

DU OVERALL RESULTS.TXT
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OVERALL RESULTS

2006 Cape Henlopen Duathlon
Cape Henlopen, DE 10/08/2006 9:00 am Sunny
Directed by: Neil Semmel

Place	No.	C	NAME	City	St	Ag	S	Rank	RUN1	Pace	T1	Rank	BI KE	Rate	T2	Rank	RUN2	Pace	PENAL	TIME
1.	477		DAN DIX	COATESVILLE	PA	27	M	2	8:47	5:51	0:46	11	38:06	23.6	0:37	1	18:24	5:56		1:06:38
2.	527		SAULIUS PUSKORIUS	RESTON	VA	39	M	9	9:38	6:26	0:41	5	37:15	24.2	0:38	4	19:32	6:18		1:07:42
3.	488		CULLEN COWLEY	GREENBELT	MD	37	M	7	9:35	6:23	0:52	9	37:48	23.8	0:43	3	19:12	6:12		1:08:08
4.	476		MICHAEL HAMBERGER	BEAR	DE	27	M	3	9:01	6:01	0:33	14	38:34	23.3	0:33	5	19:42	6:22		1:08:21
5.	547		ANDREW JAKUBOWITZ	NEWARK	DE	28	M	8	9:38	6:25	0:59	2	36:40	24.5	0:53	9	20:43	6:41		1:08:51
6.	478		TIMOTHY HORN	BRI CK	NJ	30	M	6	9:25	6:17	0:51	10	37:56	23.7	0:35	7	20:07	6:30		1:08:53
7.	489		HENRY TREMPER	ARDENTOWN	DE	37	M	10	9:43	6:29	0:44	8	37:41	23.9	0:27	8	20:30	6:37		1:09:03
8.	450	F	BRIAN HARRIS	BEL AIR	MD	30	M	1	8:41	5:48	0:55	22	40:28	22.2	0:39	2	18:41	6:02		1:09:22
9.	509		STEVE RUCKERT	WOODBINE	MD	57	M	12	9:53	6:36	0:45	6	37:32	24.0	0:35	10	20:50	6:43		1:09:33
10.	473		JOHN THORNTON	GEORGETOWN	DE	26	M	5	9:21	6:14	1:07	17	39:16	22.9	0:44	6	19:59	6:27		1:10:26
11.	501		CHUCK HARNEY	WASHINGTON	DC	45	M	14	10:07	6:45	0:48	4	36:57	24.4	0:44	15	21:59	7:06		1:10:33
12.	475		RORY BOULDEN	NEWARK	DE	26	M	13	9:55	6:37	0:44	15	38:50	23.2	0:37	12	21:10	6:50		1:11:14
13.	406	C	STEVE EVANS	WEST CHESTER	PA	36	M	11	9:52	6:35	0:49	18	39:34	22.7	0:22	11	20:55	6:45		1:11:30
14.	536		DEWAYNE FOX	LEWES	DE	41	M	22	10:44	7:09	1:18	1	34:55	25.8	0:42	31	24:23	7:52		1:11:59
15.	507		JEFFREY TIMM	BETHLEHEM	PA	54	M	19	10:34	7:03	0:33	3	36:48	24.5	0:28	13	21:43	7:01	2:00	1:12:03
16.	490		JAY FENTON	MIDDLETOWN	DE	37	M	17	10:17	6:52	1:05	13	38:29	23.4	0:49	16	22:18	7:12		1:12:56
17.	535		STEPHEN SMITH	BARRINGTON	NJ	34	M	16	10:16	6:51	0:49	12	38:18	23.5	0:44	17	23:00	7:26		1:13:06
18.	497		ERIC VICARI	NEWARK	DE	42	M	4	9:19	6:13	1:03	23	40:37	22.2	0:47	14	21:46	7:02	2:00	1:15:31
19.	493		DAVID PETTY	ANNAPOLIS	MD	40	M	15	10:15	6:50	0:55	16	39:08	23.0	0:57	44	25:20	8:11		1:16:34
20.	472		MATT KNIGHT	ELKTON	MD	25	M	21	10:40	7:07	0:44	24	40:44	22.1	0:59	23	23:53	7:43		1:16:58
21.	499		DAVID WILSON	COLUMBIA	MD	43	M	32	11:21	7:34	0:57	7	37:38	23.9	1:07	49	26:02	8:24		1:17:03
22.	407	C	KEVIN MONTAGUE	BEAR	DE	40	M	31	11:20	7:34	0:35	20	40:00	22.5	0:32	41	24:55	8:02		1:17:20
23.	451	F	BRIAN MCGEE	WASHINGTON	DE	31	M	18	10:26	6:57	1:16	32	41:45	21.6	1:09	19	23:03	7:27		1:17:37
24.	500		ROBERT GATES	CHALFONT	PA	44	M	29	11:14	7:30	1:34	19	39:42	22.7	1:10	34	24:36	7:56		1:18:14
25.	464	F	KENT LYNN	WASHINGTON	DC	43	M	27	11:02	7:21	1:05	26	41:17	21.8	1:07	28	24:18	7:51		1:18:47
26.	508		DON GAVIN	KINGS PARK	NY	56	M	25	10:59	7:19	1:11	28	41:34	21.7	1:02	24	24:07	7:47		1:18:50
27.	541		FREDERICK THOMPSON	BEL AIR	MD	42	M	20	10:39	7:06	1:19	35	42:21	21.3	0:54	25	24:07	7:47		1:19:18
28.	491	C	RICHARD ENGELFRIED	MILLERSVILLE	MD	37	M	40	11:39	7:46	1:10	31	41:43	21.6	0:50	27	24:15	7:50		1:19:36
29.	512		ART BURGER	DOYLESTOWN	PA	62	M	26	10:59	7:20	1:27	38	42:54	21.0	1:27	18	23:02	7:26		1:19:47
30.	486		JEFFREY ATEN	CHARLOTTESVILLE	VA	36	M	33	11:25	7:37	1:08	30	41:43	21.6	1:01	37	24:46	8:00		1:20:00
31.	474		CHARLIE BAILEY	CHAMBERSBURG	PA	26	M	49	12:09	8:06	1:12	34	42:20	21.3	1:29	20	23:11	7:29		1:20:18
32.	441		JERI MYERS	PARKESBURG	PA	52	F	45	11:55	7:57	1:09	29	41:38	21.6	0:58	38	24:47	8:00		1:20:24
33.	496		NICK BON-HARPER	CHARLOTTESVILLE	VA	41	M	36	11:31	7:41	0:48	37	42:42	21.1	0:40	40	24:52	8:02		1:20:31
34.	408	C	PAUL SWARM	LANCASTER	PA	43	M	37	11:32	7:41	1:19	27	41:27	21.7	0:54	45	25:30	8:14		1:20:40
35.	511		DANIEL SIMMONS	NEWARK	DE	59	M	38	11:33	7:42	0:37	45	44:15	20.3	0:40	22	23:41	7:39		1:20:44
36.	422		MELISSA DAVENPORT	WASHINGTON	DC	28	F	28	11:12	7:28	1:02	46	44:16	20.3	0:59	21	23:41	7:39		1:21:07
37.	405	C	JONAH DAVENPORT	WASHINGTON	DC	35	M	57	12:29	8:19	1:28	21	40:07	22.4	0:46	55	27:00	8:43		1:21:48
38.	412	C	PAUL PALMER, JR.	ELKTON	MD	47	M	30	11:19	7:33	1:09	42	43:47	20.6	1:02	47	25:35	8:16		1:22:50
39.	484		TODD HILLER	ANNAPOLIS	MD	36	M	43	11:49	7:53	3:01	25	40:54	22.0	1:28	48	25:42	8:18		1:22:52
40.	526	F	MICHAEL WESTBROOK	OLNEY	MD	23	M	23	10:47	7:11	1:04	60	46:03	19.5	0:51	32	24:27	7:54		1:23:09
41.	457	F	NORMAN BROWN	WASHINGTON	DC	37	M	39	11:38	7:46					1:02	39	24:50	8:01		1:23:24
42.	439		ANGELA SWARM	LANCASTER	PA	44	F	50	12:13	8:09	1:12	51	45:02	20.0	1:16	42	24:56	8:03		1:24:37
43.	480		BRIAN KEHNER	WASHINGTON	DE	32	M	41	11:45	7:50	1:33	54	45:52	19.6	1:22	33	24:28	7:54		1:24:58
44.	524		CYNTHIA SPENCER	MILLSBORO	DE	45	F	60	12:32	8:21	1:20	41	43:19	20.8	0:57	58	27:19	8:49		1:25:25
45.	494		JOSE ROMERO	GLEN BURNIE	MD	41	M	44	11:50	7:53	1:04	66	46:43	19.3	1:16	35	24:39	7:58		1:25:30
46.	419		AMY SANDERL	COLUMBIA	MD	26	F	48	12:09	8:06					0:39	29	24:19	7:51		1:25:31
47.	426		TARA LEONARD	OCEAN VIEW	DE	33	F	42	11:45	7:50	1:16	72	47:17	19.0	0:45	36	24:39	7:58		1:25:41
48.	410	C	MARK MANN	HANOVER	PA	45	M	66	12:57	8:38	1:07	33	41:50	21.5	0:57	71	29:17	9:27		1:26:06
49.	514		PHILIP HAGER	FALLS CHURCH	VA	69	M	68	13:01	8:41	0:55	68	46:52	19.2	0:41	43	24:56	8:03		1:26:22
50.	404	C	ANDREW CLEVELAND	NEW CASTLE	DE	27	M	53	12:23	8:15	1:22	48	44:23	20.3	1:20	56	27:05	8:45		1:26:32
51.	505		WILLIAM MCNI CHOL	PHILADELPHIA	PA	51	M	46	11:58	7:59	2:20	65	46:26	19.4	1:43	26	24:10	7:48		1:26:35
52.	420		KRISTY GREEN	I JAMSVILLE	MD	26	F	52	12:22	8:15	0:57	64	46:24	19.4	0:50	50	26:09	8:26		1:26:40
53.	318		ELLEN SMITH	LAYTONSVILLE	MD	43	F	63	12:45	8:30	1:14	36	42:35	21.1	1:25	67	28:44	9:16		1:26:41
54.	471		ANTHONY DELLEDONNE	NEWARK	DE	20	M	24	10:53	7:16	1:15	69	47:04	19.1	1:03	53	26:39	8:36		1:26:53
55.	506		KENNETH LODGE	POTTSTOWN	PA	51	M	34	11:28	7:39	1:47	56	45:56	19.6	1:33	30	24:19	7:51	2:00	1:27:01
56.	462	F	ALEXIS ANDRIANOPOULOS	WASHINGTON	DE	40	F	61	12:32	8:22	1:18	47	44:22	20.3	1:03	63	27:54	9:00		1:27:07
57.	438		KAREN ZELTT	MEDFORD	NJ	43	F	51	12:14	8:10	1:14	59	46:03	19.6	1:21	51	26:33	8:34		1:27:23
58.	479		JAMIE MACK	MAGNOLIA	DE	31	M	75	13:23	8:56	1:25	39	43:04	20.9	1:14	68	28:46	9:17		1:27:50

				DU OVERALL RESULTS. TXT													
59.	453	F	DAVID LILLARD	I JAMSVILLE	MD 31 M	35	11:30	7:40	1:25	67	46:45	19.3	1:20	54	26:55	8:41	1:27:53
60.	427		MONICA CAMMARATA	LANSDALE	PA 34 F	59	12:31	8:21	1:29	53	45:48	19.7	1:11	61	27:43	8:57	1:28:40

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OVERALL RESULTS
 2006 Cape Henlopen Duathlon
 Cape Henlopen, DE 10/08/2006 9:00 am Sunny
 Directed by: Neil Semmel
 City

Place	No.	C	NAME	City	St	Ag	S	Rank	RUN1	Pace	T1	Rank	BIKE	Rate	T2	Rank	RUN2	Pace	PENAL	TIME
61.	456	F	KEVIN HOLMES	ALEXANDRIA	VA	34	M	74	13:23	8:55	1:08	43	44:09	20.4	0:56	77	29:53	9:39		1:29:27
62.	423		KIRSTEN CLINE	EASTON	PA	28	F	54	12:23	8:16	1:31	71	47:14	19.1	1:32	57	27:06	8:45		1:29:44
63.	502		MATTHEW KERESMAN	LEWES	DE	46	M	62	12:35	8:24	1:07	52	45:27	19.8	1:26	73	29:21	9:28		1:29:54
64.	528		CHRISTINE SCHLEGELMI LCH	RESTON	VA	40	F	47	12:02	8:01	1:46	77	49:03	18.4	1:41	46	25:32	8:14		1:30:01
65.	463	F	JONI CONSUL	DENTON	MD	43	F	80	13:38	9:06	1:26	58	46:01	19.6	1:28	62	27:45	8:57		1:30:16
66.	424		TARA GUSH	REHOBOTH BEACH	DE	29	F	69	13:05	8:44	0:51	79	49:18	18.3	0:32	52	26:34	8:35		1:30:18
67.	417		STEPHANI E SWIGART	HOCKESSIN	DE	25	F	83	14:06	9:24	1:07	40	43:16	20.8	1:18	81	30:34	9:52		1:30:19
68.	481		STEVEN MOLYNEUX	BRI CK	NJ	32	M	65	12:55	8:37	1:22	62	46:08	19.5	1:05	70	29:00	9:22		1:30:28
69.	444		ELLIE GAVIN	KINGS PARK	NY	58	F	78	13:32	9:02	1:03	70	47:07	19.1	1:12	72	29:21	9:28		1:32:13
70.	513		ART CONNOLLY	WILMINGTON	DE	69	M	84	14:13	9:29	2:38	44	44:10	20.4	3:10	66	28:26	9:11		1:32:35
71.	418		BETSY HURLOCK	WILMINGTON	DE	25	F	67	12:58	8:39	1:42	74	48:25	18.6	1:30	65	28:06	9:04		1:32:38
72.	454	F	JESSICA KRUMMEL	RISING SUN	MD	32	F	55	12:26	8:18	0:57	82	50:29	17.8	0:55	64	27:56	9:01		1:32:41
73.	483		FRANCIS WILLITS	WARWICK	MD	35	M	56	12:29	8:19	1:58	50	44:56	20.0	1:20	92	32:04	10:21		1:32:44
74.	538	F	DEL BAKER	WASHINGTON	DC	34	M	58	12:30	8:20	1:01	83	50:36	17.8	1:22	59	27:35	8:54		1:33:02
75.	434		STACEY DIETRICH	TOWSON	MD	41	F	87	14:27	9:38	1:13	55	45:54	19.6	1:00	84	30:55	9:59		1:33:26
76.	461	F	PAUL QUI LLEN	NEWARK	DE	38	M	77	13:30	9:00	2:51	57	45:57	19.6	2:22	69	28:55	9:20		1:33:33
77.	468		RICH GAMBINO	ALEXANDRIA	VA	50	M	64	12:53	8:35	1:53	73	48:23	18.6	2:21	60	27:37	8:55	2:00	1:35:04
78.	556		SUSAN REINCKE	CAMBRIDGE	MD	30	F	92	14:58	9:59	2:02	49	44:28	20.2	2:24	89	31:50	10:16		1:35:39
79.	440		MAGELINE KELLEY	DOVER	DE	47	F	76	13:29	9:00	1:54	78	49:03	18.4	1:43	83	30:43	9:55		1:36:50
80.	414		AMBER KNIGHT	ELKTON	MD	23	F	71	13:15	8:50	1:00	88	51:40	17.4	0:44	78	30:28	9:50		1:37:04
81.	421		SUSAN STEIS	HERNDON	VA	28	F	85	14:14	9:30	1:20	80	49:27	18.2	1:24	85	31:13	10:05		1:37:37
82.	433		HEIDI GINN	LANDENBERG	PA	40	F	86	14:17	9:31	1:24	61	46:05	19.5	1:25	93	32:39	10:32	2:00	1:37:49
83.	504		PETER BATTAGLIA	WASHINGTON	DC	47	M	82	13:57	9:18	2:35	75	48:49	18.4	2:49	80	30:30	9:51		1:38:39
84.	510		TODD WIGGINS	QUEEN ANNE	MD	57	M	79	13:37	9:05	1:59	90	51:52	17.4	1:33	74	29:41	9:35		1:38:41
85.	442		LINDA MINISCALCO	PHILADELPHIA	PA	55	F	97	16:07	10:45	2:54	76	48:57	18.4	1:42	82	30:37	9:53		1:40:15
86.	445		BARBARA BURGER	DOYLESTOWN	PA	61	F	93	15:03	10:02	0:56	91	52:09	17.3	0:45	88	31:47	10:16		1:40:38
87.	436		GEORGINA TOTH	PORT NORRIS	NJ	42	F	91	14:52	9:55	2:41	86	50:44	17.7	1:50	90	31:54	10:18		1:41:59
88.	435		SHERYL KUO	LANGHORNE	PA	41	F	95	15:17	10:12	1:52	84	50:39	17.8	2:35	87	31:43	10:14		1:42:03
89.	469		ALYCE APPEL	DOYLESTOWN	PA	52	F	89	14:35	9:44	2:03	85	50:43	17.8	1:21	94	33:26	10:47		1:42:06
90.	448	F	LINDSAY JAMISON	WILMINGTON	DE	24	F	70	13:14	8:49	1:44	93	56:29	15.9	0:56	86	31:20	10:07		1:43:40
91.	487		JOHN KILCHENSTEIN	BEL AIR	MD	36	M	81	13:51	9:14	1:12	94	57:16	15.7	1:02	79	30:29	9:50		1:43:47
92.	411	C	DAVID BROTHERS	VIENNA	VA	46	M	94	15:16	10:11	3:12	63	46:11	19.5	3:00	97	36:26	11:45		1:44:02
93.	447	F	LINNAE OFLAHAVAN	SILVER SPRING	MD	16	F	73	13:20	8:54	0:51	96	58:27	15.4	0:37	91	31:54	10:18		1:45:06
94.	458	F	JEFFERSON LUNSFORD	SILVER SPRING	MD	37	M	72	13:16	8:51	1:31	97	59:28	15.1	1:10	76	29:49	9:38		1:45:13
95.	529		LEN LESHEM	LEWES	DE	69	M	96	15:27	10:18	1:28	87	51:38	17.4	1:25	95	33:38	10:51	2:00	1:45:34
96.	428		STEPHANIE KILCHENSTEIN	BEL AIR	MD	35	F	88	14:30	9:40	1:14	99	1:01:51	14.6	0:44	75	29:44	9:36		1:48:01
97.	515		RUSSELL PREBLE	OXON HILL	MD	76	M	101	19:44	13:09	1:17	89	51:52	17.4	1:25	98	39:16	12:40		1:53:33
98.	452	F	CARMEN PAL	NEWARK	DE	31	M	90	14:37	9:45	1:09	98	1:01:13	14.7	1:00	96	36:03	11:38		1:53:59
99.	226		GARY LINDENBAUM MD	PHILADELPHIA	PA	50	M	100	17:29	11:39	3:36	81	50:12	17.9	3:41	101	41:41	13:27		1:56:38
100.	455	C	THOMAS PAL	NEWARK	DE	32	M	99	16:55	11:17	2:13	92	54:24	16.5	2:10	100	41:39	13:26		1:57:19
101.	413	C	MARK VERDEUR	VILLANOVA	PA	47	M	98	16:47	11:12	2:41	95	57:39	15.6	2:05	99	40:56	13:13		2:00:06
102.	465	F	KAREN MCGAGH	BALTIMORE	MD	43	F	102	20:05	13:24	2:44	100	1:20:52	11.1						

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102 records processed.