

OVERALL RESULTS

2007 Cape Henlopen Triathlon

Cape Henlopen State Park 08/19/2007 7:50 am Sunny

Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
1.	293		SCOTT WARD	36	M	15	11:43	0:58	4	33:40	26.7	0:29	8	20:13	6:32		1:07:02
2.	275		BRIAN LOVETT	33	M	1	10:04	0:51	23	36:50	24.4	0:36	1	19:11	6:12		1:07:31
3.	259		DANIEL PROULX	31	M	5	10:45	1:05	7	34:41	26.0	0:41	18	20:45	6:42		1:07:54
4.	432		KENT BUCKSON	40	M	2	10:09	0:54	13	35:51	25.1	0:59	9	20:15	6:32		1:08:06
5.	296		TODD KRIEGER	36	M	6	10:54	0:52	6	34:39	26.0	0:54	20	21:01	6:47		1:08:18
6.	234		TYLER WREN	26	M	72	13:04	1:10	2	31:43	28.4	1:03	29	21:26	6:55		1:08:23
7.	303		AARON ESSNER	36	M	10	11:15	1:22	8	34:45	25.9	0:52	12	20:32	6:38		1:08:42
8.	274		FRANK MCGURK	33	M	13	11:34	0:39	17	36:23	24.7	0:37	6	20:05	6:29		1:09:15
9.	295		JASON MULVENY	36	M	35	12:25	1:08	5	34:07	26.4	0:41	22	21:12	6:51		1:09:31
10.	477		LEO SUNIAGA	41	M	7	10:58	1:14	25	36:57	24.4	0:54	2	19:35	6:19		1:09:35
11.	268		JASON BEWLEY	32	M	4	10:33	0:44	20	36:43	24.5	0:32	26	21:22	6:54		1:09:53
12.	246		JACK BASILE	28	M	45	12:38	0:46	9	35:07	25.6	0:26	23	21:14	6:51		1:10:10
13.	499		DANIEL MCCONNELL	29	M	61	12:57	1:03	10	35:14	25.6	0:43	10	20:17	6:33		1:10:12
14.	313		JOHN WETMORE	38	M	22	12:02	1:24	11	35:29	25.4	1:21	5	19:59	6:27		1:10:13
15.	223		KEN KREIS	21	M	9	11:09	0:50	34	37:41	23.9	0:41	7	20:11	6:31		1:10:31
16.	406		CHARLES JOSCELYNE	52	M	31	12:17	0:57	22	36:47	24.5	0:43	4	19:56	6:26		1:10:38
17.	281	C	CLIFTON CHAMBERLIN	33	M	23	12:04	0:57	3	33:23	27.0	1:02	99	24:24	7:53		1:11:48
18.	391		RICHARD BROKAW	47	M	49	12:44	1:43	19	36:30	24.7	1:07	3	19:49	6:24		1:11:50
19.	395		GEORGE JACOBS	48	M	84	13:18	1:19	15	36:02	25.0	1:08	15	20:39	6:40		1:12:24
20.	304		BRIAN DAVIS	36	M	3	10:30	1:05	79	39:57	22.5	0:41	11	20:18	6:33		1:12:28
21.	401		DANIEL NEUFFER	51	M	26	12:12	0:37	31	37:20	24.1	0:31	34	21:58	7:05		1:12:36
22.	350		GEOFFREY IRWIN	42	M	8	10:59	1:25	24	36:53	24.4	1:01	42	22:20	7:13		1:12:36
23.	270		STEVEN TSOULOUFAS	33	M	14	11:37	1:40	33	37:35	23.9	1:10	21	21:02	6:48		1:13:03
24.	383		DAN FABRIZIO	46	M	21	11:59	1:22	39	38:00	23.7	0:49	25	21:16	6:52		1:13:24
25.	309		CHUCK POTTER	37	M	67	13:01	1:08	18	36:28	24.7	0:31	41	22:20	7:12		1:13:25
26.	248		JOSEPH MURRAY	29	M	32	12:21	0:53	32	37:33	24.0	1:22	32	21:49	7:02		1:13:56
27.	236	C	WILLIAM GERRISH	26	M	65	13:00	0:55	55	39:00	23.1	0:30	13	20:34	6:38		1:13:58
28.	410		TERRY PAHL	55	M	42	12:35	0:43	52	38:48	23.2	0:48	28	21:23	6:54		1:14:14
29.	468		JOHN SNYDER	38	M	30	12:17	1:22	30	37:15	24.2	0:46	48	22:41	7:19		1:14:19
30.	423		ROB HOLMES	61	M	74	13:06	1:34	14	35:55	25.1	0:51	55	23:06	7:28		1:14:30
31.	363		DAVID BOEZI	43	M	18	11:50	1:07	36	37:50	23.8	0:39	63	23:15	7:30		1:14:40
32.	276		BRIAN LEWIS	33	M	50	12:44	1:23	59	39:05	23.0	0:58	14	20:37	6:40		1:14:46
33.	364		PATRICK TURLEY	44	M	19	11:51	1:38	67	39:38	22.7	0:53	27	21:23	6:54		1:15:21
34.	471		LORRIE BECK	51	F	41	12:34	0:56	57	39:04	23.0	0:43	43	22:28	7:15		1:15:43
35.	389		MARK HANLON	47	M	40	12:34	1:16	28	37:10	24.2	1:09	69	23:37	7:37		1:15:43
36.	348		NICK NEAKRASE	42	M	29	12:13	1:44	21	36:45	24.5	0:53	97	24:21	7:52		1:15:53
37.	486		STEVE REISLER	37	M	33	12:23	1:02	51	38:46	23.2	0:53	54	23:01	7:26		1:16:04
38.	347		BILL WHELAN	42	M	57	12:52	0:46	50	38:44	23.2	0:39	57	23:07	7:28		1:16:06
39.	390		JIM ELDER	47	M	12	11:32	1:23	35	37:46	23.8	0:54	112	24:39	7:57		1:16:12
40.	384		PAUL BERNIER	46	M	37	12:27	1:00	37	37:52	23.8	0:54	91	24:11	7:48		1:16:22
41.	232	C	STEPHEN BOWMAN	24	M	16	11:45	1:55	26	37:01	24.3	1:10	111	24:39	7:57		1:16:28
42.	239		STEPHEN MIKULCICK	27	M	47	12:43	1:45	16	36:12	24.9	1:26	100	24:24	7:53		1:16:28
43.	255		BRETT JENNER	30	M	69	13:03	1:11	72	39:46	22.6	0:43	35	21:59	7:06		1:16:39
44.	493		EDWARD PEARCE	32	M	34	12:24	1:30	87	40:16	22.4	0:56	31	21:43	7:01		1:16:47
45.	386	C	DANIEL NELLIUS	47	M	58	12:53	1:33	27	37:06	24.3	1:05	95	24:20	7:51		1:16:55
46.	302		RICHARD FANELLI	36	M	28	12:12	1:03	44	38:26	23.4	0:51	106	24:33	7:56		1:17:03
47.	216		ALISON SUCKLING	52	F	54	12:51	1:24	76	39:50	22.6	0:56	44	22:29	7:15		1:17:29
48.	336		DARIN SLADE	41	M	27	12:12	2:30	90	40:29	22.2	1:13	24	21:15	6:52		1:17:36
49.	484	C	DAVID FLYNN	49	M	51	12:46	2:24	45	38:28	23.4	1:11	61	23:12	7:29		1:17:58
50.	247		DONOVAN PREDDY	29	M	38	12:30	1:16	78	39:53	22.6	0:40	72	23:48	7:41		1:18:04
51.	474		ROSEANN DOUGHERTY	48	F	75	13:06	1:15	70	39:45	22.6	0:56	62	23:13	7:30		1:18:14
52.	372		DOUGLAS ELLMORE SR	44	M	111	13:48	1:19	42	38:17	23.5	0:34	96	24:21	7:52		1:18:17
53.	413		JAMES CARBARY	56	M	93	13:31	1:57	73	39:49	22.6	1:03	36	22:06	7:08		1:18:23
54.	283		CLAY ALMY	33	M	24	12:07	1:49	62	39:10	23.0	1:26	80	23:55	7:43		1:18:25
55.	129		KRISTINA BUTCHER	29	F	56	12:52	0:49	56	39:04	23.0	0:44	129	25:04	8:06		1:18:31
56.	335	C	JOHN YANACEK	41	M	162	14:58	2:52	29	37:11	24.2	0:50	50	22:42	7:20		1:18:31
57.	284		CHARLES WOERNER	34	M	110	13:46	1:15	97	40:45	22.1	0:51	38	22:11	7:10		1:18:46
58.	285		EDWARD TARTAR	34	M	85	13:19	1:50	43	38:18	23.5	0:50	115	24:42	7:58		1:18:56
59.	370		JOHN GYGAX	44	M	114	13:53	1:53	113	41:37	21.6	0:55	16	20:42	6:41		1:18:58
60.	449		RICHARD BANZIGER	49	M	76	13:07	1:17	46	38:29	23.4	0:44	137	25:24	8:12		1:18:59
61.	162		JENNIFER GLACKIN	36	F	59	12:53	1:32	68	39:39	22.7	0:55	85	24:06	7:47		1:19:03
62.	253		OWEN MULHERN	30	M	46	12:39	1:20	107	41:20	21.8	0:44	56	23:06	7:28		1:19:08
63.	376		BILL GERZABEK	45	M	109	13:45	1:17	47	38:31	23.4	1:00	109	24:38	7:57		1:19:10
64.	377	C	JAMES CROWLEY	45	M	168	15:02	1:40	48	38:37	23.3	1:08	53	22:58	7:25		1:19:22
65.	314		BRADY PALMERINO	38	M	82	13:15	1:34	71	39:45	22.6	1:03	71	23:46	7:40		1:19:22
66.	252		WILL QUIINN	30	M	88	13:24	2:20	38	37:54	23.7	0:51	124	24:55	8:03		1:19:22
67.	394		PAT MCFALLS	48	M	68	13:02	1:49	12	35:51	25.1	1:16	194	27:42	8:56		1:19:38
68.	307		CHRIS SULLIVAN	37	M	98	13:36	1:31	94	40:37	22.2	1:04	51	22:52	7:23		1:19:38
69.	476		JAMES HUTCHISON	51	M	80	13:13	0:54	91	40:29	22.2	0:40	101	24:27	7:53		1:19:41
70.	378		MICHAEL YUENGLING	46	M	66	13:00	1:32	82	40:04	22.5	1:18	77	23:51	7:42		1:19:43

Sep-30-2007 1:18:10pm

OVERALL RESULTS

2007 Cape Henlopen Triathlon

Cape Henlopen State Park 08/19/2007 7:50 am Sunny

Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
71.	373		JIM WATSON	45	M	194	15:42	1:32	40	38:06	23.6	1:05	66	23:23	7:33		1:19:46
72.	133		NATALIE KING	30	F	48	12:44	1:04	89	40:24	22.3	1:00	108	24:37	7:57		1:19:48
73.	420		EDWARD WRIGHT	61	M	143	14:31	1:32	63	39:13	23.0	0:58	70	23:46	7:40		1:19:59
74.	352	C	KRISTEN EVANS	42	M	43	12:35	1:30	86	40:14	22.4	0:58	128	25:03	8:05		1:20:18
75.	385		SIMON VARLEY	47	M	90	13:25	0:48	109	41:24	21.7	0:39	88	24:08	7:47		1:20:22
76.	319		MICHAEL BARRY	38	M	103	13:42	2:05	53	38:49	23.2	1:00	121	24:50	8:01		1:20:25
77.	369		JERRY HOVIS	44	M	91	13:26	1:52	81	40:03	22.5	1:23	74	23:48	7:41		1:20:31
78.	445		RUSS EVANS														

CHTD_TRI_OVERALL_ALLEVENT.TXT

86.	381	NED LEE	46 M		80	40:02	22.5	1:26	89	24:08	7:48	1:21:27		
87.	362	TIMOTHY BRINDLE	43 M	130	14:13	2:25	74	39:50	22.6	1:58	60	23:12	7:29	1:21:35
88.	166	LAURA O' DONNELL	37 F	124	14:02	2:02	84	40:11	22.4	1:31	78	23:53	7:42	1:21:37
89.	438	MITCHELL STURN	56 M	113	13:52	1:53	101	40:48	22.1	1:16	76	23:50	7:42	1:21:37
90.	291	DANI EL BIEBER	35 M	212	16:05	1:10	99	40:46	22.1	1:05	47	22:34	7:17	1:21:37
91.	434	C JONATHAN TIETZ	31 M	165	15:01	0:50	54	38:52	23.2	0:41	156	26:18	8:29	1:21:40
92.	488	ADELE FENWICK	27 F	144	14:35	1:08	105	41:06	21.9	0:52	83	24:03	7:46	1:21:41
93.	241	STEPHEN CORREALE	27 M	63	12:59	2:18	66	39:24	22.9	0:58	152	26:05	8:25	1:21:41
94.	447	CHRISTOPHER SCHULTZ	57 M	160	14:57	1:01	120	42:08	21.4	0:53	52	22:54	7:24	1:21:51
95.	402	DUANE MCHALE	51 M	97	13:36	1:13	92	40:31	22.2	0:58	140	25:39	8:17	1:21:54
96.	229	EDWARD KUO	24 M	284	18:04	1:32	49	38:39	23.3	1:25	40	22:17	7:12	1:21:55
97.	286	ERIC S NYDER	34 M	62	12:57	2:00	104	40:50	22.0	1:19	127	24:59	8:04	1:22:04
98.	382	JEFFREY HALL	46 M	182	15:18	1:39	61	39:09	23.0	1:15	117	24:46	8:00	1:22:06
99.	316	EDWARD GALLANT	38 M	86	13:20	2:56	108	41:24	21.7	1:10	64	23:18	7:31	1:22:07
100.	122	LAUREN MASSARO	27 F	53	12:50	1:06	121	42:17	21.3	0:48	135	25:20	8:11	1:22:18
101.	235	MICHAEL KING	26 M	108	13:45	1:55	144	43:27	20.7	1:29	33	21:55	7:05	1:22:29
102.	273	JOHN ORSINI	33 M	185	15:27	0:51	110	41:32	21.7	0:39	87	24:07	7:47	1:22:35
103.	310	PAUL KING	37 M	99	13:37	2:42	83	40:07	22.4	1:46	105	24:31	7:55	1:22:41
104.	131	JENNIFER VANDER VEER	30 F	226	16:27	1:19	65	39:18	22.9	1:11	114	24:40	7:58	1:22:53
105.	404	TREVOR LYLE	52 M	71	13:03	1:19	118	41:54	21.5	0:50	145	25:53	8:21	1:22:57
106.	266	BERNARD CARVAJAL	32 M	206	15:54	1:58	117	41:52	21.5	0:46	49	22:41	7:20	1:23:10
107.	358	FRANK NARR, JR.	43 M	104	13:43	2:31	96	40:44	22.1	1:23	122	24:51	8:01	1:23:10
108.	243	KEVIN SMITH	28 M	20	11:51	2:21	139	43:18	20.8	1:31	94	24:14	7:49	1:23:15
109.	482	MARK CARTER	33 M	132	14:19	2:17	130	42:50	21.0	1:35	45	22:30	7:16	1:23:29
110.	106	SELMA STUDER	23 F	78	13:09	1:51	164	44:14	20.4	1:09	59	23:10	7:29	1:23:30
111.	457	BRYSON MONTELEONE	35 M	116	13:55	1:25	102	40:48	22.1	0:56	164	26:37	8:35	1:23:39
112.	258	JAMES DALTON	30 M	134	14:24	2:27	116	41:51	21.5	1:16	81	23:56	7:44	1:23:52
113.	264	MATT CARTER	31 M	224	16:22	1:24	137	43:17	20.8	0:50	37	22:10	7:09	1:24:01
114.	446	SHAWN RAKES	35 M	173	15:07	1:22	98	40:45	22.1	0:50	151	26:03	8:24	1:24:05
115.	361	ALBERT DETHLEFSEN	43 M	178	15:14	2:01	148	43:35	20.7	0:53	46	22:31	7:16	1:24:12
116.	483	C TERRENCE GRAY	29 M	44	12:37	2:26	103	40:48	22.1	1:05	185	27:23	8:50	1:24:17
117.	267	RANDALL BREZSKI	32 M	83	13:17	3:13	195	45:34	19.8	1:36	17	20:43	6:41	1:24:21
118.	481	LAURA PYOTT	38 F	133	14:20	0:59	115	41:48	21.5	0:54	159	26:21	8:30	1:24:21
119.	365	C PAUL SWARM	44 M	169	15:03	2:54	58	39:04	23.0	1:59	136	25:23	8:12	1:24:22
120.	305	C SEAN CONNELLY	36 M	141	14:30	4:23	41	38:16	23.5	1:27	147	25:58	8:23	1:24:32
121.	496	JOHN KANE	40 M	100	13:37	2:22	136	43:17	20.8	0:36	119	24:48	8:00	1:24:38
122.	453	COLLEEN HALFPENNY	32 F	129	14:10	2:03	179	45:00	20.0	1:21	39	22:15	7:11	1:24:47
123.	408	MICHAEL FOREMAN	53 M	128	14:10	2:07	88	40:24	22.3	1:02	182	27:10	8:46	1:24:51
124.	207	DEBORAH HERSHEY	44 F	139	14:28	1:16	151	43:41	20.6	0:52	118	24:48	8:00	1:25:03
125.	308	C KURT SEEKFORD	37 M	121	13:57	1:55	69	39:41	22.7	1:00	209	28:32	9:13	1:25:03
126.	368	T G LABRECQUE	44 M	126	14:07	2:38	140	43:24	20.7	1:14	79	23:54	7:43	1:25:15
127.	450	ELI ZABETH ROE	48 F	102	13:41	2:08	100	40:47	22.1	1:09	190	27:36	8:55	1:25:18
128.	355	MARK RAI FORD	43 M	115	13:54	1:29	119	41:55	21.5	1:12	172	26:51	8:40	1:25:19
129.	405	DAVID LANGE	52 M	96	13:35	1:27	126	42:22	21.2	1:12	170	26:47	8:39	1:25:21
130.	147	CARRIE APPLE	32 F	195	15:43	1:30	60	39:09	23.0	1:00	202	28:09	9:05	1:25:30
131.	299	C SETH HOUSTON	36 M	152	14:50	2:54	95	40:40	22.1	2:03	132	25:12	8:08	1:25:37
132.	461	ELI ZABETH GOETZ	39 F	106	13:44	1:45	114	41:41	21.6	1:12	197	27:47	8:58	1:26:07
133.	306	ERIC WEILMISTER	37 M	123	13:57	2:29	106	41:13	21.8	1:35	181	27:07	8:45	1:26:19
134.	204	TINA NIGH-JOHNSON	44 F	166	15:01	1:01	146	43:29	20.7	0:36	158	26:21	8:30	1:26:26
135.	475	MIKE CAPUANO	37 M	101	13:39	2:26	178	44:55	20.0	1:15	93	24:14	7:49	1:26:27
136.	367	KENT LYNN	44 M	200	15:46	2:54	111	41:33	21.7	1:16	134	25:17	8:10	1:26:43
137.	360	STEVE JOHNSON	43 M	118	13:55	2:07	157	44:05	20.4	1:27	133	25:14	8:09	1:26:47
138.	155	MICHELE GULA	35 F	92	13:30	2:46	156	44:03	20.4	1:38	123	24:52	8:02	1:26:47
139.	492	C KEVIN JOUBERT	35 M	25	12:08	1:28	122	42:18	21.3	1:28	226	29:31	9:32	1:26:51
140.	478	CARL SMITH	39 M	94	13:33	4:05	142	43:26	20.7	1:22	107	24:37	7:57	1:27:01

Sep-30-2007 1:18:10pm

Page 3

OVERALL RESULTS
2007 Cape Henlopen Triathlon

Cape Henlopen State Park 08/19/2007 7:50 am Sunny

Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
141.	182		MICHELLE HELD	39 F	174	15:07	2:09	153	43:47	20.6	1:04	126	24:59	8:04			1:27:04
142.	231		SEAN BURKE	24 M	107	13:44	2:19	174	44:43	20.1	1:17	131	25:11	8:08			1:27:12
143.	127		JANNA GIA MUCCIO	29 F	105	13:43	2:32	191	45:32	19.8	0:55	113	24:40	7:58			1:27:20
144.	356		JOHN ONEAL	43 M	135	14:26	3:13	158	44:08	20.4	0:58	110	24:38	7:57			1:27:21
145.	130		JENNIFER BUSHEY	29 F	158	14:55	2:23	172	44:40	20.2	1:32	82	24:02	7:45			1:27:31
146.	345		MATTHEW BURDETTE	41 M	189	15:29	2:18	64	39:13	23.0	1:31	217	29:04	9:23			1:27:33
147.	262		CHRIS KENDIG	31 M	153	14:51	2:37	209	46:10	19.5	0:30	73	23:48	7:41			1:27:55
148.	497		CYNTHIA BROWN-FONTANEZ	37 F	208	15:56	2:07	133	42:59	20.9	1:34	138	25:26	8:13			1:28:00
149.	142		JULIE MURPHY	32 F	39	12:32	1:58	190	45:29	19.8	0:40	188	27:31	8:53			1:28:08
150.	144		SHANNAN HAUSER	32 F	154	14:52	1:35	159	44:09	20.4	1:14	163	26:34	8:35			1:28:22
151.	225		CHRISTOPHER METKIFF	23 M	198	15:43	1:52	154	43:50	20.5	0:57	150	26:03	8:24			1:28:24
152.	121		SHANNON GRANDE	26 F	175	15:09	2:33	197	45:40	19.7	1:00	84	24:06	7:47			1:28:26
153.	250	C	WILLIAM BUSHEY	29 M	81	13:14	1:55	165	44:18	20.3	1:17	196	27:47	8:58			1:28:29
154.	388		MATTHEW KERESMAN	47 M	146	14:41	1:52	161	44:12	20.4	1:12	165	26:37	8:35			1:28:31
155.	254		RONALD KOGOK	30 M	211	16:04	1:42	143	43:27	20.7	1:18	153	26:05	8:25			1:28:35
156.	159		JULIE PETROUSKY	36 F	55	12:51	2:05	205	46:01	19.6	0:53	179	27:02	8:43			1:28:50
157.	392		SCOTT BROERMAN	47 M	216	16:09	2:35	155	43:59	20.5	1:56	104	24:30	7:55			1:29:07
158.	102		KATIE KANTZES	20 F	36	12:26	2:02	238	48:16	18.6	1:58	102	24:27	7:54			1:29:08
159.	165		DAWN RUDOLPH	37 F	163	15:00	1:25	160	44:10	20.4	1:03	191	27:38	8:55			1:29:14
160.	238		JOHN NORBURY III	27 M	210	15:58	2:24	132	42:58	20.9	1:07	178	27:00	8:43			1:29:25
161.	244		ANDREW FOX	28 M	219	16:14	2:22	162	44:13	20.4	1:45	130	25:08	8:07			1:29:39
162.	415		BILL MACLACHLAN	57 M	191	15:35	2:11	149	43:35	20.7	1:39	171	26:48	8:39			1:29:46
163.	366		TODD STANDARD	44 M	258	17:06	2:05	127	42:23	21.2	1:52	160	26:23	8:31			1:29:47
164.	228		ALEXANDER SNYDER-MACKLER	24 M	197	15:43	3:04	166	44:22	20.3	0:41	154	26:08	8:26			1:29:56
165.	114		LAUREN MOSS	25 F	73	13:04	1:10	278	51:27	17.5	0:28	75	23:49	7:41			1:29:56
166.	282		MATTHEW BOSTICK	33 M	137	14:27	4:12	192	45:33	19.8	2:28	65	23:19	7:32			1:29:57
167.	152		LARA RAMSEY	34 F	193	15:41	1:19	147	43:30	20.7	1:11	203	28:19	9:09			1:29:58
168.	312		MICHAEL FADORICK	37 M	180	15:17	2:14	125									

				CHTD_TRI		OVERALL		ALLEVENT		TXT					
178.	393	BILL ROGERS	48	M	218	16:13	2:44	168	44:24	20.3	1:44	146	25:55	8:22	1:30:58
179.	226	SAM LOGAN	23	M	220	16:16	3:28	235	47:48	18.8	0:22	58	23:07	7:28	1:30:59
180.	399	KEITH GOLDBERG	49	M	240	16:43	2:17	177	44:53	20.1	0:32	177	26:58	8:42	1:31:20
181.	145	SARA GILLESPIE	32	F	52	12:47	2:50	224	47:15	19.0	1:09	183	27:21	8:50	1:31:20
182.	163	NICOLE BRANDT	36	F	149	14:45	1:59	222	46:56	19.2	1:11	175	26:56	8:42	1:31:44
183.	188	KRISTY WALLMO	40	F	77	13:08	2:17	198	45:47	19.7	1:59	211	28:40	9:15	1:31:50
184.	100	OLIVIA HEMMERICH	17	F	70	13:03	2:37	236	48:03	18.7	0:49	186	27:24	8:51	1:31:54
185.	351	MARTIN GARCIA-BUNUEL	42	M	176	15:10	3:33	138	43:18	20.8	2:07	199	27:53	9:00	1:31:58
186.	118	CATHERINE BURKE	25	F	156	14:54	3:34	202	45:57	19.6	2:01	144	25:46	8:19	1:32:11
187.	139	LAURA WILLOUGHBY	32	F	261	17:15	2:24	135	43:17	20.8	1:17	204	28:22	9:09	1:32:33
188.	329	ROBERT JOHANSSON	40	M	204	15:53	1:56	194	45:34	19.8	1:09	201	28:05	9:04	1:32:34
189.	278	JOSEPH HANDLON	33	M	155	14:54	1:38	255	49:18	18.3	0:52	148	25:59	8:23	1:32:38
190.	230	LUKE CHAPMAN	24	M	253	17:03	2:44	228	47:25	19.0	0:44	125	24:57	8:03	1:32:51
191.	409	SCOTT SOMERVILLE	54	M	164	15:00	2:21	184	45:22	19.8	1:41	210	28:38	9:15	1:33:01
192.	331	MICHAEL FLEMING	40	M	250	16:57	1:39	226	47:24	19.0	1:04	155	26:11	8:27	1:33:13
193.	341	GREG LANE	41	M	241	16:45	4:00	181	45:10	19.9	2:03	142	25:42	8:18	1:33:38
194.	134	JAMIE CARTER	30	F	298	18:52	1:30	182	45:13	19.9	0:37	195	27:42	8:56	1:33:53
195.	202	JANE YOUNGER	44	F	167	15:01	2:33	180	45:02	20.0	1:30	239	30:10	9:44	1:34:14
196.	199	ELIZABETH GARCIA-BUNUEL	43	F	145	14:39	4:18	203	45:57	19.6	1:32	200	27:57	9:01	1:34:21
197.	170	KATIE EBERHART	37	F	171	15:05	2:20	211	46:13	19.5	1:35	224	29:24	9:29	1:34:37
198.	189	LORI POLONSKY	40	F	235	16:34	2:51	208	46:06	19.5	1:46	184	27:22	8:50	1:34:37
199.	327	TODD SMALLWOOD	40	M	188	15:29	1:52	204	45:58	19.6	1:09	240	30:17	9:46	1:34:43
200.	487	ERIKA LAWSON	16	F	11	11:29	2:03	303	56:07	16.0	0:33	120	24:48	8:00	1:34:58
201.	233	ANDREW STRAUS	25	M				259	49:50	18.1	0:55	98	24:23	7:52	1:35:02
202.	459	A MARY LEEDY	44	F	271	17:31	2:18	201	45:51	19.6	1:41	198	27:48	8:58	1:35:07
203.	265	C MARSHALL DISPENZA	32	M	157	14:55	2:55	196	45:35	19.7	2:02	233	29:45	9:36	1:35:09
204.	200	KATHLEEN BRINDLE	43	F	307	19:25	1:13	217	46:44	19.3	0:58	176	26:56	8:42	1:35:14
205.	116	CHRISTINA HANSON	25	F	170	15:03	1:40	249	49:00	18.4	1:23	207	28:28	9:11	1:35:34
206.	444	MARY BETH EVANS	41	F	268	17:27	2:53	234	47:45	18.9	2:05	141	25:39	8:17	1:35:47
207.	156	CHRISTY BEAL	35	F	150	14:46	2:37	221	46:55	19.2	1:23	238	30:09	9:44	1:35:48
208.	197	LOIS NARR	43	F	263	17:16	1:35	183	45:22	19.8	0:59	246	30:41	9:54	1:35:51
209.	249	J EVAN EDINGER	29	M	186	15:28	3:29	251	49:06	18.3	1:10	166	26:41	8:37	1:35:52
210.	198	JILL MENENDEZ	43	F	238	16:43	2:11	210	46:13	19.5	1:20	189	27:34	8:54	2:00 1:35:59

Sep-30-2007 1:18:10pm

Page 4

OVERALL RESULTS

2007 Cape Henlopen Triathlon
 Cape Henlopen State Park 08/19/2007 7:50 am Sunny
 Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
211.	414		DAVID AGGER	56	M	236	16:41	2:29	257	49:27	18.2	1:49	139	25:35	8:16		1:35:59
212.	220		JEAN KREIS	59	F	288	18:23	3:20	189	45:29	19.8	1:47	180	27:04	8:44		1:36:00
213.	425		ARTHUR WHEELOCK	64	M	142	14:30	3:15	193	45:33	19.8	1:58	248	30:47	9:56		1:36:01
214.	297		JEFF KOUL	36	M	277	17:40	2:48	163	44:13	20.4	2:46	212	28:44	9:16		1:36:09
215.	371	C	JEFF GUISTWHITE	44	M	239	16:43	3:13	175	44:45	20.1	1:46	237	30:01	9:41		1:36:26
216.	164		LINDA BAILEY	36	F	112	13:51	2:13	218	46:46	19.2	0:53	269	32:44	10:34		1:36:26
217.	375		GEORGE SIGAL	45	M	230	16:31	1:06	286	52:18	17.2	0:49	143	25:45	8:19		1:36:27
218.	403		JOE PERROTTO	52	M	278	17:41	2:08	167	44:23	20.3	1:04	256	31:13	10:05		1:36:28
219.	150		CHRISTINE VON DER HEIDE	34	F	201	15:47	2:56	265	50:13	17.9	1:02	168	26:44	8:38		1:36:39
220.	342		RUSS KEAGLE	41	M	247	16:50	2:57	170	44:31	20.2	2:10	249	30:52	9:58		1:37:17
221.	217		DAWN FREY	52	F	207	15:55	2:04	243	48:37	18.5	0:46	236	29:58	9:40		1:37:19
222.	280	C	JASON CULLEN	33	M	246	16:49	2:13	131	42:54	21.0	1:35	284	33:57	10:57		1:37:27
223.	190		LAURA LANE	40	F	293	18:37	2:08	220	46:49	19.2	1:00	218	29:07	9:24		1:37:40
224.	140		NICOLE VADNAIS	32	F	243	16:47	2:36	227	47:24	19.0	0:58	235	29:58	9:40		1:37:41
225.	315		DAVID MEYERS JR	38	M	248	16:53	3:21	145	43:28	20.7	1:51	265	32:11	10:23		1:37:42
226.	466	A	DANIELLE DIMAGGIO	22	F	177	15:10	6:40	176	44:48	20.1	2:08	219	29:08	9:24		1:37:52
227.	407		NILS TCHEYAN	53	M	190	15:31	1:55	237	48:10	18.7	1:31	255	31:12	10:04		1:38:17
228.	119		VICKI WOODARD	26	F	264	17:18	2:36	112	41:35	21.6	1:31	293	35:20	11:24		1:38:18
229.	343		DUANE HUFFMAN	41	M	309	19:38	1:41	232	47:43	18.9	0:39	214	28:50	9:18		1:38:28
230.	354	C	PEDRO DAVILA	42	M	233	16:33	1:40	244	48:43	18.5	0:37	253	31:06	10:02		1:38:38
231.	187		MAURA ALEXANDER	39	F	301	18:39	1:00	264	50:10	17.9	0:52	193	27:40	8:56		1:38:39
232.	214		KATHLEEN HALL	47	F	196	15:43	3:05	223	47:04	19.1	1:32	258	31:23	10:08		1:38:45
233.	115		JANE MCDEVITT	25	F	117	13:55	1:59	277	51:20	17.5	1:08	243	30:28	9:50		1:38:47
234.	193		ROSE KELLY	41	F	299	18:54	3:27	216	46:38	19.3	2:58	173	26:55	8:41		1:38:51
235.	206		LISA KWAN KWAN	44	F	229	16:30	2:32	248	48:53	18.4	1:13	234	29:47	9:37		1:38:53
236.	174		MARY KATE KING	38	F	161	14:57	3:22	266	50:13	17.9	1:39	215	28:52	9:19		1:39:01
237.	340	C	DON OESTERBLAD	41	M	251	16:59	4:03	150	43:40	20.6	1:22	278	33:15	10:44		1:39:17
238.	161		MARYA HYNES DOWELL	36	F	136	14:26	4:36	200	45:50	19.6	1:40	270	32:51	10:36		1:39:22
239.	221		LOUISE RAMM	62	F	260	17:11	3:25	213	46:19	19.4	1:45	252	31:00	10:00		1:39:38
240.	208		LEE ANNE CASSIDY	44	F	223	16:19	3:32	253	49:15	18.3	1:08	225	29:26	9:30		1:39:39
241.	344		ROBERT DEMAJSTRE II	41	M	305	19:21	2:33	233	47:43	18.9	1:06	216	29:02	9:22		1:39:43
242.	317		GARY DAIGLE	38	M	276	17:38	2:52	215	46:28	19.4	0:54	263	32:00	10:20		1:39:50
243.	178		THERESA SHAFER	39	F	222	16:16	2:27	231	47:38	18.9	0:55	268	32:36	10:31		1:39:50
244.	245		MICHAEL COLE	28	M	269	17:28	1:13	274	51:03	17.6	0:47	223	29:21	9:29		1:39:51
245.	168		MICHELE HOWE	37	F	214	16:07	2:14	270	50:54	17.7	1:10	229	29:37	9:34		1:40:00
246.	213		CYNTHIA FEMANO	46	F	221	16:16	2:34	207	46:06	19.5	2:07	275	33:05	10:41		1:40:05
247.	412		JAMES CARBONI	56	M	209	15:57	3:11	280	51:41	17.4	1:24	205	28:22	9:09		1:40:33
248.	411		TONY MEASLEY	56	M	127	14:09	2:32	290	52:52	17.0	0:48	241	30:22	9:48		1:40:41
249.	440		LEA DOWNING	50	F	159	14:56	2:15	262	50:03	18.0	1:14	267	32:21	10:27		1:40:48
250.	224		STEPHEN SPENCE	23	M	64	12:59	3:14	306	56:33	15.9	1:29	116	24:42	7:58	2:00	1:40:56
251.	439		AJ TESSITORE	41	M	252	17:02	3:20	258	49:46	18.1	1:21	227	29:35	9:33		1:41:03
252.	294		MICHAEL MURPHY	36	M	215	16:09	3:02	230	47:35	18.9	1:09	279	33:25	10:47		1:41:18
253.	435		SARA GRIMES	40	F	280	17:43	4:54	212	46:17	19.4	1:33	250	30:53	9:58		1:41:19
254.	323		JONATHAN HACKER	39	M	202	15:50	4:09	260	49:56	18.0	1:42	232	29:44	9:36		1:41:20
255.	108		MEGHAN GLOYD	23	F	203	15:51	2:20	291	52:54	17.0	0:40	231	29:44	9:36		1:41:26
256.	113	A	MARYAM SADAGHANI	25	F	304	19:05	2:40	263	50:08	18.0	1:08	208	28:29	9:12		1:41:29
257.</																	

				CHTD_TRI		OVERALL		ALLEVENT		TXT					
270.	429	LEN LESHEM	70	M	272	17:33	2:41	245	48:46	18.5	1:31	280	33:26	10:48	1:43:55
271.	422	PAUL LOVETT	61	M	228	16:28	3:32	246	48:48	18.4	1:48	281	33:28	10:48	1:44:03
272.	222	OREN SCHRAGGER	19	M	147	14:41	4:38	289	52:40	17.1	0:50	257	31:21	10:07	1:44:09
273.	359	C THOMAS KEISER, JR.	43	M	255	17:05	3:29	225	47:16	19.0	2:14	286	34:21	11:05	1:44:24
274.	201	GAYLE BERKERY	43	F	295	18:45	1:56	141	43:25	20.7	1:32	310	38:55	12:33	1:44:31
275.	332	C DENNIS DABNEY	40	M	290	18:25	3:12	240	48:22	18.6	1:35	277	33:11	10:43	1:44:43
276.	257	ALAN EMERSON	30	M	291	18:25	3:18	272	50:56	17.7	1:34	254	31:11	10:04	1:45:22
277.	448	JOSEPH WIRT	37	M	184	15:26	4:04	229	47:27	19.0	2:14	304	36:15	11:42	1:45:23
278.	357	C ERIC OLSON	43	M	183	15:21	2:49	298	54:30	16.5	1:02	260	31:55	10:18	1:45:34
279.	141	SARA SANTANA	32	F				261	49:57	18.0	2:24	285	34:08	11:01	1:45:44
280.	172	MARNI MCDERMOTT	38	F	294	18:42	2:13	242	48:35	18.5	1:55	290	34:37	11:10	1:46:01

Sep-30-2007 1:18:10pm

Page 5

OVERALL RESULTS																	
2007 Cape Henlopen Triathlon																	
Cape Henlopen State Park 08/19/2007 7:50 am Sunny																	
Directed by: Neil Semmel																	
Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
281.	120		KERRY WILSON	26	F	286	18:12	2:47	269	50:43	17.7	2:32	264	32:01	10:20		1:46:13
282.	451		KEVIN BENSON	53	M	232	16:32	3:06	239	48:17	18.6	3:08	295	35:26	11:26		1:46:27
283.	430		WAYNE BLACK	70	M	297	18:51	4:14	214	46:26	19.4	1:56	292	35:16	11:23		1:46:42
284.	491		MARY SOMERVILLE	53	F	231	16:31	2:32	256	49:23	18.2	1:50	305	36:40	11:50		1:46:54
285.	158		MEGAN RODHAM	36	F	275	17:38	3:38	301	55:50	16.1	1:18	213	28:48	9:18		1:47:09
286.	180		ELKE KALLENBACH	39	F	273	17:34	3:24	247	48:53	18.4	1:22	302	36:08	11:40		1:47:19
287.	185		STACY FRENCH	39	F	249	16:54	2:58	294	53:36	16.8	1:50	276	33:09	10:42		1:48:26
288.	205		DENISE LOKHORST	44	F	314	20:42	3:51	252	49:12	18.3	1:54	271	32:55	10:38		1:48:32
289.	177		VALERIE WHALON	39	F	287	18:13	1:34	299	54:40	16.5	1:03	282	33:33	10:50		1:49:01
290.	300		SEAN HANEY	36	M	244	16:48	3:52	271	50:54	17.7	1:07	306	37:05	11:58		1:49:44
291.	128		CHRISTA CONSOLINI	29	F	267	17:27	4:17	285	52:13	17.2	2:07	287	34:34	11:09		1:50:36
292.	126		ANNA TIEDEMAN	29	F	266	17:26	4:21	254	49:15	18.3	5:02	289	34:35	11:10		1:50:38
293.	480	A	REENA MELTZER	31	F	313	20:39	2:54	268	50:23	17.9	1:32	297	35:29	11:27		1:50:55
294.	104		ERICA REID-DIXON	21	F	138	14:28	2:20	319	1:05:13	13.8	2:01	174	26:56	8:42		1:50:57
295.	219		SHARON RULE-AGGER	53	F	217	16:10	2:28	288	52:34	17.1	1:35	309	38:20	12:22		1:51:06
296.	123		MELISSA COLANGELO	27	F	237	16:42	4:20	308	57:11	15.7	1:35	266	32:15	10:25		1:52:01
297.	132		SHANNON O'NEILL	30	F	306	19:23	4:21	282	51:56	17.3	1:00	296	35:28	11:27		1:52:06
298.	237		MATTHEW SEDA	27	M	187	15:29	2:30	304	56:29	15.9	1:56	301	36:06	11:39		1:52:27
299.	153		SERRA KRETSCHMER	35	F	259	17:10	2:27	305	56:29	15.9	0:59	298	35:38	11:30		1:52:42
300.	215		NANCY SCHRAGGER	49	F	303	19:02	3:31	312	58:33	15.4	0:54	261	31:56	10:18		1:53:55
301.	103		CELINA DALI MATA	20	F	281	17:55	2:42	279	51:37	17.4	9:17	273	33:00	10:39		1:54:30
302.	101		JESSICA REINEKING	19	F	282	17:56	2:28	314	1:00:27	14.9	0:40	272	33:00	10:39		1:54:30
303.	117		KELLY COLE	25	F	300	18:58	3:48	309	57:54	15.5	0:53	274	33:02	10:40		1:54:33
304.	321	C	ROBERT MANANKIL	39	M	283	17:56	2:04	281	51:53	17.3	1:41	316	42:32	13:44		1:56:04
305.	495		KAREN WOODY	30	F	279	17:42	2:13	315	1:00:42	14.8	1:46	288	34:34	11:09		1:56:55
306.	443	A	SUSAN BENFIELD	53	F	270	17:30	4:18	302	55:57	16.1	1:53	307	37:34	12:07		1:57:09
307.	494		CURTIS HENDERSON	28	M	289	18:24	4:12	313	58:42	15.3	1:17	291	34:39	11:11		1:57:11
308.	311		MARK FELDMAN	37	M	320	25:04	2:28	311	58:28	15.4	1:40	228	29:37	9:33		1:57:15
309.	112		JENNIFER SEDA	25	F	257	17:06	5:28	307	57:04	15.8	1:46	300	36:06	11:39		1:57:28
310.	333		TIMOTHY BRESLIN	40	M	296	18:46	4:18	284	52:09	17.3	1:06	315	42:26	13:42		1:58:45
311.	256	C	JEFFREY HANSON	30	M	262	17:16	3:55	300	55:15	16.3	1:57	311	40:34	13:05		1:58:54
312.	290	C	TIMOTHY LACHAPELLE	35	M	315	20:51	3:44	292	53:18	16.9	2:05	312	41:11	13:17		2:01:06
313.	272	C	KEVIN PARRISH	33	M	292	18:32	2:03	317	1:01:36	14.6						2:01:55
314.	107		KATHARINE RICHARDS	23	F	265	17:21	4:01	322	1:08:50	13.1	1:08	251	30:55	9:59		2:02:13
315.	427		RICHARD PACK	65	M	308	19:35	3:28	295	54:02	16.7	1:55	318	45:30	14:41		2:04:27
316.	137		LAURA HAYMANN	31	F	311	20:10	5:08	320	1:05:54	13.7	1:09	294	35:23	11:25		2:07:42
317.	424		MALCOLM STEIGERWALD	62	M	316	21:36	2:33	296	54:21	16.6	3:18	319	47:59	15:29		2:09:46
318.	287		ROBERT DEMUTH	34	M	312	20:34	6:56	316	1:01:00	14.8	2:01	313	41:17	13:19		2:11:46
319.	490		MARK WILSON	52	M	317	22:17	1:15	321	1:08:47	13.1	0:57	314	41:32	13:24		2:14:47
320.	111		ASHLEY SLOVER	25	F	318	23:46	1:30	318	1:04:48	13.9	2:52	317	44:34	14:23		2:17:28
321.	421		TIM MACK	61	M	321	25:27	4:49	310	58:26	15.4	5:54	320	49:24	15:57		2:23:59
322.	322		WILLIAM JOZEFOWICZ	39	M	319	24:03	4:25									2:24:01
323.	105		ZOE HANLEY	21	F	151	14:47	2:23	1	18:32	48.6						
324.	171		PAMELA NAGY	38	F	199	15:45	1:53									
325.	191		LAURA JOZEFOWICZ	40	F	322	29:06	4:24									

Sep-30-2007 1:18:10pm

325 records processed.