

TRI OVERALL RESULTS.TXT  
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OVERALL RESULTS

2006 Cape Henlopen Triathlon  
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.	155		RICK FESLER	CAMP HILL	PA	25	M	7	9:04	6:03	0:29	2	33:56	26.5	0:24	4	19:03	6:09		1:02:54
2.	172		ERIC SCHRADING	GALLOWAY	NJ	40	M	6	9:03	6:02	0:43	4	35:04	25.7	0:41	1	18:04	5:50		1:03:32
3.	174		GARRET OLIN	NARBERTH	PA	40	M	8	9:07	6:05	0:41	3	34:36	26.0	0:45	5	19:07	6:10		1:04:14
4.	90	C	JOHN HARTPENCE	CARLI SLE	PA	36	M	3	8:53	5:55	0:37	8	35:27	25.4	0:32	2	18:55	6:06		1:04:22
5.	149		ADAM ALPER	MEDIA	PA	24	M	11	9:24	6:16	0:31	5	35:10	25.6	0:31	3	19:01	6:09		1:04:36
6.	555		MI KE MARSTELLER	EMMAUS	PA	24	M	4	8:53	5:56	0:54	6	35:14	25.5	0:33	6	19:18	6:14		1:04:51
7.	532		COLIN SANDBERG	PHI LADELPHIA	PA	29	M	14	9:33	6:22	0:57	1	33:33	26.8	0:57	11	20:21	6:34		1:05:19
8.	166		DANIEL MCCONNELL	WILMINGTON	DE	28	M	17	9:36	6:24	1:10	9	36:05	24.9	0:39	10	20:20	6:34		1:07:47
9.	161		MARK BRAULT	YORK	ME	26	M	12	9:25	6:17	0:48	12	36:16	24.8	0:36	21	21:05	6:48		1:08:07
10.	39		BRIAN DAVIS	ROCKVILLE	MD	35	M	19	9:42	6:28	0:57	19	37:10	24.2	0:45	9	20:06	6:29		1:08:38
11.	208		RICHARD BROKAW	LEWES	DE	46	M	15	9:33	6:22	1:08	26	38:16	23.5	0:48	7	19:30	6:18		1:09:13
12.	158		DAVID HENKEL	MONT CLARE	PA	26	M	9	9:23	6:16	0:55	22	37:42	23.9	0:55	13	20:31	6:37		1:09:24
13.	265		HEATHER LEIGGI	BRYN MAWR	PA	31	F	26	10:00	6:40	0:36	18	37:09	24.2	0:32	23	21:14	6:51		1:09:29
14.	36		TODD KRIEGER	LANDENBERG	PA	35	M	43	10:19	6:53	0:45	10	36:06	24.9	0:37	41	22:01	7:07		1:09:45
15.	205		MARK WISE	WILMINGTON	DE	46	M	54	10:27	6:58	0:44	7	35:26	25.4	0:48	50	22:28	7:15		1:09:51
16.	215		GEORGE JACOBS	LAUREL	MD	47	M	27	10:03	6:42	1:19	16	37:04	24.3	0:53	17	20:38	6:40		1:09:55
17.	225		WESLEY BURNS	LAFAYETTE HILL	PA	50	M	16	9:34	6:23	0:59	27	38:25	23.4	0:40	14	20:33	6:38		1:10:08
18.	233		JOSEPH MULHERN	ANNAPOLIS	MD	52	M	30	10:08	6:45	0:48	28	38:26	23.4	0:40	18	20:39	6:40		1:10:38
19.	188		PAUL MASUCCI	GRASONVILLE	MD	43	M	49	10:23	6:56	0:33	14	36:41	24.5	0:32	58	23:05	7:27		1:11:12
20.	33		AARON ESSNER	BLOOMINGDALE	NJ	35	M	40	10:16	6:51	0:54	21	37:41	23.9	0:42	35	21:41	7:00		1:11:13
21.	2		HOLLIE KENNEY	BALTIMORE	MD	34	F	36	10:13	6:49	0:52	25	37:58	23.7	0:43	31	21:31	6:57		1:11:16
22.	144		MARK DEPTULA	REHOBOTH BEACH	DE	17	M	20	9:43	6:29	0:46	36	39:00	23.1	0:56	22	21:05	6:48		1:11:27
23.	13		ERIC GARGES	SILVER SPRING	MD	32	M	22	9:46	6:31	0:51	45	39:26	22.8	0:38	19	20:49	6:43		1:11:28
24.	103	C	MICHAEL JARMOLOWICH	SUMMIT	NJ	39	M	74	10:53	7:16	1:06	11	36:08	24.9	0:59	47	22:23	7:14		1:11:28
25.	56		PETER BEEHLER	NORRISTOWN	PA	37	M	25	9:59	6:40	0:45	20	37:28	24.0	0:48	16	20:38	6:40	2:00	1:11:36
26.	14		FRANK MCGURK	NEWARK	DE	32	M	23	9:49	6:33	0:38	46	39:28	22.8	0:37	24	21:15	6:51		1:11:44
27.	522		TRELL MANNION, JR	KENNETT SQUARE	PA	35	M	38	10:14	6:50	0:44	23	37:56	23.7	0:43	45	22:14	7:11		1:11:49
28.	209		BRUCE KUO	LANGHORNE	PA	46	M	28	10:06	6:44	0:42	54	39:36	22.7	0:32	25	21:18	6:53		1:12:12
29.	187		ANDRE HOESCHEL	HOCKESSIN	DE	42	M	61	10:41	7:08	0:56	31	38:33	23.3	0:36	34	21:38	6:59		1:12:23
30.	101	C	TOM JORDAN	LANCASTER	PA	39	M	82	11:05	7:23	0:49	13	36:18	24.8	0:32	78	23:46	7:40		1:12:27
31.	146		KEN KREIS	ELLIOTT CITY	MD	20	M	57	10:31	7:01	0:34	70	40:34	22.2	0:34	12	20:25	6:36		1:12:36
32.	10		MIKE TONER	ARLINGTON	VA	31	M	13	9:30	6:20	1:23	38	39:05	23.0	1:13	28	21:28	6:56		1:12:36
33.	157		JESSE LAUSCH	REHOBOTH BEACH	DE	25	M	21	9:44	6:29	0:55	60	40:11	22.4	0:28	27	21:20	6:53		1:12:37
34.	238		TERRY PAHL	DELANCO	NJ	54	M	45	10:20	6:53	0:49	53	39:36	22.7	0:36	39	21:48	7:02		1:13:07
35.	530	C	JOHN YANACEK	MILFORD	DE	40	M	37	10:13	6:49	1:03	43	39:24	22.8	0:33	42	22:03	7:07		1:13:14
36.	308		JOCELYN SAUNDERS	NEWARK	DE	41	F	72	10:49	7:13	0:52	33	38:42	23.3	0:34	49	22:27	7:15		1:13:22
37.	544		STEVART MARTENS	WASHINGTON	DC	24	M	31	10:08	6:45	1:12	59	40:08	22.4	0:32	29	21:28	6:56		1:13:26
38.	151		ADAM GOLDSTEIN	NEWARK	DE	24	M	10	9:24	6:16	1:11	93	41:32	21.7	0:53	15	20:33	6:38		1:13:31
39.	342	F	MARK SAUSEN	NEWARK	DE	20	M	18	9:36	6:24	1:08	40	39:16	22.9	1:17	46	22:22	7:13		1:13:36
40.	25		RAY MCMULLEN	HUMMELSTOWN	PA	34	M	44	10:19	6:53	1:00	55	39:53	22.6	0:43	36	21:46	7:02		1:13:40
41.	224		RANDY CHRISTOFFERSON	GREENVILLE	DE	49	M	116	11:36	7:44	0:53	15	37:01	24.3	0:50	73	23:32	7:36		1:13:51
42.	77	C	WILLIAM GERRISH	CHEVY CHASE	MD	25	M	35	10:11	6:47	0:50	57	39:55	22.6	0:26	20	20:55	6:45	2:00	1:14:14
43.	204		DAN FABRIZIO	PRINCETON	NJ	45	M	63	10:43	7:09	0:41	78	40:54	22.0	0:55	26	21:20	6:53		1:14:31
44.	40		BOB WOODRUFF, JR	PITESGROVE	NJ	36	M	46	10:20	6:54	0:53	65	40:20	22.3	0:36	48	22:26	7:15		1:14:34
45.	299		PAULA PELS	BETHESDA	MD	39	F	52	10:25	6:57	1:03	72	40:42	22.1	0:39	37	21:47	7:02		1:14:34
46.	15		SHANNON SHOWALTER	REHOBOTH BEACH	DE	32	M	64	10:44	7:10	0:41	39	39:06	23.0	0:37	74	23:33	7:36		1:14:40
47.	16		DAVID IGLEWICZ	HAVERTOWN	PA	32	M	75	10:55	7:17	0:42	37	39:05	23.0	0:45	63	23:15	7:30		1:14:40
48.	45		STEVE REISLER	RISING SUN	MD	36	M	67	10:45	7:10	0:29	68	40:28	22.2	0:24	51	22:37	7:18		1:14:41
49.	244		GENE BACHMAN	VA. BEACH	VA	58	M	88	11:09	7:26	0:59	50	39:35	22.7	0:51	44	22:14	7:11		1:14:46
50.	5		DAVID BLADES	COLUMBIA	MD	30	M	29	10:07	6:45	1:09	66	40:23	22.3	1:09	40	22:01	7:06		1:14:46
51.	201		TOM BARTOLACCI	SCHNECKSVILLE	PA	45	M	100	11:19	7:33	1:07	30	38:29	23.4	0:59	80	23:48	7:41		1:15:40
52.	97	C	JOHN SNYDER	MIDDLETOWN	DE	37	M	83	11:06	7:24	0:54	42	39:22	22.9	0:43	82	23:50	7:42		1:15:54
53.	112	C	JAMES CROWLEY	TRAPPE	MD	44	M	86	11:09	7:26	1:00	61	40:14	22.4	1:05	65	23:18	7:31		1:16:44
54.	1		ANDY BAKER	WILMINGTON	DE	37	M	41	10:17	6:51	1:18	86	41:12	21.9	1:13	57	22:47	7:21		1:16:45
55.	304		LAUREN WARREN	KINGSTON	NY	40	F	58	10:32	7:02	0:58	80	40:58	22.0	0:38	38	21:48	7:02	2:00	1:16:52
56.	17		CHRISTOPHER BROERING	RESTON	VA	33	M	105	11:28	7:39	0:43	48	39:33	22.8	0:29	105	24:41	7:58		1:16:52
57.	247		ROB HOLMES	PLAINSBORO	NJ	60	M	132	11:52	7:55	0:59	17	37:09	24.2	1:04	139	26:02	8:24		1:17:04
58.	60		BRETT CLARK	HAVRE DE GRACE	MD	38	M	113	11:34	7:43	1:07	34	38:55	23.1	0:46	107	24:43	7:59		1:17:05
59.	87	C	CHRISTOPHER GOODWIN	CHALFONT	PA	34	M	141	12:01	8:01	0:54	32	38:41	23.3	0:39	113	24:54	8:02		1:17:05
60.	184		STEVEN LEFRANCOIS	VIENNA	VA	42	M	80	11:02	7:22	0:46	83	41:03	21.9	0:37	77	23:39	7:38		1:17:05

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OVERALL RESULTS  
 2006 Cape Henlopen Triathlon  
 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	BI KE	Rate	T2	Rank	RUN2	Pace	PENAL	TIME
61.	57		IAN BINNERSLEY	WILMINGTON	DE	37	M	70	10:48	7:12	1:07	89	41:21	21.8	1:09	55	22:46	7:21		1:17:09
62.	138		KRISTINA BUTCHER	FT. WASHINGTON	PA	28	F	71	10:48	7:12	0:48	71	40:35	22.2	0:41	93	24:20	7:51		1:17:10
63.	27		ADAM LAYTON	CROFTON	MD	34	M	47	10:22	6:55	1:01	77	40:51	22.0	1:14	79	23:48	7:41		1:17:13
64.	206		JIM ELDER	LEWES	DE	46	M	98	11:15	7:30	0:58	56	39:54	22.6	0:44	103	24:41	7:58		1:17:29
65.	123	C	JOHN ERB	ALEXANDRIA	VA	50	M	124	11:40	7:47	0:43	47	39:32	22.8	0:49	116	24:57	8:03		1:17:39
66.	173		TROY WEAVER	ELKRI DGE	MD	40	M	120	11:37	7:45	0:50	29	38:29	23.4	0:40	143	26:09	8:27		1:17:43
67.	42		RUSS LANE	CLARKSBURG	NJ	36	M	167	12:23	8:15	0:55	44	39:24	22.8	0:45	96	24:25	7:53		1:17:49
68.	160		PATRICK CLEMENS	PHILADELPHIA	PA	26	M	33	10:09	6:46	1:09	147	44:05	20.4	0:53	33	21:36	6:58		1:17:50
69.	357	F	BRIAN LEWIS	CAMDEN-WYOMING	DE	32	M	65	10:44	7:10	0:56	137	43:33	20.7	0:36	43	22:09	7:09		1:17:57
70.	43		MICHAEL CAPUANO	WILMINGTON	DE	36	M	50	10:24	6:56	0:48	130	43:15	20.8	0:52	53	22:42	7:20		1:18:00
71.	531		ANNIE MALOUIN	PHILADELPHIA	PA	29	F	68	10:45	7:10	1:11	58	40:03	22.5	1:04	59	23:05	7:27	2:00	1:18:05
72.	142		BRETT MORRIS	LEWES	DE	16	M	119	11:37	7:45	0:42	51	39:35	22.7	0:40	8	19:35	6:19	6:00	1:18:07
73.	19		DEXTER STEIS	ARLINGTON	VA	33	M	62	10:42	7:08	0:46	111	42:29	21.2	0:43	71	23:31	7:36		1:18:10
74.	145		ANDREW MALINAK	NEWARK	DE	20	M	39	10:15	6:50	0:50	108	42:14	21.3	1:08	84	23:56	7:44		1:18:21
75.	176		BRIAN NESTER	VIENNA	VA	40	M	117	11:37	7:45	1:18	41	39:17	22.9	1:16	115	24:56	8:03		1:18:22
76.	128		KIMBERLY GRAVATT	WEST CHESTER	PA	20	F	59	10:39	7:06	0:53	136	43:32	20.7	0:44	54	22:44	7:20		1:18:30
77.	116	C	MIKE PIORKOWSKI	GLEN MILLS	PA	45	M	95	11:14	7:29	0:44	113	42:35	21.1	0:41	66	23:19	7:32		1:18:31
78.	24		JOHN STAPLETON	CALIFORNIA	MD	34	M	94	11:13	7:29	0:57	100	41:52	21.5	0:43	83	23:52	7:42		1:18:35
79.	4		PAUL BONNETT	MEDIA	PA	30	M	85	11:07	7:25	0:58	67	40:25	22.3	1:19	114	24:54	8:02		1:18:42
80.	177		GEOFFREY CINIERO	ELLIOTT CITY	MD	41	M	69	10:48	7:12	1:03	102	41:54	21.5	1:06	86	24:00	7:45		1:18:49
81.	59		JEFF STEED	LANCASTER	PA	37	M	73	10:53	7:16	0:50	125	43:00	20.9	0:48	67	23:21	7:32		1:18:51
82.	341	F	EAMON MCLAUGHLIN	WILMINGTON	DE	20	M	55	10:27	6:58	1:12	124	43:00	20.9	1:07	60	23:09	7:28		1:18:54
83.	121	C	DAVID FLYNN	LAUREL	MD	48	M	115	11:36	7:44	1:15	98	41:49	21.5	1:00	70	23:26	7:34		1:19:04
84.	6		JEFFREY HARTMAN	PHILADELPHIA	PA	30	M	81	11:05	7:23	1:03	103	41:55	21.5	0:48	91	24:15	7:50		1:19:04
85.	3		WILLIAM VAN GEERTRUYDEN	CONSHOHOCKEN	PA	30	M	97	11:15	7:30	1:04	101	41:54	21.5	0:46	94	24:21	7:52		1:19:17
86.	164		JOSHUA ZISSLER	ALEXANDRIA	VA	27	M	56	10:31	7:01	2:18	144	43:50	20.5	1:20	30	21:30	6:57		1:19:28
87.	54		CRAIG DEFAZIO	SUNBURY	PA	37	M	34	10:10	6:47	0:43	168	45:01	20.0	0:31	62	23:13	7:30		1:19:36
88.	197		CARLETON CONANT	KENSINGTON	MD	45	M	32	10:08	6:46	0:52	119	42:46	21.0	2:29	68	23:23	7:33		1:19:36
89.	38		ERIK FARNAS	MILLSBORO	DE	35	M	78	10:59	7:19	1:02	165	44:48	20.1	1:24	32	21:35	6:58		1:19:46
90.	148		ANDREW SNODGRASS	WILMINGTON	DE	21	M	48	10:23	6:55	0:43	127	43:08	20.9	0:34	119	25:03	8:05		1:19:50
91.	230		DAVID LAIN	EASTON	MD	51	M	159	12:20	8:13	1:06	24	37:57	23.7	1:15	177	27:17	8:48		1:19:54
92.	191		MICHAEL BARRIENTOS	HAMMONTON	NJ	43	M	127	11:43	7:49	1:14	79	40:57	22.0	1:25	102	24:40	7:58		1:19:57
93.	41		DAVID EASLEY	ASHBURN	VA	36	M	158	12:17	8:11	0:58	74	40:44	22.1	0:54	127	25:23	8:12		1:20:14
94.	261		JILL BEEHLER	NORRISTOWN	PA	30	F	107	11:30	7:40	1:39	110	42:25	21.2	1:25	69	23:25	7:33		1:20:21
95.	545		MARIA ADELE FENWICK	CHEVY CHASE	MD	26	F	123	11:39	7:46	1:23	99	41:49	21.5	1:16	92	24:18	7:51		1:20:23
96.	113	C	RICH CAMPBELL	OXFORD	PA	44	M	140	12:00	8:00	0:56	95	41:42	21.6	0:54	118	24:59	8:04		1:20:28
97.	67		RONALD PHILLIPS	LEWES	DE	38	M					84	41:06	21.9	1:10	120	25:05	8:06		1:20:35
98.	251		CARL WALKER	DOWNINGTOWN	PA	65	M	24	9:54	6:36	1:01	118	42:43	21.1	0:57	140	26:02	8:24		1:20:35
99.	99	C	RYAN PHILLIPS	BURLINGTON	VT	37	M	134	11:57	7:58	1:03	35	39:00	23.1	0:51	186	27:53	9:00		1:20:41
100.	89	C	ERIC WOLF	NEWARK	DE	35	M	131	11:52	7:55	1:35	49	39:34	22.7	1:20	151	26:23	8:31		1:20:42
101.	323		CYNTHIA JOHNSON	WASHINGTON	DC	44	F	163	12:21	8:14	1:09	75	40:47	22.1	1:13	125	25:16	8:10		1:20:44
102.	44		MATTHEW WHEELOCK	WASHINGTON	DC	36	M	60	10:40	7:07	1:09	140	43:39	20.6	1:08	89	24:11	7:48		1:20:45
103.	175		KEITH BOHNENBERGER	OAK HILL	VA	40	M	76	10:56	7:18	1:30	157	44:34	20.2	1:13	52	22:37	7:18		1:20:48
104.	192		DOUGLAS ELLMORE SR	LOTHIAN	MD	43	M	109	11:32	7:41	0:52	106	42:03	21.4	0:59	132	25:41	8:17		1:21:03
105.	62		CHRIS VAN OOSTERHOUT	NEW YORK	NY	38	M	121	11:38	7:46	0:43	85	41:06	21.9	0:54	162	26:47	8:39		1:21:07
106.	332		BONNIE STOECKL	PEQUEA	PA	50	F	114	11:36	7:44	0:56	139	43:38	20.6	0:51	90	24:13	7:49		1:21:12
107.	335		KAREN SPICER	WAYNESBORO	PA	52	F	157	12:16	8:11	1:17	97	41:47	21.5	1:09	109	24:45	8:00		1:21:12
108.	100	C	BRAD HARRISON	ARBUTUS	MD	38	M	135	11:57	7:58	1:10	104	41:56	21.5	0:56	126	25:23	8:12		1:21:20
109.	83	C	SHAUN GALLAGHER	ODENTON	MD	33	M	175	12:32	8:21	1:05	62	40:15	22.4	0:50	164	26:50	8:40		1:21:29
110.	168		JAMES MANLEY	LANCASTER	PA	29	M	66	10:44	7:10	1:04	133	43:21	20.8	1:07	124	25:16	8:09		1:21:31
111.	313		NINA ZEGGER	WASHINGTON	DC	42	F	122	11:39	7:46	1:13	117	42:40	21.1	1:20	108	24:45	7:59		1:21:35
112.	170		CHRIS MCPHAUL	BETHESDA	MD	40	M	53	10:26	6:57	1:18	171	45:15	19.9	1:22	64	23:16	7:31		1:21:36
113.	52		JONATHAN HALLE	POTOMAC	MD	37	M	92	11:12	7:28	0:39	141	43:42	20.6	0:32	131	25:38	8:16		1:21:41
114.	165		BRIAN WOLFE	SUNBURY	PA	28	M	125	11:42	7:48	0:53	149	44:14	20.3	0:36	95	24:22	7:52		1:21:45
115.	88	C	TOM MCLAUGHLIN	DREXEL HILL	PA	34	M	192	12:49	8:33	1:05	52	39:36	22.7	0:55	181	27:28	8:52		1:21:51
116.	47		TED DIEHL	WEST CHESTER	PA	36	M	91	11:12	7:28	0:57	126	43:06	20.9	1:04	134	25:44	8:18		1:22:01
117.	141		TIM STEIS	ARLINGTON	VA	15	M	96	11:14	7:30	1:08	135	43:31	20.7	0:51	128	25:25	8:12		1:22:08
118.	140		NATALIE KING	GAITHERSBURG	MD	29	F	185	12:40	8:27	0:52	81	41:00	22.0	0:53	159	26:46	8:39		1:22:09

119.	210	SIMON VARLEY	GLEN MILLS	PA 46 M	TRI 101	OVERALL 11:25	RESULTS 7:37	TXT 0:52	159	44:37	20.2	0:40	122	25:08	8:07	1:22:39
120.	91 C	WILLIAM JACQUES	ROCKVILLE	MD 36 M	202	13:07	8:45	1:07	63	40:15	22.4	0:51	179	27:24	8:51	1:22:42

Oct-09-2006 8:27:36pm

OVERALL RESULTS  
 2006 Cape Henlopen Triathlon  
 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	BIKE	Rate	T2	Rank	RUN2	Pace	PENAL	TIME
121.	260	A	KARLA EISCH	VESTAL	NY	50	F	196	12:56	8:37	1:40	73	40:43	22.1	1:16	144	26:10	8:27		1:22:43
122.	551		MARK RICHMOND	BEAR	DE	38	M	261	14:13	9:29	0:50	131	43:19	20.8	0:34	81	23:49	7:41		1:22:43
123.	178		BILL WHELAN	EXTON	PA	41	M	128	11:45	7:50	1:07	152	44:18	20.3	0:49	110	24:50	8:01		1:22:47
124.	542		FRANCIS SCHAUER, JR	LEWES	DE	62	M	176	12:32	8:21	1:18	87	41:16	21.8	1:19	155	26:30	8:33		1:22:53
125.	29		STEVEN PALMER	EAST NEW MARKET	MD	35	M	102	11:26	7:37	1:10	161	44:41	20.1	0:59	104	24:41	7:58		1:22:55
126.	254	A	ELI ZABETH TURNELL	SHAKER HEIGHTS	OH	24	F	133	11:56	7:58	2:13	122	42:57	21.0	1:15	106	24:43	7:59		1:23:02
127.	115	C	JOHN SELLMAN	BLUE BELL	PA	45	M	150	12:10	8:07	1:28	76	40:48	22.1	1:32	176	27:13	8:47		1:23:10
128.	50		JOHN O'DONNELL	LAFAYETTE HILL	PA	37	M	164	12:22	8:15	1:06	143	43:48	20.6	0:56	121	25:06	8:06		1:23:15
129.	8		MATT O' MALLEY	BOOTHWYN	PA	31	M	111	11:33	7:42	1:36	160	44:40	20.2	1:32	85	23:58	7:44		1:23:17
130.	34	C	ROBERT REBER	OWINGS MILLS	MD	35	M	195	12:55	8:37	0:56	64	40:15	22.4	0:56	196	28:18	9:08		1:23:18
131.	147		DENNIS GIULIANO	NEWARK	DE	20	M	51	10:24	6:56	0:39	214	47:47	18.8	0:28	87	24:01	7:45		1:23:18
132.	92	C	JAMES RUBACK	OCEAN VIEW	DE	36	M	108	11:30	7:40	1:04	182	45:59	19.6	1:18	72	23:32	7:36		1:23:21
133.	533		SHARON NEVINS	BALTO	MD	42	F	146	12:03	8:02	0:54	163	44:47	20.1	0:47	112	24:53	8:02		1:23:23
134.	248		RAYMOND BONNER	ROCKY POINT	NY	60	M	188	12:45	8:30	1:20	92	41:28	21.7	0:54	172	27:03	8:44		1:23:27
135.	213		DANNY SEIDMAN	WASHINGTON	DC	47	M	2	6:03	4:02	1:23	207	47:22	19.0	1:48	117	24:58	8:03	2:00	1:23:32
136.	198		JEFFREY HAMILTON	FOGELSVILLE	PA	45	M	99	11:15	7:30	1:44	167	44:59	20.0	1:06	99	24:36	7:57		1:23:39
137.	78	C	MICHAEL PETERSON	DELAWARE CITY	DE	25	M	139	11:58	7:59	1:41	129	43:12	20.8	1:36	123	25:14	8:09		1:23:39
138.	32		EDWARD GREELEY	CENTREVILLE	MD	35	M	110	11:32	7:42	1:17	166	44:51	20.1	1:29	101	24:38	7:57		1:23:45
139.	540		HEATHER THOMPSON	BEL AIR	MD	41	F	151	12:11	8:07	1:07	151	44:17	20.3	0:57	129	25:26	8:12		1:23:56
140.	239		STEPHEN SHEFFIELD	LONGMEADOW	MA	56	M	149	12:09	8:06	1:07	112	42:29	21.2	1:14	170	27:03	8:44		1:24:00
141.	163		KENNETH SHEFFIELD	NEPTUNE BEACH	FL	27	M	144	12:01	8:01	1:33	132	43:19	20.8	1:32	133	25:41	8:18		1:24:05
142.	240		BILL MACLACHLAN	WILMINGTON	DE	56	M	235	13:41	9:08	1:39	90	41:21	21.8	1:18	147	26:15	8:28		1:24:13
143.	284		MELISSA MYERS	TAKOMA PARK	MD	36	F	1	2:30	1:40	1:08	232	48:53	18.4	1:43	236	30:22	9:48		1:24:34
144.	355	F	KEVIN WILLIAMS	FAIRFAX	VA	31	M	79	11:01	7:21	1:05	223	48:13	18.7	1:07	61	23:11	7:29		1:24:36
145.	228		PATRICK MCKEEFERY	NEWARK	DE	50	M	84	11:07	7:25	1:29	189	46:24	19.4	1:06	100	24:38	7:57		1:24:41
146.	23		SHAWN NORTH	RI VA	MD	33	M	161	12:21	8:14	0:40	180	45:51	19.6	0:31	130	25:36	8:16		1:24:58
147.	96	C	CHRISTOPHER HERNDON	MICANOPY	FL	36	M	186	12:41	8:28	0:59	82	41:01	21.9	0:54	225	29:25	9:30		1:24:59
148.	104	C	JAMES CESARE	ANNAPOLIS	MD	40	M	169	12:24	8:16	1:12	94	41:39	21.6	1:28	197	28:18	9:08		1:24:59
149.	348	F	JACOB GANTZ	PHILADELPHIA	PA	26	M	152	12:11	8:08	0:49	203	47:12	19.1	0:34	97	24:25	7:53		1:25:09
150.	390	F	DAVID ATHERHOLT	ELIZABETHTOWN	PA	50	M	154	12:12	8:08	1:14	169	45:04	20.0	0:52	135	25:50	8:20		1:25:10
151.	93	C	KURT SEEKFORD	LEESBURG	VA	36	M	130	11:51	7:54	1:06	69	40:29	22.2	1:03	211	28:47	9:17	2:00	1:25:14
152.	58		ANDREW CARPENTER	WOODSTOWN	NJ	37	M	148	12:06	8:04	1:31	138	43:34	20.7	1:13	169	27:02	8:43		1:25:24
153.	86	C	CHRIS PRICE	ANNAPOLIS	MD	34	M	174	12:31	8:21	0:54	115	42:37	21.1	0:59	204	28:34	9:13		1:25:33
154.	343	F	SPENCER POPEJOY	NEWARK	DE	22	M	189	12:47	8:31	1:47	88	41:20	21.8	0:56	213	28:48	9:18		1:25:35
155.	75		VAN KNOX	LANCASTER	PA	39	M	279	15:01	10:01	1:12	109	42:21	21.3	1:14	149	26:21	8:30		1:26:07
156.	119	C	KEITH GOLDBERG	OWINGS MILLS	MD	48	M	103	11:27	7:38	0:38	179	45:41	19.7	1:22	175	27:07	8:45		1:26:13
157.	550	C	KEVIN JOUBERT	TOWSON	MD	34	M	214	13:19	8:53	1:17	107	42:12	21.3	1:05	202	28:29	9:12		1:26:20
158.	231		TREVOR LYLE	HARLEYSVILLE	PA	51	M	162	12:21	8:14	1:04	170	45:10	19.9	0:49	168	27:00	8:43		1:26:22
159.	229		GLENN AYERS	RICHMOND	VA	51	M	180	12:36	8:24	1:24	153	44:22	20.3	1:28	161	26:47	8:39		1:26:34
160.	196		THOMAS BEARA	HERNDON	VA	45	M	87	11:09	7:26	1:20	150	44:15	20.3	1:37	154	26:27	8:32	2:00	1:26:46
161.	217		DAVID BROHAWN	CAMBRI DGE	MD	47	M	206	13:09	8:46	1:06	105	41:57	21.5	1:08	230	29:40	9:35		1:26:59
162.	223		JOSEPH BROOKS	CAMBRI DGE	MD	49	M	165	12:22	8:15	1:11	123	42:59	20.9	1:07	222	29:22	9:29		1:27:00
163.	320		LYNDA WIGGINS	QUEEN ANNE	MD	44	F	227	13:36	9:04	1:13	96	41:46	21.6	0:56	229	29:36	9:33		1:27:05
164.	110	C	GUY STRAWDER	STAFFORD	VA	43	M	221	13:31	9:01	0:56	121	42:57	21.0	0:51	217	28:55	9:20		1:27:08
165.	344	F	STEVEN RICHI TT	BOWIE	MD	22	M	118	11:37	7:45	1:04	255	51:03	17.6	0:50	56	22:47	7:21		1:27:18
166.	243		BRAD METCALF	RICHMOND	VA	56	M	172	12:29	8:20	1:17	154	44:24	20.3	1:20	142	26:04	8:25	2:00	1:27:32
167.	358	F	PHILIP SMALL	WEST CHESTER	PA	32	M	143	12:01	8:01	1:02	201	47:07	19.1	0:56	156	26:33	8:34		1:27:37
168.	136		AIRELLE GIORDANO	AVONDALE	PA	27	F	137	11:58	7:59	1:05	209	47:33	18.9	1:18	145	26:12	8:27		1:28:04
169.	199		MICHAEL RANCK	SPRINGFIELD	PA	45	M	197	12:59	8:40	1:27	142	43:47	20.6	1:41	201	28:28	9:11		1:28:20
170.	37		BRIAN ZABORA	BALTIMORE	MD	35	M	142	12:01	8:01	1:33	193	46:44	19.3	2:13	137	25:52	8:21		1:28:20
171.	279		JESSICA DEFAZIO	SUNBURY	PA	35	F	171	12:27	8:18	0:50	228	48:45	18.5	0:44	136	25:50	8:20		1:28:34
172.	293		ANGELA MC MILLON	LEWES	DE	38	F	203	13:07	8:45	1:20	148	44:12	20.4	1:49	195	28:11	9:06		1:28:37
173.	387	F	GEORGE HUBLEY	WEST CHESTER	PA	45	M	106	11:29	7:40	1:27	239	49:30	18.2	2:09	88	24:07	7:47		1:28:41
174.	194		CHARLES DOWNE	PRINCETON	NJ	44	M	183	12:39	8:26	1:46	173	45:26	19.8	2:08	160	26:47	8:39		1:28:44
175.	219		AL GEARY	JENKINTOWN	PA	48	M	190	12:48	8:32	1:30	174	45:29	19.8	1:14	185	27:51	8:59		1:28:50
176.	268		KATHERINE WINDER	WASHINGTON	DC	31	F	205	13:08	8:46	1:17	183	46:00	19.6	1:08	178	27:20	8:49		1:28:51

				TRI OVERALL RESULTS.TXT													
177.	360	F	CHRISTA DIEMIDIO	NEWARK	DE 33 F	208	13:14	8:50	0:54	184	46:04	19.5	0:39	192	28:02	9:03	1:28:52
178.	543		JEAN ARTHUR	SILVER SPRING	MD 43 F	155	12:13	8:09	1:54	226	48:39	18.5	1:43	98	24:27	7:54	1:28:54
179.	102	C	DAVID GAWRYLOWICZ	WEST CHESTER	PA 39 M	228	13:37	9:05	1:01	120	42:55	21.0	1:23	235	30:01	9:41	1:28:56
180.	546		AMY KRUPKA	KENSI NGTON	MD 32 F	240	13:45	9:10	1:14	156	44:29	20.2	0:53	208	28:40	9:15	1:28:59

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OVERALL RESULTS

2006 Cape Henlopen Triathlon  
 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	BIKE	Rate	T2	Rank	RUN2	Pace	PENAL	TIME
181.	171		EDWARD BOUSCAREN	NEWARK	DE	40	M	178	12:33	8:22	1:09	162	44:42	20.1	1:24	221	29:22	9:29		1:29:08
182.	139		SHANNON GERMAN	NEWARK	DE	28	F	136	11:58	7:59	1:00	188	46:22	19.4	1:02	165	26:50	8:40	2:00	1:29:10
183.	263		HEATHER MARK	WILMINGTON	DE	30	F	129	11:46	7:51	1:08	234	48:56	18.4	1:04	148	26:19	8:30		1:29:11
184.	18		JEB DIEHL	WEST CHESTER	PA	33	M	90	11:11	7:28	1:04	237	49:24	18.2	0:47	166	26:52	8:40		1:29:16
185.	283		DAWN RUDOLPH	COLUMBIA	MD	36	F	193	12:51	8:34	1:22	204	47:14	19.1	1:19	158	26:40	8:37		1:29:24
186.	195		RUSSELL GLASS	MANHEIM	PA	44	M	241	13:47	9:11	1:18	155	44:26	20.3	1:16	209	28:40	9:15		1:29:25
187.	337		JEAN KREIS	ELLIOTT CITY	MD	58	F	204	13:08	8:45	2:00	192	46:37	19.3	1:38	141	26:04	8:25		1:29:26
188.	70		CHRIS DEVINE	MALVERN	PA	39	M	194	12:53	8:36	1:20	158	44:36	20.2	1:37	219	29:08	9:24		1:29:32
189.	537		STUART BRANDT	ASHBURN	VA	42	M	229	13:38	9:06	0:58	114	42:36	21.1	1:11	252	31:10	10:04		1:29:32
190.	53		DAVID SMITH	COATESVILLE	PA	37	M	160	12:20	8:13	1:02	206	47:18	19.0	1:37	182	27:29	8:52		1:29:43
191.	385	F	MARK ENGEL	STAMFORD	CT	43	M	104	11:28	7:39	0:41	231	48:53	18.4	0:43	193	28:03	9:03		1:29:46
192.	329		MARY-JO COSGROVE	BROOKVILLE	MD	46	F	200	13:05	8:44	1:24	190	46:33	19.3	1:26	180	27:26	8:51		1:29:53
193.	126		MORGAN BROOKS	CAMBRIDGE	MD	17	F	145	12:02	8:01	2:03	219	48:00	18.8	1:31	153	26:26	8:32		1:30:00
194.	310		KAREN GRONER	HIGHLAND	MD	41	F	184	12:40	8:27	1:51	208	47:26	19.0	1:29	157	26:38	8:36		1:30:01
195.	534		DAVID SPARTIN	WILMINGTON	DE	49	M	212	13:18	8:52	1:23	175	45:31	19.8	1:22	205	28:34	9:13		1:30:07
196.	216		BILL ROGERS	SPRINGFIELD	VA	47	M	182	12:38	8:26	2:02	185	46:07	19.5	1:33	189	27:55	9:01		1:30:13
197.	372	F	ROBERT SUMMERS	WASHINGTON	DC	37	M	156	12:16	8:11	1:14	198	46:49	19.2	1:21	210	28:44	9:16		1:30:21
198.	286		DIANE HAUSER	MALVERN	PA	36	F	243	13:50	9:14	1:44	178	45:38	19.7	1:13	191	28:02	9:03		1:30:26
199.	211		THOMAS ROBERTS	ALLEN TOWN	PA	47	M	267	14:29	9:39	1:17	146	43:59	20.5	1:16	228	29:35	9:33		1:30:34
200.	271		STEPHANIE EVANS	WEST CHESTER	PA	33	F	256	14:00	9:20	1:10	145	43:56	20.5	0:45	248	30:56	9:59		1:30:45
201.	65		DEAN DIEHL	DOWNINGTOWN	PA	38	M	166	12:22	8:15	2:35	177	45:38	19.7	2:35	184	27:37	8:55		1:30:45
202.	167		J. EVAN EDINGER	NEWARK	DE	28	M	168	12:24	8:16	0:54	251	50:38	17.8	0:40	146	26:12	8:27		1:30:45
203.	227		AMATO STELLATO	OLNEY	MD	50	M	126	11:42	7:48	1:56	176	45:36	19.7	1:59	75	23:35	7:37	6:00	1:30:47
204.	264		JESSICA M. E. TAYLOR	ALEXANDRIA	VA	31	F	245	13:51	9:14	1:31	181	45:53	19.6	2:06	190	27:56	9:01		1:31:14
205.	98	C	MARK ENGEL	VIENNA	VA	37	M	5	8:58	5:59	0:59	253	50:45	17.7	1:15	223	29:22	9:29		1:31:18
206.	334		DAWN FREY	EMMAUS	PA	51	F	222	13:33	9:02	0:34	222	48:09	18.7	0:24	215	28:54	9:20		1:31:32
207.	11		JOSEPH HANDLON	WILMINGTON	DE	32	M	215	13:21	8:54	0:49	249	50:20	17.9	0:44	152	26:24	8:31		1:31:37
208.	346	F	SARAH MORRIS	WASHINGTON	DC	25	F	181	12:37	8:25	0:51	250	50:20	17.9	0:46	174	27:06	8:45		1:31:37
209.	353	F	STEPHANIE MACKIEWICZ	NEWARK	DE	30	F	177	12:33	8:22	1:34	246	50:01	18.0	1:36	138	25:59	8:23		1:31:42
210.	539	A	SUZANNE MURTHA	CLIFTON	NJ	36	F	147	12:06	8:04	0:51	276	53:13	16.9	0:54	111	24:50	8:01		1:31:51
211.	137		KRISTINA MOFFETT	SILVER SPRING	MD	28	F	211	13:16	8:51	1:16	194	46:45	19.3	0:54	233	29:48	9:37		1:31:57
212.	222		GEORGE FOEDISCH	TELFORD	PA	48	M	266	14:29	9:39	1:07	116	42:39	21.1	1:19	268	32:30	10:29		1:32:01
213.	94	C	JOHN ALLEN	HEBRON	MD	36	M	260	14:13	9:29	1:07	91	41:24	21.7	0:58	285	34:24	11:06		1:32:05
214.	256	A	TARA ZIMNICK-CALICO	ALEXANDRIA	VA	32	F	213	13:19	8:53	1:14	230	48:49	18.4	0:38	194	28:08	9:05		1:32:07
215.	331		LIZ LEWIS	WILMINGTON	DE	50	F	218	13:29	9:00	1:28	202	47:08	19.1	1:17	212	28:47	9:18		1:32:08
216.	373	F	JONAH KLEIN	BROOKLYN	NY	38	M	207	13:11	8:47	1:12	225	48:35	18.5	0:52	203	28:34	9:13		1:32:22
217.	46		PAUL KING	SEVERNA PARK	MD	36	M	179	12:34	8:23	2:28	195	46:45	19.3	3:38	173	27:03	8:44		1:32:27
218.	68	C	EDWARD ROSSI	ASHBURN	VA	38	M	265	14:29	9:39	1:20	134	43:22	20.8	2:01	253	31:17	10:06		1:32:27
219.	252		JON EDMONDS	YORK	PA	66	M	248	13:52	9:15	1:50	187	46:20	19.4	1:44	214	28:50	9:18		1:32:35
220.	81	C	ALEX STEIS	HERNDON	VA	29	M	232	13:40	9:07	1:39	128	43:10	20.9	1:34	276	32:59	10:39		1:32:59
221.	212		DAVID KORONET	MT AIRY	MD	47	M	191	12:49	8:33	0:52	269	52:20	17.2	0:35	163	26:49	8:39		1:33:24
222.	267		CARRIE NELSON	PHILADELPHIA	PA	31	F	233	13:40	9:07	0:49	245	49:58	18.0	0:34	206	28:35	9:14		1:33:33
223.	236		SCOTT SOMERVILLE	BALTIMORE	MD	53	M	219	13:31	9:01	1:15	212	47:42	18.9	1:28	232	29:45	9:36		1:33:39
224.	392	F	ROBERT GILMOUR	OXFORD	PA	53	M	242	13:47	9:11	1:28	216	47:52	18.8	1:44	216	28:54	9:20		1:33:43
225.	276		SUZANNE (SUZIE) WHAM	MIDDLETOWN	MD	35	F	209	13:15	8:50	1:06	257	51:21	17.5	0:40	183	27:33	8:53		1:33:52
226.	266		RACHEL LOGERSTEDT	HAVERTOWN	PA	31	F	237	13:43	9:09	1:03	205	47:18	19.0	1:04	247	30:56	9:59		1:34:01
227.	95	C	TIMOTHY MARVEL	LEWES	DE	36	M	77	10:58	7:19	1:54	199	46:53	19.2	2:14	266	32:20	10:26		1:34:18
228.	250		ARTHUR WHEELLOCK	WASHINGTON	DC	63	M	231	13:39	9:06	1:53	196	46:46	19.2	1:40	239	30:27	9:50		1:34:24
229.	379	F	JOSEE SPENCE	NEWARK	DE	39	F	220	13:31	9:01	1:30	215	47:51	18.8	0:51	245	30:49	9:57		1:34:30
230.	129		KELSEY PARAS	NEWARK	DE	20	F	259	14:12	9:28	0:42	217	47:54	18.8	0:36	255	31:21	10:07		1:34:44
231.	525	F	NATALIE FULTON	MIDDLETOWN	MD	21	F	201	13:07	8:45	0:43	265	52:02	17.3	0:55	200	28:25	9:10		1:35:11
232.	152		MARC RIZZO	NEWTOWN	PA	25	M	287	15:31	10:21	2:03	210	47:38	18.9	1:46	199	28:22	9:09		1:35:18
233.	366	F	ELIZABETH SNYDER	MIDDLETOWN	DE	36	F	210	13:16	8:51	0:47	284	54:03	16.7	0:32	167	26:56	8:42		1:35:32
234.	382	F	SIMON CRANNY	WILMINGTON	DE	41	M	247	13:52	9:15	0:55	227	48:44	18.5	1:34	244	30:45	9:55		1:35:48

				TRI OVERALL RESULTS.TXT													
235.	241	CHRIS SCHULTZ	WEST CHESTER	PA	56 M	89	11:11	7:27	1:03	313	58:59	15.3	1:08	76	23:38	7:38	1:35:57
236.	321	LOIS BERL	GEORGETOWN	DE	44 F	250	13:53	9:16	1:40	218	47:57	18.8	1:43	249	31:00	10:00	1:36:11
237.	328	LESLIE POFF	LINTHICUM	MD	46 F	217	13:28	8:59	1:36	248	50:17	17.9	1:25	226	29:31	9:32	1:36:15
238.	553 F	JOANNA FLEMING	NEWTOWN	PA	35 F	273	14:53	9:56	2:34	172	45:20	19.9	1:20	265	32:20	10:26	1:36:25
239.	258 A	JOANNE STRAWDER	STAFFORD	VA	42 F	289	15:36	10:24	1:19	186	46:08	19.5	0:56	273	32:51	10:36	1:36:48
240.	51 F	RONALD WILLIAMS	WILMINGTON	DE	37 M	173	12:30	8:20	1:24	296	55:38	16.2	1:00	150	26:21	8:30	1:36:51

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OVERALL RESULTS																				
2006 Cape Henlopen Triathlon																				
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	BIKE	Rate	T2	Rank	RUN2	Pace	PENAL	TIME
241.	549		ELLEN SONGLE	WILMINGTON	DE	36 F	253	13:58	9:19	2:14	260	51:35	17.4	1:28	188	27:54	9:00		1:37:08	
242.	548		GEORGETTE BINNERSLEY	WILMINGTON	DE	37 F	254	13:58	9:19	2:12	261	51:39	17.4	1:27	187	27:54	9:00		1:37:09	
243.	272		KAREN PELLETREAU	LEWES	DE	33 F	277	14:58	9:59	0:52	243	49:55	18.0	0:42	251	31:02	10:01		1:37:26	
244.	292		KATHLEEN BURKE	WYNNEWOOD	PA	38 F	283	15:07	10:05	1:49	220	48:02	18.7	1:41	246	30:50	9:57		1:37:27	
245.	76		BILL HOFFACKER	ERIAL	NJ	39 M	216	13:28	8:59	1:18	238	49:29	18.2	1:09	263	32:19	10:26		1:37:41	
246.	169 C		SCOTT ROLLIN	CHERRY HILL	NJ	29 M	199	13:05	8:43	0:39	282	53:54	16.7	0:45	227	29:34	9:33		1:37:56	
247.	7		BRENT FELDMANN	WILMINGTON	DE	30 M	251	13:55	9:17	1:52	221	48:04	18.7	1:17	274	32:51	10:36		1:37:58	
248.	365 F		ERIC WEILMISTER	ARNOLD	MD	36 M	138	11:58	7:59	1:06	259	51:24	17.5	1:59	256	31:33	10:11		1:37:59	
249.	132		JILL FRIEDMAN	PHILADELPHIA	PA	24 F	230	13:39	9:06	1:18	262	51:45	17.4	1:13	241	30:33	9:52		1:38:26	
250.	330		MICHELE YASSON	KINGSTON	NY	47 F	295	16:06	10:44	0:55	164	44:48	20.1	0:59	297	35:47	11:33		1:38:33	
251.	388 F		CINDY IRVING	ARLINGTON	VA	47 F	224	13:34	9:03	1:58	289	54:44	16.4	1:17	171	27:03	8:44		1:38:34	
252.	12		DAVID GERSTENHABER	NEWARK	DE	32 M	236	13:42	9:08	1:22	233	48:54	18.4	1:57	277	33:00	10:39		1:38:53	
253.	302		SARA GRIMES	GERMANTOWN	MD	39 F	264	14:27	9:38	1:40	229	48:46	18.5	1:21	270	32:41	10:33		1:38:53	
254.	352 F		DAVID BUONO	HANOVER	PA	30 M	238	13:43	9:09	1:01	291	54:55	16.4	0:54	218	29:03	9:23		1:39:34	
255.	273		CHRISTY BEAL	WOODBURY HEIGHTS	NJ	34 F	284	15:14	10:09	1:11	247	50:02	18.0	0:37	269	32:36	10:31		1:39:38	
256.	354 F		KARIN BOCKRATH	WILMINGTON	DE	31 F	258	14:08	9:26	0:41	294	55:24	16.2	0:46	224	29:24	9:29		1:40:21	
257.	181		THOMAS PHILLIPS	EXTON	PA	41 M	223	13:34	9:03	3:46	191	46:37	19.3	3:20	278	33:08	10:41		1:40:21	
258.	237		PAUL STOECKL	PEQUEA	PA	53 M	288	15:33	10:22	1:29	224	48:18	18.6	1:25	280	33:40	10:52		1:40:24	
259.	28		RYAN KIRBY	SALISBURY	MD	34 M	198	13:02	8:42	2:08	277	53:21	16.9	1:14	243	30:44	9:55		1:40:27	
260.	105 C		DAVID GLEESON	ARLINGTON	VA	40 M	234	13:41	9:07	2:13	242	49:44	18.1	2:35	267	32:23	10:27		1:40:33	
261.	106 C		A. J. TESSITORE	AVONDALE	PA	40 M	93	11:13	7:29	1:53	278	53:23	16.9	1:16	275	32:55	10:38		1:40:38	
262.	296		LAURA SLOVER	WASHINGTON	DC	38 F	270	14:41	9:48	1:36	293	55:16	16.3	1:10	198	28:19	9:08		1:41:00	
263.	203		STUART LESSER	TIMONUM	MD	45 M	291	15:40	10:27	1:45	200	47:04	19.1	1:32	290	35:08	11:20		1:41:06	
264.	376		JAMES CHRYSANTHIS	BERLIN	MD	39 M	239	13:43	9:09	2:10	285	54:05	16.6	1:29	231	29:44	9:36		1:41:09	
265.	367 F		JOEL BROUS	OCEAN CITY	MD	36 M	244	13:51	9:14	2:15	258	51:24	17.5	1:29	264	32:19	10:26		1:41:16	
266.	303		LORI CARAMANIAN	DENVER	CO	40 F	301	16:15	10:50	1:30	197	46:46	19.2	1:43	289	35:06	11:20		1:41:19	
267.	374 F		MICHELE MORRIS	PHILADELPHIA	PA	38 F	255	13:59	9:19	2:19	268	52:20	17.2	2:11	242	30:40	9:54		1:41:27	
268.	162 C		JEFFREY SWENSON	LAUREL	MD	26 M	153	12:12	8:08	1:10	303	56:58	15.8	0:48	240	30:28	9:50		1:41:34	
269.	130		NICOLE HELMERS	PENNINGTON	NJ	22 F	187	12:43	8:29	1:14	307	57:33	15.6	1:20	220	29:12	9:26		1:42:01	
270.	246		DAVID MORROW	COLUMBIA	MD	59 M	305	16:36	11:04	1:02	235	49:07	18.3	1:09	287	34:37	11:10		1:42:29	
271.	351 F		JENNIFER HARTZ	ARLINGTON	VA	27 F	278	14:59	9:59	2:04	213	47:44	18.9	2:04	296	35:47	11:33		1:42:36	
272.	82 C		CRAIG BITTENBENDER	LEESBURG	VA	33 M	257	14:07	9:25	1:50	273	53:09	16.9	1:59	258	31:35	10:12		1:42:38	
273.	375 F		FRED STRINGFELLOW	BALTIMORE	MD	38 M	252	13:58	9:19	1:00	283	53:58	16.7	0:44	279	33:20	10:46		1:42:57	
274.	356 F		MATTHEW WOYTOWITZ	RESTON	VA	32 M	226	13:35	9:03	1:02	287	54:18	16.6	1:18	272	32:48	10:35		1:42:58	
275.	369 F		MARY KATE KING	SEVERNA PARK	MD	37 F	249	13:53	9:15	3:04	274	53:11	16.9	2:35	238	30:25	9:49		1:43:05	
276.	80 C		BRIAN REUTER	PHILADELPHIA	PA	28 M	268	14:33	9:42	1:38	299	56:02	16.1	1:45	234	29:57	9:40		1:43:52	
277.	327 F		MARY ELLEN GILL	BALTIMORE	MD	46 F	170	12:25	8:17	1:10	321	1:01:08	14.7	1:01	207	28:38	9:14		1:44:20	
278.	389 F		JAMES ROSSBERG	HERNDON	VA	48 M	262	14:23	9:35	2:44	280	53:47	16.7	1:59	257	31:33	10:11		1:44:24	
279.	127		KRISTIN PALMER	ELKTON	MD	19 F	326	21:10	14:07	0:46	254	50:49	17.7	0:31	254	31:20	10:07		1:44:34	
280.	294		JULIE MULLWARD	SWARTHMORE	PA	38 F	299	16:14	10:49	2:17	275	53:12	16.9	2:07	250	31:02	10:01		1:44:49	
281.	107 C		KENNETH FORTES	BRIDGEPORT	CT	42 M	311	16:55	11:17	1:19	252	50:43	17.7	0:41	292	35:15	11:23		1:44:52	
282.	278		MARYA DOWELL	ARLINGTON	VA	35 F	296	16:09	10:46	1:09	264	52:00	17.3	2:08	283	34:06	11:00		1:45:29	
283.	377 F		TOBIAS BELLOFF	SEVERNA PARK	MD	39 M	269	14:35	9:44	1:04	266	52:15	17.2	1:04	303	36:34	11:48		1:45:30	
284.	207		JAMES DALBORA	OLNEY	MD	46 M	225	13:34	9:03	2:18	305	57:27	15.7	3:06	237	30:24	9:49		1:46:47	
285.	124 C		KEVIN BENSON	GERMANTOWN	MD	52 M	292	15:40	10:27	2:30	241	49:37	18.1	2:03	306	37:03	11:57		1:46:51	
286.	371 F		DON NELSON	ROCKVILLE	MD	37 M	275	14:56	9:58	2:20	267	52:18	17.2	2:01	294	35:39	11:30		1:47:12	
287.	290		KAREN PHILLIPS	LEWES	DE	38 F	297	16:10	10:47	0:39	298	55:42	16.2	1:18	281	33:45	10:54		1:47:31	
288.	259 A		DEBORAH BOWERS	DUNN LORING	VA	43 F	314	17:05	11:23	0:52	272	52:45	17.1	0:43	304	36:41	11:50		1:48:05	
289.	295 F		LYNN ORLOSKY	BALTIMORE	MD	38 F	304	16:26	10:58	2:57	236	49:12	18.3	3:36	298	36:01	11:38		1:48:11	
290.	325		ANNE ALBRIGHT	NYC	NY	45 F	274	14:56	9:57	1:06	311	58:23	15.4	1:03	271	32:48	10:35		1:48:14	
291.	131		ANNE WINDER	BETHESDA	MD	23 F	263	14:24	9:36	0:57	302	56:54	15.8	1:10	293	35:30	11:28		1:48:54	
292.	154		NATHAN RYAN	ABINGDON	MD	25 M	246	13:52	9:15	0:51	314	58:59	15.3	1:04	284	34:18	11:04		1:49:02	

				TRI		OVERALL		RESULTS		TXT									
293.	289	LYNN	WHI TEHEAD	BALTIMORE	MD	38	F	306	16: 37	11: 05	1: 25	271	52: 41	17. 1	2: 02	301	36: 24	11: 45	1: 49: 08
294.	277	LISA	SIMPKINS	ANNAPOLIS	MD	35	F	281	15: 06	10: 04	2: 01	281	53: 49	16. 7	2: 12	299	36: 02	11: 38	1: 49: 08
295.	554	F	GAYLE BERKENY	NEW HOPE	PA	42	F	303	16: 22	10: 55	1: 50	211	47: 40	18. 9	1: 48	316	42: 15	13: 38	1: 49: 51
296.	257	A	CHRISTINE BROUS	OCEAN CITY	MD	37	F	318	17: 21	11: 34	1: 55	244	49: 56	18. 0	2: 10	308	38: 40	12: 29	1: 49: 59
297.	193	BRIAN	DEWITT	ELLI COTT CITY	MD	43	M	285	15: 14	10: 10	2: 00	310	58: 06	15. 5	1: 22	282	33: 54	10: 56	1: 50: 33
298.	298	JESSICA	PHILLIPS	EXTON	PA	39	F	298	16: 12	10: 48	1: 38	290	54: 47	16. 4	2: 28	300	36: 05	11: 39	1: 51: 08
299.	281	CHRISTINA	MUDD	HIGHLAND	MD	36	F	302	16: 21	10: 54	1: 34	295	55: 31	16. 2	1: 18	302	36: 31	11: 47	1: 51: 12
300.	312	BARBARA	RICHI TT	BOWIE	MD	41	F	319	17: 49	11: 53	1: 41	308	57: 33	15. 6	1: 57	262	32: 14	10: 24	1: 51: 13

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

Pl ace	No.	C	NAME	St	Ag	S	Rank	RUN1	Pace	T1	Rank	BI KE	Rate	T2	Rank	RUN2	Pace	PENAL	TIME
301.	394	F	HENRY DAWSON	COATESVILLE	PA	55	M	286	15: 18	10: 12	2: 21	304	57: 24	15. 7	2: 15	286	34: 37	11: 10	1: 51: 53
302.	364	F	MONICA ELLIS	WILLOW GROVE	PA	36	F	276	14: 58	9: 59	1: 29	315	59: 02	15. 2	1: 11	295	35: 41	11: 31	1: 52: 19
303.	552	SUSAN	BENFIELD	TAKOMA PARK	MD	52	F	282	15: 07	10: 05	1: 40	316	59: 22	15. 2	1: 54	288	34: 38	11: 11	1: 52: 38
304.	378	F	GINA MCGOVERN	SOUTHAMPTON	PA	39	F	293	15: 44	10: 30	2: 08	300	56: 03	16. 1	2: 03	305	36: 56	11: 55	1: 52: 51
305.	383	F	PETER MCCHESENEY	ANNAPOLIS	MD	42	M	309	16: 46	11: 11	1: 23	240	49: 31	18. 2	1: 43	320	44: 43	14: 26	1: 54: 04
306.	186	MIROSLAV	LEHKY	CENTREVILLE	VA	42	M	294	15: 58	10: 39	1: 37	256	51: 11	17. 6	1: 19	319	44: 20	14: 18	1: 54: 23
307.	362	F	DAVID JOHNSON	WASHINGTON	DC	35	M	307	16: 40	11: 07	1: 07	297	55: 39	16. 2	0: 52	311	40: 28	13: 03	1: 54: 44
308.	349	F	JEN ROBINSON	FOUNTAINVILLE	PA	26	F	315	17: 08	11: 26	1: 28	306	57: 30	15. 7	1: 02	307	38: 31	12: 26	1: 55: 37
309.	339	F	KATIE HARDESTY	WILMINGTON	DE	19	F	272	14: 48	9: 52	2: 47	324	1: 04: 52	13. 9	2: 01	259	31: 35	10: 12	1: 56: 01
310.	287	KIMBERLY	MOLLO	LANSDOWNE	PA	37	F	310	16: 50	11: 14	1: 51	320	1: 00: 49	14. 8	1: 38	291	35: 11	11: 21	1: 56: 17
311.	340	F	KELSEY RATHCKE	NEWARK	DE	19	F	271	14: 46	9: 51	2: 47	323	1: 04: 52	13. 9	2: 02	261	32: 14	10: 24	1: 56: 38
312.	386	F	JIM MCGOVERN	SOUTHAMPTON	PA	44	M	320	18: 42	12: 28	2: 23	270	52: 22	17. 2	3: 25	312	40: 45	13: 09	1: 57: 36
313.	359	F	JASON CULLEN	LIVERPOOL	NY	32	M	290	15: 37	10: 25	1: 42	319	1: 00: 05	15. 0	1: 22	310	40: 15	12: 59	1: 58: 59
314.	319	ANNE	ENGEL	STAMFORD	CT	43	F	308	16: 42	11: 08	1: 28	318	59: 44	15. 1	1: 05	309	40: 11	12: 58	1: 59: 08
315.	182	GEORGE	DONALD	GEORGETOWN	DE	41	M	300	16: 14	10: 49	1: 18	312	58: 32	15. 4	1: 13	318	43: 08	13: 55	2: 00: 22
316.	214	NICHOLAS	WALLER	WEST CHESTER	PA	47	M	42	10: 18	6: 52	13: 13	325	1: 04: 58	13. 9	1: 59	260	31: 36	10: 12	2: 02: 02
317.	307	MELISSA	EMERY	BALTIMORE	MD	41	F	325	20: 29	13: 39	1: 31	279	53: 28	16. 8	1: 02	322	45: 56	14: 49	2: 02: 24
318.	232	MARK	WILSON	TAKOMA PARK	MD	51	M	316	17: 14	11: 29	1: 41	317	59: 26	15. 1	2: 42	315	42: 14	13: 38	2: 03: 15
319.	297	MELANIE	MARSHALL	LEWES	DE	39	F	321	19: 02	12: 41	2: 25	309	57: 55	15. 5	1: 55	317	43: 08	13: 55	2: 04: 23
320.	125	C	TIM MACK	WASHINGTON	DC	60	M	323	19: 22	12: 55	3: 49	301	56: 19	16. 0	3: 28	321	45: 41	14: 44	2: 08: 36
321.	122	JOHN	WOLFGANG	JIM THORPE	PA	49	M	317	17: 20	11: 33	3: 54	326	1: 05: 17	13. 8	0: 55	314	42: 05	13: 35	2: 09: 30
322.	316	MEGAN	MATHEWS	MOUNT AIRY	MD	43	F	322	19: 16	12: 51	1: 59	322	1: 04: 47	13. 9	2: 34	313	41: 31	13: 24	2: 10: 04
323.	384	F	SUSAN MOE	LUSBY	MD	43	F	324	19: 40	13: 07	1: 37	327	1: 09: 55	12. 9	1: 22				
324.	288	BETSY	STEIN-HOFFMASTER	RED LION	PA	37	F	280	15: 03	10: 02	1: 50	263	51: 50	17. 4	1: 25				
325.	20	JAMIE	BEYER	WILLIAMSTOWN	NJ	33	M	313	17: 01	11: 21	1: 40	286	54: 10	16. 6					
326.	153	JASON	KAYE	PHILADELPHIA	PA	25	M	312	16: 57	11: 18	2: 51	288	54: 43	16. 5					
327.	190	JOHN	GINSBURG	OWINGS MILLS	MD	43	M	112	11: 34	7: 43	0: 50	292	55: 00	16. 4					

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327 records processed.