

OVERALL RESULTS

2007 Cape Henlopen Duathlon

Cape Henlopen State Park 08/19/2007 7:45 am Sunny

Directed by: Neil Semmel

Place	No.	C NAME	Ag	S Rank	RUN1	T1 Rank	BIKE Rate	T2 Rank	RUN2	Pace	PENAL	TIME
1.	45	NAT GLACKIN	25	M 2	8:56	0:47	2 34:09 26.4	0:45	1 18:05	5:50		1:02:41
2.	70	WILL SAUER	44	M 4	9:25	0:43	3 34:36 26.0	0:41	2 19:04	6:09		1:04:27
3.	452	MARK FACCIANI	39	M 6	9:52	0:52	4 34:41 26.0	0:40	5 19:58	6:27		1:06:00
4.	60	JAMES HARRIS	39	M 10	10:13	0:37	5 35:27 25.4	0:38	9 20:49	6:43		1:07:41
5.	473	MIKAEL HANSON	40	M 7	9:53	0:41	6 35:54 25.1	0:42	8 20:48	6:43		1:07:55
6.	92	STEVE RUCKERT	58	M 8	9:55	0:45	8 36:20 24.8	0:48	6 20:18	6:33		1:08:03
7.	61	DAVID ANSHEN	39	M 9	10:06	0:47	7 36:07 24.9	0:42	12 21:57	7:05		1:09:37
8.	479	KRISTINE KUSS	39	F 11	10:28	1:04	15 37:22 24.1	0:49	7 20:36	6:39		1:10:17
9.	43	BRETT MORRIS	17	M 3	9:14	0:51	24 40:07 22.4	0:42	4 19:54	6:26		1:10:47
10.	77	PHILIP MITZKAVICH	48	M 12	10:28	0:40	18 37:42 23.9	0:42	13 22:09	7:09		1:11:40
11.	48	BRIAN MCGEE	32	M 16	10:40	0:56	14 37:20 24.1	0:58	10 21:50	7:03		1:11:43
12.	59	RODNEY WILLIAMS JR.	39	M 18	10:41	1:19	10 36:55 24.4	0:51	15 22:22	7:13		1:12:06
13.	51	JOHN TREML	36	M 13	10:33	0:58	16 37:27 24.0	0:44	16 22:28	7:15		1:12:08
14.	72	ROBERT GATES	45	M 15	10:38	1:15	12 37:03 24.3	0:48	19 22:50	7:22		1:12:32
15.	71	TONY SELLARO	45	M 17	10:40	0:57	19 37:54 23.8	0:40	18 22:32	7:17		1:12:42
16.	463	ED DOUGLAS	29	M 5	9:34	0:46	34 42:05 21.4	0:40	3 19:45	6:23		1:12:49
17.	78	PETER RITTENHOUSE	50	M 14	10:34	1:12	21 38:35 23.3	0:59	11 21:51	7:03		1:13:10
18.	437	DEWAYNE FOX	42	M 29	11:27	1:01	1 33:04 27.2	1:37	42 26:09	8:26		1:13:16
19.	22	LESLIE RANDALL	38	F 25	11:08	1:03	20 38:06 23.6	0:40	17 22:29	7:15		1:13:24
20.	88	DOUGLAS REPETTI	57	M 22	11:01	0:38	22 38:49 23.2	0:38	23 24:00	7:45		1:15:04
21.	31	PEG FONTELLO	45	F 28	11:26	1:08	17 37:34 24.0	1:15	25 24:07	7:47		1:15:29
22.	81	C KEONI CHEFFENS	51	M 39	11:56	1:09	11 36:59 24.3	1:09	30 24:35	7:56		1:15:45
23.	94	DANIEL SIMMONS	60	M 23	11:02	0:56	31 41:34 21.7	0:40	14 22:09	7:09		1:16:20
24.	93	DANIEL LERICHE	58	M 42	12:09	1:14	9 36:48 24.5	1:05	36 25:24	8:12		1:16:38
25.	67	NICK BON-HARPER	42	M 38	11:55	1:06	13 37:07 24.2	0:53	38 25:48	8:20		1:16:46
26.	55	JEFFREY ATEN	37	M 26	11:18	1:12	27 40:20 22.3	1:17	26 24:12	7:49		1:18:18
27.	62	ED PARSLEY	40	M 32	11:40	1:04	25 40:12 22.4	0:54	31 24:43	7:59		1:18:31
28.	26	MICHELE MCGLEISH	41	F 31	11:35	0:47	33 41:51 21.5	0:42	21 23:48	7:41		1:18:40
29.	57	RICHARD ENGELFRIED	38	M 35	11:49	1:24	26 40:18 22.3	1:03	29 24:33	7:55		1:19:04
30.	64	MARK MULLEN	42	M 41	11:58	0:57	28 40:28 22.2	0:50	33 25:06	8:06		1:19:17
31.	90	DON GAVIN	57	M 37	11:52	1:01	29 40:29 22.2	1:00	35 25:21	8:11		1:19:41
32.	441	FRAN EDGE	43	M 36	11:50	1:30	23 40:06 22.4	1:09	37 25:29	8:13		1:20:02
33.	83	RICK GITTLEMAN	52	M 24	11:07	0:40	43 43:41 20.6	0:45	22 23:53	7:43		1:20:05
34.	50	JOSHUA KING	34	M 27	11:26	1:12	42 43:35 20.7	0:57	20 23:16	7:31		1:20:25
35.	47	C JEFF LAUER	30	M 34	11:43	1:13	32 41:38 21.6	1:01	44 26:15	8:28		1:21:49
36.	34	JERI MYERS	53	F 46	12:32	1:08	37 42:52 21.0	1:05	40 26:01	8:24		1:23:35
37.	79	ALAN LAZZARINO	50	M 47	12:33	1:12	47 44:17 20.3	0:43	43 26:11	8:27		1:24:54
38.	74	SIMON BRADBURY	45	M 21	10:54	1:42	67 47:01 19.1	2:23	24 24:06	7:47		1:26:03
39.	44	ADEEB RAHMAN	25	M 40	11:56	2:15	39 43:20 20.8	2:18	45 26:22	8:31		1:26:09
40.	42	CHRISTOPHER HEMMERICH	13	M 20	10:50	0:52	79 49:18 18.3	0:45	28 24:30	7:54		1:26:13
41.	86	GARY STEINEL	54	M 48	12:36	2:07	35 42:30 21.2	1:42	51 27:23	8:50		1:26:17
42.	489	C PHILIP SMALL	33	M 50	12:43	0:50	59 45:42 19.7	0:38	49 26:59	8:43		1:26:50
43.	46	C ANDREW CLEVELAND	28	M 49	12:40	1:03	41 43:25 20.7	0:50	64 28:55	9:20		1:26:51
44.	29	KAREN ZELTT	44	F 52	12:46	1:21	56 45:28 19.8	1:33	39 25:49	8:20		1:26:55
45.	465	WILLIAM MCNICHOL	52	M 43	12:12	1:54	61 46:22 19.4	1:44	32 24:47	8:00		1:26:57
46.	95	PHILIP HAGER	70	M 56	13:16	1:28	58 45:36 19.7	1:32	34 25:08	8:07		1:26:59
47.	472	STEVE RULLI	61	M 64	13:50	1:07	30 41:09 21.9	0:57	79 30:55	9:59		1:27:55
48.	39	JUDI CARBARY	57	F 63	13:48	1:05	57 45:32 19.8	0:55	47 26:44	8:38		1:28:02
49.	75	LEO SHANLEY	46	M 53	13:03	1:35	46 44:07 20.4	1:14	61 28:11	9:06		1:28:09
50.	30	JACKLYN KEELEY	45	F 60	13:37	0:58	51 44:57 20.0	0:53	55 27:48	8:58		1:28:10
51.	56	KEVIN GLACKIN	38	M 55	13:14	1:27	49 44:30 20.2	1:11	60 28:02	9:03		1:28:23
52.	76	CRAIG WASSERKRUG	47	M 57	13:18	1:46	45 44:04 20.4	1:36	56 27:50	8:59		1:28:32
53.	485	ETHEL COOK	42	F 51	12:43	1:17	70 47:45 18.9	1:25	41 26:03	8:25		1:29:11
54.	68	C CHRIS ANDREWS	43	M 45	12:25	1:39	60 45:49 19.6	1:27	59 28:01	9:03		1:29:21
55.	66	RICHARD HEMMERICH	42	M 54	13:10	1:36	62 46:34 19.3	1:14	48 26:58	8:42		1:29:31
56.	442	CYNTHIA SPENCER	46	F 62	13:44	1:18	54 45:22 19.8	1:14	58 28:01	9:02		1:29:37
57.	96	ART CONNOLLY	70	M 68	14:13	2:55	40 43:24 20.7	2:17	50 27:03	8:44		1:29:50
58.	33	ELLEN MARTIN	47	F 59	13:27	1:22	63 46:37 19.3	1:22	52 27:33	8:54		1:30:19
59.	58	NORMAN BROWN	38	M 30	11:29	1:22	36 42:50 21.0	1:04	91 33:50	10:55		1:30:33
60.	19	LISA WILLIAMS	36	F 44	12:17	0:55	87 50:30 17.8	1:03	46 26:25	8:32		1:31:08
61.	40	ELLI E GAVIN	59	F 71	14:20	1:21	50 44:41 20.1	1:09	73 30:14	9:46		1:31:44
62.	419	ROBERT DEMAJUSTRE	60	M 1	1:20	3:14	92 51:08 17.6	1:46	93 34:20	11:05		1:31:46
63.	469	C JAMES MOE	44	M 78	14:38	1:15	48 44:25 20.3	1:27	75 30:34	9:52		1:32:16
64.	21	TRACY ENGELFRIED	37	F 33	11:41	1:13	98 53:48 16.7	1:34	27 24:27	7:54		1:32:42
65.	73	C TOM CUCCIA	45	M 61	13:42	1:15	66 46:51 19.2	0:50	74 30:17	9:47		1:32:53
66.	15	WENDY MCDANIELS	32	F			55 45:23 19.8	2:17	54 27:37	8:55		1:32:53
67.	69	JEFF WILSON	44	M	???????	19:42	53 45:18 19.9	2:14	57 27:57	9:01		1:33:03
68.	35	ALY APPEL	53	F	67 14:04	0:57	64 46:42 19.3	1:16	78 30:41	9:54		1:33:37
69.	23	CAMELIA GRAHAM	38	F	73 14:24	1:33	52 45:12 19.9	1:10	82 31:26	10:09		1:33:43
70.	38	BOBBI KISEBACH	56	F	74 14:30	1:30	72 48:11 18.7	2:05	53 27:37	8:55		1:33:51

Sep-30-2007 1:19:33pm

OVERALL RESULTS

2007 Cape Henlopen Duathlon

Cape Henlopen State Park 08/19/2007 7:45 am Sunny

Directed by: Neil Semmel

Place	No.	C NAME	Ag	S Rank	RUN1	T1 Rank	BIKE Rate	T2 Rank	RUN2	Pace	PENAL	TIME
71.	91	TODD WIGGINS	58	M 66	14:03	2:10	65 46:51 19.2	1:42	67 29:45	9:36		1:34:29
72.	460	ELIZABETH TITUS	38	F 79	14:41	1:35	80 49:34 18.2	1:23	62 28:24	9:10		1:35:33
73.	36	LAURA BUCKLAND	55	F 83	14:59	1:46	68 47:30 19.0	1:52	69 29:58	9:40		1:36:02
74.	11	TIFFANY MASSON	31	F 85	15:04	2:23	69 47:36 18.9	0:58	72 30:06	9:43		1:36:04
75.	498	ELIZABETH MCCONNELL	26	F 58	13:26	2:09	82 49:56 18.0	1:26	65 29:09	9:25		1:36:04
76.	1	DIANA BESSLING	23	F 69	14:17	1:08	85 50:24 17.9	0:57	71 30:04	9:42		1:36:48
77.	32	MICHELE LAMBI E	46	F 72	14:20	1:00	84 50:23 17.9	0:46	80 30:57	9:59		1:37:25
78.	65	TUCKER HITE	42	M 76	14:36	1:05	83 50:20 17.9	1:03	76 30:40	9:54		1:37:43
79.	27	KATE HITE	41	F 75	14:36	1:03	86 50:26 17.8	1:00	77 30:40	9:54		1:37:43
80.	28	TERESA MEALEY	43	F 89	15:07	2:54	38 43:04 20.9	2:22	94 34:27	11:07		1:37:53
81.	4	KATHERINE MANCHESTER	26	F 81	14:49	1:12	88 50:45 17.7	1:20	68 29:50	9:38		1:37:54
82.	6	LINDSAY THOMAS	29	F 80	14:48	1:14	89 50:53 17.7	1:11	70 30:03	9:42		1:38:08
83.	25	APRIL BRAMBLE	40	F 77	14:37	1:11	97 53:26 16.8	0:42	63 28:27	9:11		1:38:21
84.	41	MARGE WARSHAUER	68	F 90	15:26	2:05	81 49:35 18.2	0:55	85 31:32	10:11		1:38:32
85.	18	ALLISON BAKER	35	F 86	15:05	1:13	93 51:15 17.6	1:10	66 29:14	9:26		1:38:55

CHTD_DU_OVERALL_ALLEVENT.TXT															
86.	24	MICHELE DOUGLAS	38	F	70	14:19	0:45	91	51:06	17.6	1:09	86	31:51	10:17	1:39:07
87.	12	JENNIFER KELLEY	31	F	88	15:06	2:23	76	48:39	18.5	1:25	87	31:52	10:17	1:39:22
88.	5	MARIE WATKINS	27	F	94	16:05	1:55	75	48:35	18.5	1:51	83	31:30	10:10	1:39:54
89.	8	ELIZABETH CURTIS	29	F	95	16:06	1:56	74	48:33	18.5	1:50	84	31:31	10:10	1:39:54
90.	85	ARTHUR BERKOWITZ	53	M	65	13:55	2:29	71	47:49	18.8	2:49	89	33:22	10:46	1:40:23
91.	37	LINDA MINISCALCO	56	F	96	16:22	2:15	78	49:11	18.3	2:03	81	31:13	10:04	1:41:00
92.	14	TAFFY THOMAS	32	F	97	16:31	1:21	73	48:19	18.6	1:20	96	35:59	11:37	1:43:28
93.	467	MICHAEL HARVEY	30	M	82	14:52	2:18	95	52:19	17.2	1:20	90	33:32	10:49	1:44:20
94.	9	MICHELLE ZACHRY	30	F	93	15:51	1:47	90	50:57	17.7	1:05	95	35:48	11:33	1:45:27
95.	89	RUSS MELRATH	57	M	92	15:50	2:06	77	48:41	18.5	2:02	98	37:17	12:02	1:45:56
96.	87	JOHN BLUMENSTOCK	55	M	98	16:48	3:08	44	43:46	20.6	4:10	100	38:42	12:29	1:46:32
97.	10 A	MARY ELIZABETH BURKE	30	F	99	16:56	1:43	99	53:55	16.7	2:08	97	36:01	11:37	1:50:40
98.	13	ERICA DAVIS	31	F	84	15:03	1:40	101	59:28	15.1	1:01	92	33:57	10:57	1:51:06
99.	17	PJ FIORE	35	F	87	15:05	1:37	102	1:00:02	15.0	1:46	88	33:16	10:44	1:51:45
100.	462	ANNE GOETZ	50	F	101	18:02	1:58	94	52:03	17.3	1:55	102	40:56	13:12	1:54:52
101.	20	CHERYL SHIFLETT	36	F	100	17:35	1:29	100	56:11	16.0	1:49	99	38:22	12:23	1:55:24
102.	151 A	ESTHER REGE	34	F	19	10:46	1:21	103	1:04:32	13.9	1:46	101	39:19	12:41	1:57:42
103.	433 P	JAMIE ROGERS	45	F	102	21:08	3:02	96	53:15	16.9	4:05	103	46:35	15:02	2:08:03
104.	52	STEVE DUNCAN	36	M	91	15:45	2:33	104	1:21:54	11.0					

Sep-30-2007 1:19:33pm

104 records processed.