

Relay for Recovery Duathlon

Age Group Results

Duathlon

Race Date
September 16, 2023

Female Open Winners

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Trans 1</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Trans 2</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Total</u> | <u>Time</u> |
|--------------|----------------|----------------|---------------|------------|------------|-------------|-------------|----------------|-------------|------------|-------------|-------------|----------------|-------------|------------|-------------|-------------|--------------|-------------|
| 1 | 22 | Robby Dragomer | 620 | 55 | 1 | 13:37.8 | 9:05 | 0:51.5 | | 1 | 42:04.2 | 17.1 | 0:50.0 | | 1 | 28:10.4 | 9:05 | 1:25:34.1 | |

Relay for Recovery Duathlon

Age Group Results

Duathlon

Race Date
September 16, 2023

Female 20 to 24

| Place | | Name | Bib No | Age | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|---------|-------|---------------|--------|-----|-------|---------|---------|--------|------|-----------|-------|--------|-------|---------|-------|-----------|
| Overall | Place | | | | Rnk | Time | | Pace | Time | | Rate | Time | | Rnk | Time | Pace |
| 1 | 53 | Madeline Berg | 608 | 23 | 1 | 20:26.4 | 13:38 | 0:37.5 | 1 | 1:01:46.1 | 11.7 | 1:06.2 | 1 | 46:05.9 | 14:52 | 2:10:02.2 |

Female 25 to 29

| Place | | Name | Bib No | Age | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|---------|-------|-------------|--------|-----|-------|---------|---------|--------|------|---------|-------|--------|-------|---------|-------|-----------|
| Overall | Place | | | | Rnk | Time | | Pace | Time | | Rate | Time | | Rnk | Time | Pace |
| 1 | 43 | Sara Quiroz | 652 | 28 | 1 | 13:58.9 | 9:19 | 0:26.8 | 1 | 51:48.7 | 13.9 | 0:35.3 | 1 | 33:22.3 | 10:46 | 1:40:12.3 |

Female 30 to 34

| Place | | Name | Bib No | Age | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|---------|-------|--------------------|--------|-----|-------|---------|---------|--------|------|---------|-------|--------|-------|---------|------|-----------|
| Overall | Place | | | | Rnk | Time | | Pace | Time | | Rate | Time | | Rnk | Time | Pace |
| 1 | 30 | Jennifer Mislinski | 644 | 34 | 1 | 13:12.5 | 8:48 | 1:16.9 | 1 | 45:00.7 | 16.0 | 1:33.3 | 1 | 28:07.1 | 9:04 | 1:29:10.7 |

Female 35 to 39

| Place | | Name | Bib No | Age | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|---------|-------|----------------|--------|-----|-------|---------|---------|--------|------|---------|-------|--------|-------|---------|-------|-----------|
| Overall | Place | | | | Rnk | Time | | Pace | Time | | Rate | Time | | Rnk | Time | Pace |
| 1 | 23 | Tracy Scott | 656 | 38 | 2 | 13:11.2 | 8:48 | 1:10.2 | 1 | 43:18.6 | 16.6 | 1:06.9 | 2 | 27:09.2 | 8:46 | 1:25:56.3 |
| 2 | 31 | Allyson Vis | 660 | 37 | 1 | 12:06.3 | 8:04 | 1:03.5 | 4 | 50:00.5 | 14.4 | 1:01.1 | 1 | 25:49.4 | 8:20 | 1:30:00.9 |
| 3 | 38 | Katie Dublis | 622 | 39 | 3 | 14:39.6 | 9:46 | 1:00.7 | 2 | 46:56.5 | 15.3 | 1:08.9 | 3 | 32:08.3 | 10:22 | 1:35:54.2 |
| 4 | 42 | Spardha Sharma | 657 | 39 | 4 | 14:51.4 | 9:54 | 0:53.5 | 3 | 49:58.4 | 14.4 | 1:08.5 | 4 | 32:41.6 | 10:33 | 1:39:33.5 |

Relay for Recovery Duathlon

Age Group Results

Duathlon

Race Date
September 16, 2023

Female 40 to 44

| Place | | Name | Bib No | Age | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|---------|-----|-----------------|--------|-----|-------|---------|---------|--------|------|---------|-------|--------|-------|---------|-------|-----------|
| Overall | Rnk | | | | Time | Pace | | Rnk | Time | | Rate | Time | | Rnk | Time | Pace |
| 1 | 26 | Carrie Kietzman | 636 | 41 | 3 | 13:56.9 | 9:18 | 0:21.8 | 1 | 43:25.8 | 16.6 | 0:16.2 | 3 | 29:20.8 | 9:28 | 1:27:21.6 |
| 2 | 27 | Melissa Ophoff | 648 | 43 | 1 | 12:38.1 | 8:25 | 0:39.8 | 2 | 47:11.4 | 15.3 | 0:51.3 | 1 | 26:44.4 | 8:38 | 1:28:05.1 |
| 3 | 33 | Katrina Ramey | 653 | 40 | 2 | 13:00.2 | 8:40 | 1:12.9 | 3 | 47:50.5 | 15.0 | 1:02.1 | 2 | 27:21.0 | 8:49 | 1:30:26.9 |
| 4 | 51 | Mandy Grecula | 629 | 41 | 4 | 14:50.7 | 9:54 | 0:33.0 | 4 | 59:08.6 | 12.2 | 0:28.9 | 4 | 35:43.7 | 11:32 | 1:50:45.1 |

Female 45 to 49

| Place | | Name | Bib No | Age | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|---------|-----|-------------------|--------|-----|-------|---------|---------|--------|------|---------|-------|--------|-------|---------|-------|-----------|
| Overall | Rnk | | | | Time | Pace | | Rnk | Time | | Rate | Time | | Rnk | Time | Pace |
| 1 | 29 | Miranda Jackovich | 634 | 46 | 1 | 15:09.3 | 10:06 | 0:50.2 | 1 | 40:03.8 | 18.0 | 0:42.7 | 1 | 32:19.4 | 10:26 | 1:29:05.6 |

Female 50 to 54

| Place | | Name | Bib No | Age | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|---------|-----|-------------|--------|-----|-------|---------|---------|--------|------|---------|-------|--------|-------|---------|-------|-----------|
| Overall | Rnk | | | | Time | Pace | | Rnk | Time | | Rate | Time | | Rnk | Time | Pace |
| 1 | 36 | Kari Best | 609 | 52 | 1 | 14:07.2 | 9:25 | 0:54.5 | 1 | 47:46.4 | 15.1 | 0:59.7 | 1 | 28:31.2 | 9:12 | 1:32:19.1 |
| 2 | 45 | Kathy Burns | 613 | 53 | 2 | 14:53.7 | 9:56 | 0:43.5 | 2 | 53:31.0 | 13.5 | 0:44.1 | 2 | 32:36.7 | 10:31 | 1:42:29.2 |

Female 55 to 59

| Place | | Name | Bib No | Age | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|---------|-----|--------------|--------|-----|-------|---------|---------|--------|------|---------|-------|--------|-------|---------|-------|-----------|
| Overall | Rnk | | | | Time | Pace | | Rnk | Time | | Rate | Time | | Rnk | Time | Pace |
| 1 | 34 | Beth Ames | 602 | 59 | 2 | 13:58.7 | 9:19 | 1:16.6 | 1 | 40:57.1 | 17.6 | 1:16.1 | 2 | 33:23.0 | 10:46 | 1:30:51.8 |
| 2 | 35 | Kelly Bloode | 610 | 57 | 1 | 13:41.9 | 9:08 | 1:45.2 | 2 | 46:29.6 | 15.5 | 1:03.0 | 1 | 28:32.5 | 9:12 | 1:31:32.4 |

Relay for Recovery Duathlon

Age Group Results

Duathlon

Race Date
September 16, 2023

Female 55 to 59

| Place | | | ----- Run 1 ----- | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | | Total | | | |
|--------------|----------------|--------------|-------------------|------------|------------|------------------|-------------|-------------|------------|-------------------|-------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 3 | 52 | Karen Fritts | 626 | 55 | 3 | 20:58.2 | 13:59 | 0:46.0 | 3 | 52:17.4 | 13.8 | 1:01.1 | 3 | 47:50.4 | 15:26 | 2:02:53.3 |

Female 65 to 69

| Place | | | ----- Run 1 ----- | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | | Total | | | |
|--------------|----------------|----------------|-------------------|------------|------------|------------------|-------------|-------------|------------|-------------------|-------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 49 | Debra Ames | 604 | 65 | 2 | 19:33.6 | 13:02 | 1:17.9 | 1 | 49:54.6 | 14.4 | 1:12.6 | 1 | 36:43.0 | 11:51 | 1:48:41.9 |
| 2 | 50 | Alicia McClean | 641 | 67 | 1 | 16:14.4 | 10:50 | 1:09.0 | 2 | 52:43.7 | 13.7 | 1:24.7 | 2 | 37:14.9 | 12:01 | 1:48:46.8 |

Relay for Recovery Duathlon

Age Group Results

Duathlon

Race Date
September 16, 2023

Male Open Winners

| Place | | | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | | | |
|--------------|----------------|-------------|---------------|------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 1 | Nick Powell | 650 | 20 | 1 | 8:19.7 | 5:33 | 0:49.7 | 1 | 34:48.4 | 20.7 | 0:39.9 | 1 | 17:04.4 | 5:30 | 1:01:42.3 |

Relay for Recovery Duathlon

Age Group Results

Duathlon

Race Date
September 16, 2023

Male 20 to 24

| Place | | | ----- Run 1 ----- | | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | | Total | | |
|--------------|----------------|----------------|-------------------|------------|------------|-------------|------------------|-------------|------------|-------------|-------------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 18 | Erik Buth | 614 | 23 | 1 | 11:32.5 | 7:42 | 1:07.8 | 1 | 41:36.8 | 17.3 | 0:59.4 | 2 | 26:31.7 | 8:33 | 1:21:48.4 |
| 2 | 24 | Tyler Benn | 606 | 22 | 4 | 12:48.2 | 8:32 | 0:46.8 | 2 | 44:11.9 | 16.3 | 0:35.4 | 3 | 28:38.6 | 9:14 | 1:27:01.1 |
| 3 | 39 | Alex Cicero | 618 | 21 | 2 | 12:08.1 | 8:05 | 0:48.4 | 4 | 57:34.8 | 12.5 | 0:53.7 | 1 | 24:32.3 | 7:55 | 1:35:57.6 |
| 4 | 46 | Grannt Epstein | 624 | 24 | 3 | 12:46.5 | 8:31 | 1:29.2 | 3 | 55:03.2 | 13.1 | 1:19.5 | 4 | 33:16.2 | 10:44 | 1:43:54.8 |

Male 25 to 29

| Place | | | ----- Run 1 ----- | | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | | Total | | |
|--------------|----------------|-------------|-------------------|------------|------------|-------------|------------------|-------------|------------|-------------|-------------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 3 | Kyle Nurse | 646 | 29 | 1 | 9:07.5 | 6:05 | 1:08.0 | 1 | 35:50.7 | 20.1 | 0:49.4 | 1 | 19:01.6 | 6:08 | 1:05:57.3 |

Male 30 to 34

| Place | | | ----- Run 1 ----- | | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | | Total | | |
|--------------|----------------|-----------------|-------------------|------------|------------|-------------|------------------|-------------|------------|-------------|-------------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 2 | Connor Wright | 661 | 30 | 1 | 10:37.2 | 7:05 | 0:38.9 | 1 | 32:33.4 | 22.1 | 0:37.4 | 1 | 20:44.6 | 6:42 | 1:05:11.7 |
| 2 | 16 | Chris McGee | 643 | 30 | 2 | 11:09.4 | 7:26 | 0:27.8 | 2 | 42:34.8 | 16.9 | 0:26.3 | 2 | 24:31.2 | 7:55 | 1:19:09.8 |
| 3 | 32 | John Zapata | 663 | 33 | 3 | 12:07.7 | 8:05 | 0:45.3 | 3 | 44:29.5 | 16.2 | 0:43.8 | 4 | 32:20.0 | 10:26 | 1:30:26.5 |
| 4 | 41 | Cristian Tinoco | 658 | 32 | 4 | 14:24.5 | 9:36 | 1:32.1 | 4 | 52:20.4 | 13.8 | 1:18.0 | 3 | 29:18.2 | 9:27 | 1:38:53.5 |

Male 35 to 39

| Place | | | ----- Run 1 ----- | | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | | Total | | |
|--------------|----------------|-------------|-------------------|------------|------------|-------------|------------------|-------------|------------|-------------|-------------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |

Relay for Recovery Duathlon

Age Group Results

Duathlon

Race Date

September 16, 2023

Male 35 to 39

| Place | | | Bib No | | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|-------|---------|---------------|--------|-----|-------|---------|---------|--------|-----|---------|-------|--------|-------|---------|------|-----------|
| Place | Overall | Name | Bib No | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time |
| 1 | 21 | Joshua Pavich | 649 | 36 | 1 | 10:46.5 | 7:11 | 0:33.2 | 1 | 46:18.4 | 15.5 | 0:47.1 | 1 | 26:30.7 | 8:33 | 1:24:56.1 |

Male 40 to 44

| Place | | | Bib No | | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|-------|---------|-----------------|--------|-----|-------|---------|---------|--------|-----|---------|-------|--------|-------|---------|------|-----------|
| Place | Overall | Name | Bib No | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time |
| 1 | 7 | Brandon Liggett | 639 | 43 | 1 | 11:00.1 | 7:20 | 0:39.3 | 1 | 36:01.3 | 20.0 | 0:43.2 | 1 | 23:09.4 | 7:28 | 1:11:33.4 |
| 2 | 17 | Peter Borcz | 611 | 40 | 2 | 12:17.2 | 8:12 | 1:49.0 | 2 | 36:42.1 | 19.6 | 2:17.3 | 3 | 27:35.2 | 8:54 | 1:20:40.9 |
| 3 | 20 | Ryan Quinn | 651 | 43 | 3 | 13:12.7 | 8:48 | 0:57.7 | 3 | 43:01.1 | 16.7 | 0:44.8 | 2 | 25:43.8 | 8:18 | 1:23:40.4 |

Male 45 to 49

| Place | | | Bib No | | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|-------|---------|------------------|--------|-----|-------|---------|---------|--------|-----|---------|-------|--------|-------|---------|-------|-----------|
| Place | Overall | Name | Bib No | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time |
| 1 | 19 | Bryan George | 627 | 47 | 2 | 13:50.2 | 9:14 | 1:04.1 | 1 | 38:50.0 | 18.5 | 0:43.0 | 1 | 27:32.4 | 8:53 | 1:21:59.9 |
| 2 | 28 | Tim Gronholm | 630 | 47 | 1 | 12:59.5 | 8:40 | 0:39.5 | 3 | 44:55.7 | 16.0 | 0:33.8 | 2 | 29:07.0 | 9:24 | 1:28:15.6 |
| 3 | 47 | Michael Hammonds | 631 | 49 | 3 | 15:38.4 | 10:26 | 0:47.3 | 4 | 49:42.8 | 14.5 | 0:36.7 | 3 | 37:32.8 | 12:07 | 1:44:18.3 |
| 4 | 48 | George Drang | 621 | 46 | 4 | 18:23.5 | 12:16 | 1:51.9 | 2 | 43:45.9 | 16.5 | 1:51.5 | 4 | 38:38.3 | 12:28 | 1:44:31.3 |

Male 50 to 54

| Place | | | Bib No | | Run 1 | | Trans 1 | Bike | | Trans 2 | Run 2 | | Total | | | |
|-------|---------|-----------|--------|-----|-------|---------|---------|--------|-----|---------|-------|--------|-------|---------|------|-----------|
| Place | Overall | Name | Bib No | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time |
| 1 | 6 | Dan Vinet | 659 | 52 | 2 | 11:31.2 | 7:41 | 0:49.2 | 1 | 35:35.1 | 20.2 | 0:36.0 | 1 | 22:53.0 | 7:23 | 1:11:24.7 |

Relay for Recovery Duathlon

Age Group Results

Duathlon

Race Date
September 16, 2023

Male 50 to 54

| Place | | | ----- Run 1 ----- | | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | | Total | | |
|--------------|----------------|-----------------|-------------------|------------|------------|-------------|------------------|-------------|------------|-------------|-------------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 2 | 10 | Bob Bennitt | 607 | 54 | 1 | 10:48.1 | 7:12 | 1:10.0 | 2 | 37:09.2 | 19.4 | 1:21.9 | 2 | 23:22.8 | 7:33 | 1:13:52.2 |
| 3 | 14 | William Laramie | 638 | 52 | 4 | 11:45.5 | 7:50 | 0:57.4 | 3 | 37:27.1 | 19.2 | 0:59.0 | 3 | 26:18.3 | 8:29 | 1:17:27.5 |
| 4 | 15 | Jason Buxbaum | 615 | 52 | 3 | 11:45.1 | 7:50 | 0:57.0 | 4 | 37:27.3 | 19.2 | 0:59.4 | 4 | 26:18.5 | 8:29 | 1:17:27.5 |
| 5 | 25 | Bob Bagnara | 605 | 54 | 5 | 12:47.1 | 8:31 | 0:51.7 | 5 | 43:57.4 | 16.4 | 0:57.5 | 5 | 28:33.5 | 9:13 | 1:27:07.5 |
| 6 | 44 | Gustavo Cabrera | 616 | 54 | 6 | 15:09.2 | 10:06 | 1:53.6 | 6 | 45:50.3 | 15.7 | 1:35.8 | 6 | 35:58.4 | 11:36 | 1:40:27.5 |

Male 55 to 59

| Place | | | ----- Run 1 ----- | | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | | Total | | |
|--------------|----------------|------------------|-------------------|------------|------------|-------------|------------------|-------------|------------|-------------|-------------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 9 | Karl Repay | 654 | 56 | 3 | 11:14.7 | 7:30 | 0:42.1 | 1 | 34:40.9 | 20.8 | 0:59.0 | 4 | 25:16.6 | 8:09 | 1:12:53.5 |
| 2 | 11 | Brian Ames | 603 | 57 | 2 | 11:12.5 | 7:28 | 1:15.4 | 3 | 37:37.6 | 19.1 | 1:06.9 | 1 | 23:40.6 | 7:38 | 1:14:53.2 |
| 3 | 12 | Thomas McDermott | 642 | 55 | 1 | 10:41.7 | 7:08 | 0:31.6 | 4 | 39:10.7 | 18.4 | 0:18.1 | 2 | 24:25.4 | 7:53 | 1:15:07.7 |
| 4 | 13 | Ken Borowski | 612 | 56 | 4 | 11:46.2 | 7:51 | 1:05.5 | 2 | 36:18.9 | 19.8 | 0:57.1 | 3 | 25:11.2 | 8:08 | 1:15:19.1 |
| 5 | 40 | Rolando Gonzalez | 628 | 56 | 5 | 15:52.8 | 10:35 | 0:29.7 | 5 | 48:18.2 | 14.9 | 0:37.7 | 5 | 32:23.5 | 10:27 | 1:37:42.1 |

Male 60 to 64

| Place | | | ----- Run 1 ----- | | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | | Total | | |
|--------------|----------------|-------------|-------------------|------------|------------|-------------|------------------|-------------|------------|-------------|-------------------|-------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 8 | Robert Earl | 623 | 63 | 1 | 11:13.2 | 7:29 | 0:32.6 | 1 | 36:52.2 | 19.5 | 0:31.1 | 1 | 22:51.9 | 7:23 | 1:12:01.2 |

Relay for Recovery Duathlon

Age Group Results

Duathlon

Race Date
September 16, 2023

Male 65 to 69

| Place | | | | | ----- Run 1 ----- | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | Total | | |
|--------------|----------------|------------------|---------------|------------|-------------------|-------------|-------------|------------------|------------|-------------|-------------|-------------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 5 | Christian Evans | 625 | 65 | 1 | 10:38.5 | 7:06 | 0:46.2 | 1 | 35:07.1 | 20.5 | 0:40.0 | 1 | 20:14.8 | 6:32 | 1:07:26.6 |
| 2 | 37 | Michael Zabrecky | 662 | 67 | 2 | 14:22.9 | 9:35 | 1:01.5 | 2 | 44:09.3 | 16.3 | 0:25.1 | 2 | 33:30.8 | 10:49 | 1:33:29.7 |

Male 70 to 74

| Place | | | | | ----- Run 1 ----- | | Trans 1 | ----- Bike ----- | | | Trans 2 | ----- Run 2 ----- | | Total | | |
|--------------|----------------|--------------|---------------|------------|-------------------|-------------|-------------|------------------|------------|-------------|-------------|-------------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Age</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 4 | Jay Campbell | 617 | 70 | 1 | 10:46.4 | 7:11 | 0:24.9 | 1 | 33:57.2 | 21.2 | 0:19.5 | 1 | 21:57.1 | 7:05 | 1:07:25.3 |