

Relay for Recovery Duathlon

Race Date
September 16, 2023

Overall Results

Duathlon

Place	Name	Bib No	AG Place	---- Run 1 ----			Trans 1			---- Bike ----			Trans 2			---- Run 2 ----		Total Time
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace				
1	Nick Powell	650	1:M Open	1	8:19.7	5:33	0:49.7	4	34:48.4	20.7	0:39.9	1	17:04.4	5:30	1:01:42.3			
2	Connor Wright	661	1:M 30-34	3	10:37.2	7:05	0:38.9	1	32:33.4	22.1	0:37.4	4	20:44.6	6:42	1:05:11.7			
3	Kyle Nurse	646	1:M 25-29	2	9:07.5	6:05	1:08.0	7	35:50.7	20.1	0:49.4	2	19:01.6	6:08	1:05:57.3			
4	Jay Campbell	617	1:M 70-74	6	10:46.4	7:11	0:24.9	2	33:57.2	21.2	0:19.5	5	21:57.1	7:05	1:07:25.3			
5	Christian Evans	625	1:M 65-69	4	10:38.5	7:06	0:46.2	5	35:07.1	20.5	0:40.0	3	20:14.8	6:32	1:07:26.6			
6	Dan Vinet	659	1:M 50-54	14	11:31.2	7:41	0:49.2	6	35:35.1	20.2	0:36.0	7	22:53.0	7:23	1:11:24.7			
7	Brandon Liggett	639	1:M 40-44	9	11:00.1	7:20	0:39.3	8	36:01.3	20.0	0:43.2	8	23:09.4	7:28	1:11:33.4			
8	Robert Earl	623	1:M 60-64	12	11:13.2	7:29	0:32.6	11	36:52.2	19.5	0:31.1	6	22:51.9	7:23	1:12:01.2			
9	Karl Repay	654	1:M 55-59	13	11:14.7	7:30	0:42.1	3	34:40.9	20.8	0:59.0	15	25:16.6	8:09	1:12:53.5			
10	Bob Bennitt	607	2:M 50-54	8	10:48.1	7:12	1:10.0	12	37:09.2	19.4	1:21.9	9	23:22.8	7:33	1:13:52.2			
11	Brian Ames	603	2:M 55-59	11	11:12.5	7:28	1:15.4	15	37:37.6	19.1	1:06.9	10	23:40.6	7:38	1:14:53.2			
12	Thomas McDermott	642	3:M 55-59	5	10:41.7	7:08	0:31.6	17	39:10.7	18.4	0:18.1	11	24:25.4	7:53	1:15:07.7			
13	Ken Borowski	612	4:M 55-59	18	11:46.2	7:51	1:05.5	9	36:18.9	19.8	0:57.1	14	25:11.2	8:08	1:15:19.1			
14	William Laramie	638	3:M 50-54	17	11:45.5	7:50	0:57.4	13	37:27.1	19.2	0:59.0	18	26:18.3	8:29	1:17:27.5			
15	Jason Buxbaum	615	4:M 50-54	16	11:45.1	7:50	0:57.0	14	37:27.3	19.2	0:59.4	19	26:18.5	8:29	1:17:27.5			
16	Chris McGee	643	2:M 30-34	10	11:09.4	7:26	0:27.8	22	42:34.8	16.9	0:26.3	12	24:31.2	7:55	1:19:09.8			
17	Peter Borcz	611	2:M 40-44	22	12:17.2	8:12	1:49.0	10	36:42.1	19.6	2:17.3	26	27:35.2	8:54	1:20:40.9			
18	Erik Buth	614	1:M 20-24	15	11:32.5	7:42	1:07.8	20	41:36.8	17.3	0:59.4	21	26:31.7	8:33	1:21:48.4			
19	Bryan George	627	1:M 45-49	34	13:50.2	9:14	1:04.1	16	38:50.0	18.5	0:43.0	25	27:32.4	8:53	1:21:59.9			
20	Ryan Quinn	651	3:M 40-44	31	13:12.7	8:48	0:57.7	23	43:01.1	16.7	0:44.8	16	25:43.8	8:18	1:23:40.4			
21	Joshua Pavich	649	1:M 35-39	7	10:46.5	7:11	0:33.2	34	46:18.4	15.5	0:47.1	20	26:30.7	8:33	1:24:56.1			
22	Robby Dragomer	620	1:F Open	32	13:37.8	9:05	0:51.5	21	42:04.2	17.1	0:50.0	28	28:10.4	9:05	1:25:34.1			
23	Tracy Scott	656	1:F 35-39	29	13:11.2	8:48	1:10.2	24	43:18.6	16.6	1:06.9	23	27:09.2	8:46	1:25:56.3			
24	Tyler Benn	606	2:M 20-24	26	12:48.2	8:32	0:46.8	29	44:11.9	16.3	0:35.4	32	28:38.6	9:14	1:27:01.1			
25	Bob Bagnara	605	5:M 50-54	25	12:47.1	8:31	0:51.7	27	43:57.4	16.4	0:57.5	31	28:33.5	9:13	1:27:07.5			
26	Carrie Kietzman	636	1:F 40-44	35	13:56.9	9:18	0:21.8	25	43:25.8	16.6	0:16.2	35	29:20.8	9:28	1:27:21.6			
27	Melissa Ophoff	648	2:F 40-44	23	12:38.1	8:25	0:39.8	37	47:11.4	15.3	0:51.3	22	26:44.4	8:38	1:28:05.1			
28	Tim Gronholm	630	2:M 45-49	27	12:59.5	8:40	0:39.5	31	44:55.7	16.0	0:33.8	33	29:07.0	9:24	1:28:15.6			
29	Miranda Jackovich	634	1:F 45-49	46	15:09.3	10:06	0:50.2	18	40:03.8	18.0	0:42.7	37	32:19.4	10:26	1:29:05.6			
30	Jennifer Mislinski	644	1:F 30-34	30	13:12.5	8:48	1:16.9	32	45:00.7	16.0	1:33.3	27	28:07.1	9:04	1:29:10.7			
31	Allyson Vis	660	2:F 35-39	19	12:06.3	8:04	1:03.5	44	50:00.5	14.4	1:01.1	17	25:49.4	8:20	1:30:00.9			
32	John Zapata	663	3:M 30-34	20	12:07.7	8:05	0:45.3	30	44:29.5	16.2	0:43.8	38	32:20.0	10:26	1:30:26.5			
33	Katrina Ramey	653	3:F 40-44	28	13:00.2	8:40	1:12.9	39	47:50.5	15.0	1:02.1	24	27:21.0	8:49	1:30:26.9			

Relay for Recovery Duathlon

Overall Results

Duathlon

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Run 1</u>			<u>Trans 1</u>			<u>Bike</u>			<u>Trans 2</u>			<u>Run 2</u>			<u>Total</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>	<u>Pace</u>			
34	Beth Ames	602	1:F 55-59	36	13:58.7	9:19	1:16.6	19	40:57.1	17.6	1:16.1	44	33:23.0	10:46	1:30:51.8				
35	Kelly Bloode	610	2:F 55-59	33	13:41.9	9:08	1:45.2	35	46:29.6	15.5	1:03.0	30	28:32.5	9:12	1:31:32.4				
36	Kari Best	609	1:F 50-54	38	14:07.2	9:25	0:54.5	38	47:46.4	15.1	0:59.7	29	28:31.2	9:12	1:32:19.1				
37	Michael Zabrecky	662	2:M 65-69	39	14:22.9	9:35	1:01.5	28	44:09.3	16.3	0:25.1	45	33:30.8	10:49	1:33:29.7				
38	Katie Dublis	622	3:F 35-39	41	14:39.6	9:46	1:00.7	36	46:56.5	15.3	1:08.9	36	32:08.3	10:22	1:35:54.2				
39	Alex Cicero	618	3:M 20-24	21	12:08.1	8:05	0:48.4	51	57:34.8	12.5	0:53.7	13	24:32.3	7:55	1:35:57.6				
40	Rolando Gonzalez	628	5:M 55-59	48	15:52.8	10:35	0:29.7	40	48:18.2	14.9	0:37.7	39	32:23.5	10:27	1:37:42.1				
41	Cristian Tinoco	658	4:M 30-34	40	14:24.5	9:36	1:32.1	47	52:20.4	13.8	1:18.0	34	29:18.2	9:27	1:38:53.5				
42	Spardha Sharma	657	4:F 35-39	43	14:51.4	9:54	0:53.5	43	49:58.4	14.4	1:08.5	41	32:41.6	10:33	1:39:33.5				
43	Sara Quiroz	652	1:F 25-29	37	13:58.9	9:19	0:26.8	45	51:48.7	13.9	0:35.3	43	33:22.3	10:46	1:40:12.3				
44	Gustavo Cabrera	616	6:M 50-54	45	15:09.2	10:06	1:53.6	33	45:50.3	15.7	1:35.8	47	35:58.4	11:36	1:40:27.5				
45	Kathy Burns	613	2:F 50-54	44	14:53.7	9:56	0:43.5	49	53:31.0	13.5	0:44.1	40	32:36.7	10:31	1:42:29.2				
46	Grannt Epstein	624	4:M 20-24	24	12:46.5	8:31	1:29.2	50	55:03.2	13.1	1:19.5	42	33:16.2	10:44	1:43:54.8				
47	Michael Hammonds	631	3:M 45-49	47	15:38.4	10:26	0:47.3	41	49:42.8	14.5	0:36.7	50	37:32.8	12:07	1:44:18.3				
48	George Drang	621	4:M 45-49	50	18:23.5	12:16	1:51.9	26	43:45.9	16.5	1:51.5	51	38:38.3	12:28	1:44:31.3				
49	Debra Ames	604	1:F 65-69	51	19:33.6	13:02	1:17.9	42	49:54.6	14.4	1:12.6	48	36:43.0	11:51	1:48:41.9				
50	Alicia McClean	641	2:F 65-69	49	16:14.4	10:50	1:09.0	48	52:43.7	13.7	1:24.7	49	37:14.9	12:01	1:48:46.8				
51	Mandy Grecula	629	4:F 40-44	42	14:50.7	9:54	0:33.0	52	59:08.6	12.2	0:28.9	46	35:43.7	11:32	1:50:45.1				
52	Karen Fritts	626	3:F 55-59	53	20:58.2	13:59	0:46.0	46	52:17.4	13.8	1:01.1	53	47:50.4	15:26	2:02:53.3				
53	Madeline Berg	608	1:F 20-24	52	20:26.4	13:38	0:37.5	53	1:01:46.1	11.7	1:06.2	52	46:05.9	14:52	2:10:02.2				