

Come Clean Duathlon

Age Group Results

Male Open Winners

Place		Name	Bib No	Age	Run 1		T1	Bike		T2	Run 2		Total			
Overall	Place				Time	Pace		Time	Rate		Time	Pace		Time	Pace	Time
1	1	Ryan Rau	217	35	****	6:54	4:56	0:23	****	31:21	21.4	0:25	****	18:16	3:24	57:20
2	2	Caleb Rhynard	218	23	****	6:53	4:55	0:37	****	35:58	19.0	0:31	****	16:40	3:35	1:00:41
3	3	Tyler Graustein	111	24	****	7:20	5:14	0:35	****	34:41	19.4	0:25	****	18:00	3:37	1:01:03

Female Open Winners

Place		Name	Bib No	Age	Run 1		T1	Bike		T2	Run 2		Total			
Overall	Place				Time	Pace		Time	Rate		Time	Pace		Time	Pace	Time
1	9	Samantha Kennedy	215	28	****	8:40	6:11	0:29	****	34:19	19.0	0:30	****	22:38	3:57	1:06:39
2	22	Jill Evers-Bowers	7	49	****	9:21	6:41	0:42	****	39:53	16.6	0:33	****	23:10	4:22	1:13:41
3	30	Sara Dumich	216	34	****	10:28	7:29	0:36	****	38:52	16.6	0:41	****	26:05	4:32	1:16:43

Male Masters Winners

Place		Name	Bib No	Age	Run 1		T1	Bike		T2	Run 2		Total			
Overall	Place				Time	Pace		Time	Rate		Time	Pace		Time	Pace	Time
1	5	Todd Kauffman	212	40	****	8:05	5:46	0:31	****	34:51	19.0	0:23	****	20:24	3:48	1:04:16
2	6	Craig Newell	123	46	****	8:33	6:06	0:50	****	31:52	20.1	0:33	****	23:06	3:51	1:04:57
3	7	Michael Homan	206	55	****	8:07	5:48	0:43	****	34:36	19.1	0:42	****	21:22	3:53	1:05:31

Female Masters Winners

Place		Name	Bib No	Age	Run 1		T1	Bike		T2	Run 2		Total
Overall	Place				Time	Pace		Time	Rate		Time	Pace	

Race Date
September 11, 2016

Come Clean Duathlon
Age Group Results

Female Masters Winners

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Run 1</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>Run 2</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	15	Chris Vincent	25	52	*****	8:40	6:11	0:54	*****	38:43	17.1	1:03	*****	22:53	4:17	1:12:15
2	20	Kim Albin	173	43	*****	10:02	7:10	0:56	*****	36:24	17.5	0:39	*****	25:17	4:20	1:13:20
3	23	Carla Murphy	219	41	*****	9:00	6:26	1:26	*****	38:59	16.8	1:08	*****	23:11	4:22	1:13:46

Come Clean Duathlon

Age Group Results

Male 14 and Under

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	65	Noah Murphy	220	12	1	9:49	7:01	1:28	1	42:55	15.3	2:08	1	26:48	4:55	1:23:10

Male 15 to 19

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	17	Russell Sempsrott	170	17	1	7:24	5:17	0:45	1	44:24	15.8	0:31	1	20:04	4:20	1:13:10
2 *	109	Marcus Doll	188	18	2	13:54	9:56	1:20	2	45:18	13.7	2:14	2	31:19	5:34	1:34:06
3 *	171	Leviticus Hecksel	180	19	3	14:33	10:24	1:04	3	58:29	11.2	1:24	3	37:35	6:42	1:53:07

Female 15 to 19

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	112	Corrinne Doll	187	15	2	13:36	9:43	1:26	2	45:30	13.7	2:15	1	31:45	5:36	1:34:33
2 *	116	Autumn Cole	86	17	1	12:44	9:06	1:16	1	46:24	13.7	1:08	2	33:31	5:38	1:35:04
3 *	186	Lauren Bifano	59	18	3	14:45	10:32	2:24	3	56:24	11.3	2:03	3	43:06	7:02	1:58:44

Male 20 to 24

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	16	Anthony Davis	176	20	1	8:40	6:11	1:07	1	39:38	16.7	1:00	1	22:13	4:18	1:12:39
2 *	59	Matt Graham	68	22	2	9:38	6:53	0:32	2	44:26	15.2	0:40	2	26:44	4:51	1:22:02

Come Clean Duathlon

Age Group Results

Male 20 to 24

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	74	Spencer Herlong	201	23	3	10:30	7:30	0:35	3	47:05	14.2	0:39	3	26:02	5:01	1:24:53
4	133	Tyler Lazenby	147	23	4	11:09	7:58	0:41	4	55:36	12.3	0:20	4	32:20	5:55	1:40:07

Female 20 to 24

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	75	Jacie Anderson	129	23	2	11:15	8:02	0:44	2	46:58	14.0	0:47	1	26:11	5:05	1:25:57
2 *	78	Natalie Studer	113	20	1	10:57	7:49	0:59	1	43:45	14.9	0:41	2	29:42	5:06	1:26:07
3 *	95	Brooke Witchell	137	23	5	11:34	8:16	0:51	3	46:55	14.0	0:40	3	30:08	5:20	1:30:10
4	107	Claire Regan	105	20	4	11:31	8:14	1:13	4	53:01	12.6	1:16	4	25:48	5:30	1:32:51
5	132	Anna Nagler	106	21	3	11:30	8:13	1:13	5	56:45	11.9	0:53	5	29:36	5:55	1:39:59
6	178	Alexandra Racette	200	23	7	14:30	10:21	1:15	6	1:01:16	10.7	1:06	6	38:05	6:53	1:56:15

Male 25 to 29

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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	Eric Abbott	221	27	1	8:10	5:50	0:27	1	32:02	20.4	0:25	1	20:06	3:37	1:01:12
2 *	39	Scott Forslund	116	25	4	10:35	7:34	1:15	2	40:09	15.9	0:55	2	25:11	4:37	1:18:07
3 *	46	Nicholas Collica	15	29	2	9:19	6:39	1:10	3	43:36	15.3	1:12	3	23:58	4:41	1:19:17
4	63	Alfonso Ruiz Acevedo	149	27	6	11:00	7:51	0:47	4	45:38	14.4	0:39	4	24:49	4:54	1:22:55
5	86	Thomas Bullock	136	28	7	11:03	7:54	0:39	6	47:28	14.0	0:28	5	29:26	5:16	1:29:06
6	87	Andrew Hudon	117	26	5	10:48	7:43	0:46	5	47:04	14.1	0:41	6	29:45	5:16	1:29:06
7	91	Michael Sepulveda	203	27	8	11:42	8:21	1:55	7	45:47	13.9	0:28	7	29:51	5:19	1:29:45

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Male 25 to 29

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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>
8	93	Chris Flowers	121	29	3	10:32	7:31	0:48	8	49:16	13.7	0:36	8	28:47	5:20	1:30:00
9	145	Luis Concepcion	96	25	10	14:14	10:10	2:12	11	51:43	12.1	0:58	9	36:13	6:14	1:45:22
10	153	Adam Heleine	50	28	11	15:11	10:51	1:06	10	48:18	12.8	1:47	10	40:22	6:19	1:46:46

Female 25 to 29

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	38	Bailey Mellen	158	28	2	11:10	7:59	1:53	1	36:18	16.8	0:20	1	28:18	4:37	1:18:02
2 *	81	Jessica Kurzawa	77	29	3	11:37	8:18	1:34	2	41:58	15.0	1:38	2	30:31	5:10	1:27:19
3 *	131	Anjelica Sepulveda	82	29	4	11:49	8:26	4:35	3	51:48	12.1	0:57	3	30:39	5:54	1:39:50
4	161	Kendra Culham	166	28	1	10:39	7:36	0:56	8	1:10:12	10.1	1:13	4	26:50	6:30	1:49:52
5	164	Lauren Heleine	49	28	6	14:08	10:06	1:08	5	57:03	11.4	1:06	5	37:26	6:34	1:50:53
6	165	Brooke Slawinski	43	26	5	13:42	9:47	1:28	4	56:28	11.6	0:31	6	38:45	6:34	1:50:56
7	190	Ashley Manning	14	26	8	16:03	11:28	2:25	7	1:02:13	10.3	1:48	7	40:31	7:17	2:03:02
8	191	Adelyn Geissel	28	26	7	15:11	10:51	3:21	6	59:02	10.7	4:55	8	40:39	7:17	2:03:10
9	203	Ashley Boltjes	55	29	9	19:43	14:05	1:34	9	1:10:24	9.03	1:56	9	46:23	8:17	2:20:03

Male 30 to 34

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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	Gernot Hacker	205	34	1	8:05	5:46	0:29	1	34:48	19.1	0:31	1	21:47	3:53	1:05:43
2 *	13	Chris Dhulster	132	33	2	8:38	6:10	0:47	3	37:52	17.5	0:50	2	23:12	4:13	1:11:21
3 *	18	Cory Brant	145	32	3	9:20	6:40	0:36	2	37:15	17.5	0:26	3	25:34	4:20	1:13:13

Come Clean Duathlon

Age Group Results

Male 30 to 34

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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>
4	69	Ian Cain	110	31	4	9:30	6:47	0:55	4	39:04	16.7	0:42	4	33:48	4:58	1:24:01
5	99	Ricardo Llorens	134	34	5	11:32	8:14	1:12	6	46:52	13.9	0:44	5	30:20	5:22	1:30:41
6	119	Joel Wilhelm	78	33	6	12:51	9:11	1:05	5	45:04	14.0	1:07	6	36:49	5:44	1:36:59
7	170	Anthony Heleine	103	32	7	15:07	10:48	3:31	7	51:33	11.8	2:56	7	39:51	6:41	1:53:00

Female 30 to 34

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	83	Abigail Tanner	141	34	1	10:37	7:35	1:02	2	46:51	14.2	0:56	1	28:33	5:12	1:28:01
2 *	85	Hilary Monroe	70	30	3	11:32	8:14	1:08	5	48:16	13.6	0:43	2	26:52	5:14	1:28:33
3 *	90	Teresa Morgan	138	32	4	11:54	8:30	1:04	1	44:09	14.5	1:18	3	31:01	5:18	1:29:28
4	98	Maria Del Mar Cascant	135	33	2	11:32	8:14	1:11	4	47:04	13.8	0:34	4	30:18	5:22	1:30:41
5	104	Lindsey Jacobson	51	30	6	12:08	8:40	0:50	3	46:21	14.0	0:56	5	32:19	5:29	1:32:36
6	111	Jamie Rytlewski	11	33	5	11:58	8:33	0:48	6	48:25	13.5	1:39	6	31:26	5:35	1:34:17
7	118	Josie Sebastian	54	31	7	12:10	8:41	0:40	7	51:10	12.9	0:24	7	32:13	5:43	1:36:39
8	173	Christina Melton	73	32	8	12:50	9:10	0:52	9	1:02:37	10.8	1:25	8	35:36	6:42	1:53:22
9	184	Casey Younglove	139	32	9	14:33	10:24	1:19	8	57:25	11.3	1:05	9	44:01	7:00	1:58:25

Male 35 to 39

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	28	Salvatore Danna	124	36	1	9:37	6:52	1:29	2	40:17	16.1	1:27	1	23:28	4:31	1:16:19
2 *	44	Nick Koeniqsknecht	222	37	2	9:49	7:01	1:25	1	37:38	16.9	1:20	2	28:42	4:40	1:18:57

Come Clean Duathlon

Age Group Results

Male 35 to 39

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	48	Brian Sanford	159	37	3	10:07	7:14	0:44	3	40:58	16.0	0:47	3	26:57	4:43	1:19:35
4	50	Peter Rose	16	37	5	10:19	7:22	0:53	5	41:48	15.6	0:45	4	26:03	4:43	1:19:51
5	52	James Every	53	38	4	10:09	7:15	1:02	4	41:48	15.6	0:40	5	26:37	4:45	1:20:18
6	117	Said Taiym	115	37	7	11:30	8:13	1:07	6	52:37	12.7	0:50	6	30:21	5:42	1:36:27
7	138	Jason Bristow	84	39	6	11:05	7:55	0:53	8	1:00:08	11.5	0:37	7	30:33	6:07	1:43:18
8	180	Steve Antaya	13	39	8	17:31	12:31	3:05	7	46:08	12.4	3:19	8	46:55	6:55	1:57:00

Female 35 to 39

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	45	Megan Merrill	224	36	1	10:05	7:12	0:32	1	42:00	15.7	0:26	1	25:54	4:40	1:18:59
2 *	77	Melanie Baker	22	39	2	10:33	7:32	1:12	4	49:08	13.6	0:55	2	24:11	5:05	1:26:00
3 *	108	Kimber Anderson	80	36	6	12:49	9:09	1:27	3	46:04	13.7	1:13	3	31:49	5:32	1:33:26
4	120	Linda Beach	198	37	3	11:08	7:57	1:12	6	51:00	13.1	1:00	4	32:51	5:45	1:37:14
5	134	Laura Harris	161	37	7	13:58	9:59	0:48	2	45:33	13.7	0:40	5	39:44	5:58	1:40:45
6	146	Trula Bristow	83	38	5	12:28	8:54	0:56	7	54:18	12.2	0:47	6	37:03	6:15	1:45:34
7	151	Renee Pier	165	38	8	14:11	10:08	0:52	5	46:30	13.4	1:11	7	43:54	6:19	1:46:40
8	152	Wendy Cairns	112	38	10	14:34	10:24	0:40	8	52:54	12.2	0:46	8	37:50	6:19	1:46:46
9	179	Rebecca Torres	98	39	4	12:10	8:41	1:23	10	1:09:09	10.0	1:27	9	32:12	6:53	1:56:23
10	183	Amanda Younglove	140	35	9	14:33	10:24	1:18	9	57:27	11.3	0:57	10	44:06	7:00	1:58:24
11	204	Andrea Zufelt	152	38	11	20:22	14:33	1:18	11	1:08:44	9.16	0:58	11	53:24	8:34	2:24:48

Come Clean Duathlon

Age Group Results

Male 40 to 44

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	12	Jarett Simon	175	41	2	8:52	6:20	1:05	2	37:04	17.6	0:48	1	23:10	4:12	1:11:02
2 *	14	David Zuber	154	43	7	10:00	7:09	0:51	1	35:22	17.9	0:40	2	24:36	4:14	1:11:31
3 *	26	Jason Ferrell	207	43	1	8:48	6:17	0:44	6	42:45	15.8	0:36	3	23:18	4:31	1:16:13
4	29	Ray Garcia	174	43	4	9:30	6:47	1:06	3	40:27	16.2	1:10	4	24:07	4:31	1:16:23
5	32	Chad Pokowski	194	42	3	9:27	6:45	1:01	5	41:06	16.1	0:52	5	24:24	4:33	1:16:52
6	41	Douglas Gatto	226	40	6	9:48	7:00	2:22	4	39:21	16.1	1:44	6	25:20	4:39	1:18:37
7	51	Steve Davis	130	43	5	9:43	6:56	0:54	8	43:35	15.3	0:33	7	25:14	4:44	1:20:01
8	62	Daykon Hiram	127	44	8	10:35	7:34	1:07	7	41:57	15.4	0:56	8	28:10	4:54	1:22:47
9	76	Timm Cappell	131	40	9	11:01	7:52	1:03	9	42:24	15.2	0:53	9	30:37	5:05	1:26:00
10	88	Ryan Burk	6	42	11	11:21	8:06	1:00	10	44:08	14.7	1:36	10	31:17	5:17	1:29:24
11	124	Frank Mobley	186	43	10	11:08	7:57	2:19	11	53:16	12.4	1:39	11	29:29	5:47	1:37:52
12	196	Robert J McBride	211	43	12	17:26	12:27	1:04	12	57:27	10.9	1:39	12	51:43	7:39	2:09:22

Female 40 to 44

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	34	Stephanie Edwards	192	40	2	9:23	6:42	1:41	1	41:26	15.8	0:51	1	24:09	4:35	1:17:32
2 *	43	Kristy Prahin	143	40	1	9:18	6:39	1:09	3	43:28	15.4	0:58	2	23:52	4:40	1:18:45
3 *	70	Sherri Scott	213	41	4	11:17	8:04	1:01	2	40:53	15.6	1:02	3	29:47	4:58	1:24:02
4	72	Susanna Burke	214	41	3	9:49	7:01	0:45	4	47:32	14.2	0:43	4	25:41	5:00	1:24:32
5	100	Shannon Pokowski	193	41	5	11:19	8:05	1:02	5	46:12	14.1	0:45	5	32:09	5:25	1:31:28
6	115	Jen Leyrer	92	42	6	12:58	9:16	0:55	6	46:14	13.8	0:56	6	33:50	5:37	1:34:54
7	122	Jamie Schapman	18	43	7	13:04	9:20	0:18	7	48:45	13.3	0:54	7	34:26	5:46	1:37:29
8	135	Nicole Ford	183	41	11	13:25	9:35	1:51	8	47:10	13.3	1:45	8	37:49	6:02	1:42:02
9	142	Lindsay Meulman	133	40	12	13:29	9:38	0:55	9	54:03	12.1	0:42	9	35:38	6:12	1:44:49

Come Clean Duathlon
Age Group Results

Female 40 to 44

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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>
10	148	Kristin Hayen	169	42	10	13:08	9:23	0:41	10	57:27	11.6	0:32	10	34:23	6:17	1:46:13
11	162	Leah Breen	210	40	8	13:05	9:21	1:13	11	58:14	11.4	1:41	11	36:25	6:33	1:50:40
12	163	Trisha Bird	209	41	9	13:06	9:21	1:14	12	58:14	11.4	1:40	12	36:25	6:33	1:50:41
13	181	Deanna Hudson	20	41	13	15:05	10:46	1:04	14	1:05:58	10.1	1:06	13	33:57	6:56	1:57:13
14	195	Melanie Trowbridge	23	43	15	16:58	12:07	1:44	13	1:03:02	10.1	1:13	14	45:20	7:36	2:08:19
15	201	Laura May	1	43	14	15:47	11:16	0:56	15	1:12:25	9.29	0:46	15	46:54	8:06	2:16:50

Male 45 to 49

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	19	Michael Arnold	46	46	2	9:47	6:59	0:45	1	35:42	17.9	0:34	1	26:28	4:20	1:13:18
2 *	33	Jack Hamilton	199	46	5	10:13	7:18	1:06	3	39:42	16.2	1:21	2	24:29	4:33	1:16:52
3 *	37	Craig Benham	150	49	1	9:20	6:40	0:46	5	41:57	15.9	0:46	3	24:55	4:36	1:17:46
4	40	Steve Kuhnert	208	46	4	10:04	7:11	1:33	4	39:54	16.1	1:41	4	25:21	4:39	1:18:35
5	53	Dean Martin	148	48	8	11:21	8:06	0:42	2	38:56	16.2	0:43	5	29:28	4:48	1:21:11
6	56	Ken Schapman	19	45	3	9:50	7:01	0:58	7	42:43	15.5	0:38	6	27:30	4:50	1:21:41
7	66	Dave Finch	225	49	7	11:20	8:06	1:01	6	40:46	15.6	0:33	7	29:39	4:56	1:23:21
8	102	Robert McElmurray	35	49	6	10:51	7:45	0:54	12	50:35	13.3	0:59	8	29:07	5:28	1:32:28
9	105	Steve Bos	162	46	9	11:31	8:14	0:59	8	46:48	14.0	1:12	9	32:09	5:29	1:32:41
10	123	James Doll	185	45	13	13:55	9:56	1:08	9	45:25	13.7	1:41	10	35:31	5:47	1:37:43
11	125	Steve Cloutier	33	49	10	12:44	9:06	1:54	10	46:49	13.5	2:37	11	33:47	5:48	1:37:53
12	129	Rick Hoeksema	39	47	11	12:49	9:09	1:36	11	47:37	13.3	1:55	12	34:32	5:50	1:38:32
13	141	Reginald Davis	26	49	12	13:19	9:31	1:02	13	49:11	13.0	0:47	13	40:22	6:12	1:44:44
14	199	Paul Trowbridge	24	48	14	17:38	12:36	2:24	14	59:10	10.5	1:35	14	52:39	7:54	2:13:28

Come Clean Duathlon

Age Group Results

Female 45 to 49

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	42	Julianne MacLennan	144	47	2	11:04	7:54	1:02	1	38:21	16.4	0:50	1	27:20	4:39	1:18:39
2 *	61	Amy Hinkle	97	49	3	11:05	7:55	1:15	2	40:17	15.7	0:44	2	29:19	4:54	1:22:42
3 *	64	Kristen Lawrence	182	48	1	10:56	7:49	0:52	3	42:11	15.3	0:47	3	28:18	4:55	1:23:07
4	103	Jodi Gaulin	72	45	4	11:19	8:05	1:36	4	45:36	14.1	1:17	4	32:42	5:29	1:32:32
5	106	Martha Richard	91	45	5	11:53	8:29	1:11	5	47:26	13.7	1:11	5	30:59	5:29	1:32:42
6	113	Wendy Clark	61	45	7	12:17	8:46	1:15	7	49:37	13.1	0:55	6	30:41	5:37	1:34:48
7	114	Kris Hamilton	95	46	6	11:55	8:31	0:48	9	51:20	12.9	0:41	7	30:08	5:37	1:34:54
8	137	Tricia Orr	196	45	9	13:15	9:28	1:58	8	48:40	13.0	2:09	8	37:01	6:06	1:43:05
9	149	Jennie Griffith	191	47	10	14:06	10:04	2:22	10	53:42	11.8	1:20	9	34:55	6:18	1:46:27
10	150	Lisa Ulrich	44	47	11	14:07	10:05	2:03	6	46:16	13.3	2:23	10	41:44	6:18	1:46:35
11	169	Renaewerbish	5	45	8	13:06	9:21	1:38	15	1:05:02	10.4	1:21	11	31:27	6:40	1:52:36
12	172	Laura Hecksel	168	47	12	14:34	10:24	1:03	13	58:34	11.2	1:21	12	37:34	6:42	1:53:08
13	185	Rhonda Bifano	58	49	13	14:44	10:31	2:24	12	56:21	11.3	2:07	13	43:06	7:02	1:58:44
14	189	Susan Dancer	69	48	16	17:45	12:41	1:53	11	52:50	11.4	1:28	14	47:30	7:11	2:01:27
15	192	Lisa Lipscomb	94	47	14	15:57	11:24	1:14	14	1:02:27	10.4	1:24	15	42:51	7:20	2:03:55
16	194	Janet McDuffey	21	48	15	16:00	11:26	0:50	16	1:12:19	9.28	0:39	16	37:00	7:30	2:06:51

Male 50 to 54

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	11	Peter Wujkowski	195	50	1	8:39	6:11	0:47	1	37:46	17.5	0:46	1	22:46	4:11	1:10:45
2 *	21	Craig Mulhinch	122	54	3	9:22	6:41	0:56	3	39:33	16.6	1:06	2	22:40	4:22	1:13:40
3 *	27	Douglas Anderson	81	50	4	9:57	7:06	1:15	2	38:02	16.8	1:02	3	25:58	4:31	1:16:15
4	36	Wayne Beyea	109	51	2	9:15	6:36	1:53	4	40:22	16.1	1:26	4	24:48	4:36	1:17:46
5	58	Scott Cole	85	52	7	11:12	8:00	1:07	6	41:39	15.3	1:11	5	26:47	4:51	1:21:57

Come Clean Duathlon

Age Group Results

Male 50 to 54

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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>
6	60	Tim Lee	190	50	5	10:20	7:23	1:49	7	42:22	15.2	1:39	6	25:57	4:52	1:22:09
7	71	Thomas Kring	10	50	6	10:22	7:24	0:29	10	46:05	14.5	1:09	7	26:03	4:59	1:24:10
8	73	Sherman McDonald	119	52	11	11:44	8:23	0:56	5	40:04	15.7	0:55	8	31:04	5:01	1:24:46
9	79	Christopher Merrill	128	50	8	11:17	8:04	0:39	13	46:41	14.1	0:29	9	27:13	5:07	1:26:23
10	82	David Wheeler	189	53	9	11:29	8:12	1:52	9	43:18	14.6	2:01	10	29:16	5:12	1:27:58
11	92	Patrick Gilbert	38	51	10	11:31	8:14	1:56	12	43:52	14.4	2:13	11	30:12	5:19	1:29:46
12	101	Mark Bender	88	51	14	12:23	8:51	1:34	8	41:44	14.9	1:58	12	34:41	5:28	1:32:21
13	110	John Ackerman	30	52	12	12:09	8:41	0:44	11	44:10	14.5	0:40	13	36:26	5:34	1:34:11
14	143	Darren Ulrich	45	50	13	12:20	8:49	2:26	14	46:48	13.4	4:14	14	39:20	6:13	1:45:10
15	166	Mark Bachman	101	53	15	14:14	10:10	2:02	15	56:04	11.4	2:56	15	36:25	6:37	1:51:42
16	200	Dave Parker	167	50	16	18:46	13:24	0:53	16	1:02:08	10.1	0:56	16	51:34	7:57	2:14:19

Female 50 to 54

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	35	Rhonda Dick	172	50	1	9:09	6:32	0:38	2	44:51	15.2	0:33	1	22:22	4:36	1:17:36
2 *	55	Tracy Beadlescomb	156	51	2	10:39	7:36	1:14	1	41:33	15.5	1:05	2	27:04	4:50	1:21:36
3 *	94	Linda McDonald	118	51	4	11:43	8:22	0:40	3	45:38	14.3	0:43	3	31:18	5:20	1:30:04
4	96	Monica Reynolds	47	50	3	11:32	8:14	0:44	4	48:25	13.6	0:44	4	28:48	5:20	1:30:15
5	128	Susan Kahn	40	51	5	12:07	8:39	1:31	6	49:33	13.1	0:57	5	34:11	5:49	1:38:21
6	140	Milagros A Snyder	179	51	6	13:01	9:18	1:26	5	48:10	13.2	1:35	6	40:26	6:12	1:44:40
7	144	Grace Greaves	204	52	10	15:11	10:51	0:58	7	49:51	12.5	0:54	7	38:17	6:14	1:45:14
8	147	Jacqueline Greene	71	53	7	13:15	9:28	1:12	10	55:54	11.8	1:31	8	34:10	6:17	1:46:04
9	157	Kathryn Bender	89	53	9	14:42	10:30	3:11	8	48:39	12.4	3:03	9	38:30	6:24	1:48:07
10	159	Jan Przystas	90	53	14	16:24	11:43	1:19	9	48:52	12.4	1:15	10	41:49	6:29	1:49:41

Come Clean Duathlon

Age Group Results

Female 50 to 54

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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>
11	167	Colleen Bachman	102	53	8	14:14	10:10	2:00	12	56:15	11.4	2:47	11	36:24	6:37	1:51:43
12	168	Susan Mora Fassett	34	53	12	15:43	11:14	1:45	11	54:43	11.5	1:44	12	38:38	6:40	1:52:34
13	182	Debra Ruzs	42	54	15	16:25	11:44	1:53	13	57:09	11.0	1:01	13	40:57	6:57	1:57:27
14	193	Michelle Moore	2	51	16	18:02	12:53	0:55	14	57:01	10.9	1:00	14	48:44	7:26	2:05:45
15	197	Angela Davis	27	50	11	15:15	10:54	1:01	16	1:08:11	9.80	0:42	15	44:26	7:40	2:09:37
16	198	Kelley Minefield	114	51	17	19:43	14:05	1:26	15	56:34	10.7	1:51	16	50:13	7:41	2:09:48
17	202	Maudena Orsborn	17	50	13	16:00	11:26	1:00	17	1:12:37	9.24	1:26	17	47:49	8:13	2:18:54

Male 55 to 59

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	10	Michael Hammond	160	55	1	8:18	5:56	1:13	1	38:45	17.1	0:45	1	21:28	4:10	1:10:31
2 *	24	Ron Buchanan	36	57	3	9:48	7:00	1:07	2	37:24	17.1	1:17	2	24:56	4:25	1:14:34
3 *	25	David Soltow	171	55	2	9:18	6:39	1:06	3	39:21	16.6	0:53	3	24:57	4:28	1:15:37
4	31	Matt Bliton	227	55	4	9:57	7:06	0:57	5	39:58	16.3	1:12	4	24:44	4:33	1:16:50
5	49	Lou Santos	223	59	5	10:25	7:26	1:09	4	39:06	16.3	1:12	5	27:52	4:43	1:19:47
6	54	Ken McLean	126	58	6	10:47	7:42	1:24	6	40:36	15.7	1:48	6	26:49	4:49	1:21:27
7	97	Patrick Mann	125	55	7	11:04	7:54	1:46	7	44:42	14.4	2:05	7	31:00	5:22	1:30:39
8	126	Joe Mendez	120	59	8	11:48	8:26	2:04	8	48:18	13.3	1:39	8	34:14	5:48	1:38:04

Female 55 to 59

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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>

Come Clean Duathlon

Age Group Results

Female 55 to 59

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	67	Lynne Anklam	197	55	2	11:57	8:32	0:57	1	40:46	15.4	0:49	1	28:53	4:56	1:23:25
2 *	80	Cindy Kezele	155	59	1	11:54	8:30	1:04	2	42:30	14.9	1:09	2	30:08	5:08	1:26:46
3 *	127	Letitia Ezell	60	57	4	12:54	9:13	1:11	4	50:23	12.8	0:43	3	33:08	5:49	1:38:21
4	130	Mary Kay Thelen	37	56	5	13:14	9:27	1:21	3	48:39	13.1	2:00	4	33:28	5:51	1:38:44
5	136	Lynn Simons	99	56	3	12:49	9:09	1:20	7	56:07	11.8	1:21	5	31:10	6:05	1:42:49
6	158	Janet Strahan	107	59	7	14:32	10:23	2:50	5	50:31	12.2	2:36	6	38:55	6:29	1:49:26
7	160	Molly Minnick	177	57	8	14:38	10:27	2:00	6	52:47	11.9	2:07	7	38:13	6:30	1:49:48
8	187	Marian Plummer	62	58	6	13:19	9:31	1:10	8	1:09:16	9.89	1:26	8	34:40	7:06	1:59:52

Male 60 to 64

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	47	Bill McKay	63	64	1	10:31	7:31	0:30	1	38:37	16.7	0:34	1	29:16	4:42	1:19:31
2 *	57	Lou Cravotta	164	64	2	10:34	7:33	1:52	2	40:33	15.6	1:29	2	27:14	4:50	1:21:43
3 *	155	Lester Brady	52	63	5	16:27	11:45	1:14	4	49:45	12.3	1:21	3	38:52	6:22	1:47:41
4	156	James Pike	178	64	4	15:23	10:59	3:14	3	47:33	12.5	3:10	4	38:29	6:23	1:47:51
5	174	Leon Wilhelm	79	64	3	14:38	10:27	3:16	5	50:32	12.1	3:27	5	41:56	6:44	1:53:51

Female 60 to 64

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	139	Edith Smith	93	64	1	13:45	9:49	3:27	1	48:45	12.6	2:28	1	35:55	6:11	1:44:23
2 *	177	Cathy Rowe	41	60	3	14:29	10:21	0:58	2	1:02:23	10.6	0:48	2	37:03	6:51	1:55:43

Come Clean Duathlon

Age Group Results

Female 60 to 64

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	188	Gail Berry	65	60	2	13:48	9:51	1:06	3	1:05:42	10.3	1:41	3	38:52	7:10	2:01:11

Male 65 and Over

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	68	Charles Schultz	142	67	1	10:36	7:34	1:07	1	42:18	15.3	0:55	1	28:43	4:57	1:23:41
2 *	84	Doyle Salsberry	184	68	3	11:43	8:22	0:40	2	44:17	14.6	0:57	2	30:34	5:13	1:28:14
3 *	89	Craig Prether	153	65	2	10:54	7:47	1:06	3	47:13	14.0	0:47	3	29:25	5:18	1:29:27
4	121	Chuck Strahan	108	65	4	12:52	9:11	2:19	4	46:21	13.5	1:27	4	34:15	5:45	1:37:15
5	175	Mike Laycock	202	65	6	16:07	11:31	1:16	5	51:17	12.1	1:38	5	43:39	6:45	1:53:58
6	176	Wally Drog	100	68	5	16:01	11:26	0:54	6	56:21	11.3	0:51	6	40:04	6:46	1:54:13

Female 65 and Over

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- 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 *	154	Gwen Ogletree	64	65	1	13:59	9:59	1:36	1	50:54	12.4	1:59	1	38:18	6:19	1:46:49