21	11.1 mph	3:27:35	9:53	1:32:58	18:36	3:27:35.00	9:53			
35	537	John Heisler	M	28: M	39	5: M30-39	HARPERS FERRY	WV	32:27	10:49	32:27	10:49	2:20:51	6.8 mph	1:48:25	7.2 mph	3:28:38	9:56	1:07:48	13:33	3:28:38.00	9:56			
36	508	Justin Roach	M	29: M	22	2: M20-29	Frederick	MD	35:37	11:52	35:37	11:52	2:18:24	6.9 mph	1:42:48	7.6 mph	3:30:13	10:01	1:11:50	14:22	3:30:13.00	10:01			
37	516	Francisco Maldonado	M	30: M	32	6: M30-39	east meadow	NY	35:58	11:59	35:58	11:59	2:34:10	6.2 mph	1:58:12	6.6 mph	3:52:46	11:05	1:18:37	15:43	3:52:46.00	11:05			
38	520	Roy Tilsley	M	31: M	58	11: M50-59	GOFFSTOWN	NH	42:21	14:07	42:21	14:07	2:31:43	6.3 mph	1:49:23	7.1 mph	4:01:22	11:30	1:29:39	17:56	4:01:22.00	11:30			
39	541	Kelly Vanover	M	32: M	59	12: M50-59	WINCHESTER	VA	35:06	11:42	35:06	11:42	2:26:31	6.6 mph	1:51:26	7 mph	4:07:12	11:46	1:40:42	20:08	4:07:12.00	11:46			
40	510	Nancy Glass	F	8: F	53	3: F50-59	Baltimore	MD	38:51	12:57	38:51	12:57	2:46:46	5.8 mph	2:07:55	6.1 mph	4:17:08	12:15	1:30:22	18:04	4:17:08.00	12:15			

