

OVERALL RESULTS  
2007 Delaware Diamondman Half Iron Triathlon  
Lums Pond State Park 09/09/2007 7:15 am Sunny

Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BI KE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
1.	120		MATTHEW POWELL	30	M	19	35:07	1:01	1	2:13:16	25.2	0:55	1	1:28:18	6:45		4:18:35
2.	138		MARK ROCHON	32	M	3	31:05	1:12	4	2:18:15	24.3	0:44	5	1:32:41	7:05		4:23:55
3.	233		GARRET OLI N	41	M	7	32:34	1:10	5	2:18:45	24.2	0:59	3	1:31:17	6:59		4:24:43
4.	102		NAT GLACKIN	25	M	70	39:06	1:34	2	2:16:38	24.6	1:11	4	1:31:36	7:00		4:30:03
5.	93		JAMES MULSKI	18	M	12	33:39	1:08	9	2:22:35	23.6	1:11	8	1:35:02	7:16		4:33:32
6.	322		BRUCE SPENCER	43	M	5	32:16	1:33	7	2:21:47	23.7	1:11	10	1:37:36	7:27		4:34:21
7.	228		LEO SUNI AGA	41	M	18	34:10	1:01	26	2:30:03	22.4	1:14	2	1:28:46	6:47		4:35:12
8.	234		CHARLES GRAF	41	M	1	30:19	1:39	13	2:24:16	23.3	1:05	11	1:38:10	7:30		4:35:27
9.	122		IAI N BANKS	30	M	29	36:00	1:11	15	2:24:52	23.2	0:55	7	1:34:21	7:13		4:37:18
10.	145		JASON GERS	34	M	54	37:57	1:07	18	2:27:03	22.8	1:02	12	1:38:49	7:33		4:45:56
11.	94		WILL JURKOWSKI	21	M	41	36:36	2:26	22	2:28:26	22.6	1:21	13	1:38:59	7:34		4:47:46
12.	105		STEPHEN HOLLOWAY	26	M	8	32:40	2:04	31	2:31:10	22.2	1:45	17	1:41:49	7:47		4:49:24
13.	55		JULIE DEERY	42	F	121	43:13	1:14	11	2:23:07	23.5	1:08	16	1:41:39	7:46		4:50:18
14.	276		JAMES MAGUI RE	47	M	66	38:38	1:53	8	2:21:52	23.7	1:23	33	1:47:43	8:14		4:51:27
15.	327		HANS RUPPENTHAL	43	M	16	34:05	1:17	10	2:22:48	23.5	1:11	50	1:52:46	8:37		4:52:05
16.	199		NICK BAUGHAN	39	M	39	36:25	1:29	12	2:24:04	23.3	1:55	35	1:48:15	8:16		4:52:07
17.	290		VINCE TOUEY	49	M	85	40:51	1:51	37	2:33:11	21.9	2:09	9	1:36:20	7:22		4:54:21
18.	224		DAVID JONES	41	M	73	39:11	0:57	17	2:25:44	23.1	1:35	30	1:47:13	8:12		4:54:38
19.	144		PAUL CAPUZZO	34	M	42	36:54	1:18	40	2:34:13	21.8	1:12	15	1:41:23	7:45		4:54:59
20.	294		PAUL PATTERSON	50	M	93	41:22	1:28	24	2:29:36	22.5	1:30	18	1:41:55	7:47		4:55:48
21.	202		JAMES HARRIS	39	M	127	43:35	1:36	14	2:24:34	23.2	1:21	28	1:46:22	8:08		4:57:26
22.	269		DAVID GASSERT	46	M	2	30:20	1:50	49	2:35:21	21.6	1:36	39	1:50:06	8:25		4:59:11
23.	177		FREDERIC C JACOB	37	M	58	38:11	1:29	32	2:31:20	22.2	1:43	29	1:47:07	8:11		4:59:48
24.	274		MARK WISE	47	M	47	37:24	1:21	3	2:16:58	24.5	1:54	77	2:02:39	9:22		5:00:14
25.	157		JAMES LEIGH	35	M	34	36:09	0:54	30	2:31:03	22.2	1:19	44	1:51:28	8:31		5:00:50
26.	151		BARRY POLLOCK	34	M	72	39:08	1:48	74	2:39:47	21.0	1:43	14	1:39:31	7:36		5:01:55
27.	277		MATTHEW MACE	47	M	102	42:15	2:04	39	2:33:59	21.8	1:58	19	1:42:11	7:48		5:02:24
28.	16		LINDSAY ZEMBA	28	F	6	32:26	1:51	68	2:38:38	21.2	1:23	38	1:48:33	8:18		5:02:49
29.	119		ANDREW JAKUBOWI TCH	29	M	107	42:27	2:06	43	2:34:33	21.7	1:38	20	1:42:13	7:49		5:02:55
30.	99		PETER NGUYEN	24	M	11	33:31	2:15	27	2:30:08	22.4	1:09	66	1:57:22	8:58		5:04:23
31.	67		STACY KARWACKI	46	F	51	37:48	1:21	76	2:39:53	21.0	1:40	22	1:43:55	7:56		5:04:35
32.	218		SALVATORE PALMIERI	40	M	76	39:37	0:57	25	2:29:56	22.4	1:41	51	1:53:36	8:41		5:05:45
33.	195		MICHAEL LEE	39	M	37	36:15	3:41	56	2:35:57	21.5	2:22	32	1:47:43	8:14		5:05:56
34.	237		CHRISTOPHER ABBOTT	42	M	4	31:27	2:05	35	2:32:44	22.0	1:26	72	1:59:42	9:09		5:07:22
35.	176		RANDY STANFIELD	37	M	53	37:56	1:19	96	2:42:35	20.7	2:05	23	1:43:59	7:57		5:07:53
36.	268		JAMES REID	46	M	210	49:49	2:24	77	2:39:57	21.0	2:36	6	1:33:59	7:11		5:08:43
37.	61		ROBIN JEFFERIS	44	F	32	36:07	1:24	87	2:41:36	20.8	2:21	31	1:47:18	8:12		5:08:45
38.	272		MATTHEW GODO	46	M	98	41:53	1:50	33	2:32:09	22.1	1:18	47	1:52:12	8:34		5:09:21
39.	1		MONICA ORSITOS	20	F	14	34:04	1:12	92	2:42:21	20.7	1:11	41	1:50:40	8:27		5:09:24
40.	147		MARK BERSHEIM	34	M	69	39:03	3:20	71	2:39:13	21.1	2:13	27	1:45:48	8:05		5:09:33
41.	156		ANDREW SANBORN	35	M	64	38:32	1:01	34	2:32:41	22.0	1:54	60	1:56:08	8:52		5:10:15
42.	192		DAVID HOLMES	38	M	74	39:16	2:11	58	2:36:31	21.5	1:48	40	1:50:36	8:27		5:10:20
43.	258		MICHAEL KENNY	45	M	40	36:36	1:40	44	2:34:53	21.7	1:32	58	1:55:46	8:51		5:10:24
44.	143		ABEL SMITH	33	M	30	36:05	1:02	16	2:25:08	23.2	1:13	94	2:07:52	9:46		5:11:18
45.	285		RICHARD MORRISON	48	M	38	36:17	1:39	55	2:35:56	21.5	1:38	62	1:56:27	8:54		5:11:56
46.	110		CHRISTOPHE LENGLET	27	M	92	41:17	2:12	57	2:36:06	21.5	1:48	42	1:50:42	8:27		5:12:03
47.	266		CARLETON CONANT	46	M	44	37:07	1:15	108	2:44:54	20.4	0:58	34	1:48:15	8:16		5:12:27
48.	3		LINDSAY WOHLERS	22	F	17	34:06	1:37	120	2:46:43	20.2	1:40	37	1:48:24	8:17		5:12:28
49.	139		JOSEPH CUNANE	33	M	27	35:52	1:08	78	2:40:18	21.0	1:46	54	1:55:00	8:47		5:14:03
50.	168		DINO SCLAVOUNOS	36	M	59	38:12	1:47	6	2:20:48	23.9	1:14	112	2:12:04	10:05		5:14:03
51.	113		MATT LACORTE	28	M	35	36:12	2:49	94	2:42:22	20.7	2:36	43	1:51:06	8:29		5:15:03
52.	48		KAREN SMITH	40	F	???????	1:20:52	38	2:33:17	21.9	1:17	76	2:02:09	9:20		5:15:55	
53.	248		ROBERT MCNAMARA	43	M	23	35:31	1:50	70	2:39:12	21.1	1:09	67	1:58:17	9:02		5:15:57
54.	296		PETER BRIAR	51	M	24	35:47	2:53	65	2:37:41	21.3	2:00	69	1:58:52	9:05		5:17:11
55.	215		ROBERT MCCALLUM	40	M	20	35:15	3:06	158	2:52:51	19.4	2:11	26	1:45:40	8:04		5:19:01
56.	65		JACQUELINE TIMMERMAN	45	F	52	37:50	1:26	69	2:39:07	21.1	1:16	71	1:59:31	9:08		5:19:07
57.	136		AXEL KRUEGER	32	M	118	43:10	2:19	51	2:35:34	21.6	2:06	59	1:56:05	8:52		5:19:12
58.	149	C	ROBERT VILLANUEVA	34	M	222	50:42	1:25	28	2:30:40	22.3	1:14	63	1:56:56	8:56		5:20:56
59.	11		MINDY YARD	27	F	45	37:12	1:52	114	2:46:03	20.2	1:28	55	1:55:03	8:47		5:21:36
60.	179		JAMES MONFELDT	37	M	60	38:16	2:25	46	2:35:16	21.6	1:43	80	2:04:40	9:31		5:22:19
61.	203		JOHN BRUDER	39	M	179	47:13	5:07	89	2:42:02	20.7	2:10	36	1:48:22	8:17		5:24:52
62.	63		MICHELE FAUL	45	F	141	44:24	1:30	83	2:41:06	20.9	1:55	64	1:56:58	8:56		5:25:51
63.	304		STEVE LEE	56	M	109	42:28	4:24	79	2:40:37	20.9	2:17	61	1:56:19	8:53		5:26:03
64.	230	C	ERIC DAUGHERTY	41	M	105	42:25	2:32	98	2:43:14	20.6	2:41	56	1:55:30	8:49		5:26:20
65.	326		PAUL RANDOLPH	41	M	48	37:27	2:08	195	3:01:31	18.5	2:05	21	1:43:33	7:55		5:26:43
66.	175		COLLIN TATUSKO	37	M	21	35:15	2:01	50	2:35:33	21.6	1:30	118	2:12:52	10:09		5:27:09
67.	194		DAVID HOPKINS	39	M	113	42:38	2:49	99	2:43:18	20.6	1:55	65	1:57:07	8:57		5:27:45
68.	44		CYNDI NOONAN	38	F	89	41:05	2:55	125	2:47:37	20.0	2:06	53	1:54:08	8:43		5:27:49
69.	330		JUHA SIKAMAKI	37	M	106	42:26	2:11	45	2:34:56	21.7	1:35	89	2:07:19	9:44		5:28:26
70.	186		BRIAN BECKER	38	M	120	43:11	1:53	42	2:34:29	21.8	1:27	95	2:07:58	9:47		5:28:56

Sep-09-2007 5:39:36pm

OVERALL RESULTS  
2007 Delaware Diamondman Half Iron Triathlon  
Lums Pond State Park 09/09/2007 7:15 am Sunny

Directed by: Neil Semmel

Place	No.	C	NAME	Ag	S	Rank	SWIM	T1	Rank	BI KE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
71.	137		SYED AFZAL	32	M	63	38:31	1:27	36	2:32:49	22.0	1:35	122	2:15:15	10:20		5:29:35
72.	260		FRANK MANERI	45	M	95	41:38	4:00	134	2:49:11	19.9	2:43	49	1:52:40	8:36		5:30:10
73.	201		MICHAEL FAGIN	39	M	160	45:30	3:22	118	2:46:38	20.2	1:10	52	1:53:59	8:43		5:30:37
74.	53		MICHELE MORRILL	41	F	110	42:29	1:02	95	2:42:35	20.7	1:12	79	2:03:28	9:26		5:30:44
75.	180		STEVEN COHEN	37	M	142	44:31	2:05	141	2:50:10	19.7	1:25	48	1:52:36	8:36		5:30:45
76.	319		DAVID TRAGER	48	M	154	45:13	2:49	85	2:41:14	20.8	2:11	73	2:01:20	9:16		5:32:46
77.	229		ED KLOSOWSKI	4													

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86.	107	STEVE MCCANN	26	M	125	43:28	3:30	105	2:43:52	20.5	3:41	75	2:02:03	9:19	5:36:33
87.	321	MOLLY BAILEY-GOGA	44	F	87	40:57	1:54	144	2:50:38	19.7	1:00	78	2:02:40	9:22	5:37:07
88.	80	JOYCE STEVENS	51	F	201	49:16	1:59	153	2:51:23	19.6	2:46	46	1:51:48	8:32	5:37:10
89.	188	TODD STURZA	38	M	143	44:35	2:35	104	2:43:38	20.5	2:18	82	2:04:57	9:33	5:38:02
90.	206	EUGENE CAFFREY	39	M	140	44:17	1:06	19	2:27:04	22.8	1:18	153	2:24:44	11:03	5:38:27
91.	217	MICHAEL TURGEON	40	M	31	36:07	1:05	53	2:35:42	21.6	1:16	152	2:24:36	11:03	5:38:44
92.	146	ERIC FRIED	34	M	165	46:09	3:00	124	2:47:29	20.1	3:26	70	1:59:21	9:07	5:39:23
93.	34	SHERRY CUSATI S	34	F	213	49:59	2:09	194	3:00:58	18.6	1:36	24	1:45:10	8:02	5:39:51
94.	20	MARIANNE HENRY	30	F	25	35:50	2:00	160	2:53:30	19.4	2:03	85	2:06:30	9:40	5:39:51
95.	284	DALE MOSSMAN	48	M	209	49:48	2:58	67	2:38:01	21.3	2:37	86	2:06:41	9:41	5:40:04
96.	243	BILL PARKE	43	M	181	47:21	2:15	73	2:39:44	21.0	1:53	102	2:09:34	9:54	5:40:46
97.	259	ROBERT GATES	45	M	211	49:51	3:12	23	2:28:41	22.6	2:23	132	2:17:13	10:29	5:41:18
98.	255	MARK DICKSON	44	M	114	42:39	3:46	80	2:40:50	20.9	2:30	113	2:12:11	10:06	5:41:53
99.	116	C BRIAN LI TCHFIELD	29	M	22	35:18	2:04	117	2:46:29	20.2	2:23	126	2:15:52	10:23	5:42:04
100.	205	BRYAN VAUGHN	39	M	157	45:21	3:50	110	2:45:18	20.3	2:10	84	2:05:48	9:37	5:42:26
101.	300	TED MAGLIONE	52	M	161	45:50	3:05	60	2:36:37	21.5	1:38	124	2:15:21	10:20	5:42:29
102.	82	DIANE DUELFER	51	F	62	38:29	2:37	142	2:50:24	19.7	2:34	98	2:09:03	9:52	5:43:05
103.	251	DAVID SPENCER	44	M	116	42:59	1:22	119	2:46:40	20.2	1:55	105	2:10:14	9:57	5:43:08
104.	124	MICHAEL REDELL	30	M	122	43:19	2:41	66	2:37:47	21.3	2:27	130	2:17:04	10:28	5:43:17
105.	324	C MARK FEINBERG	40	M	28	35:52	2:19	135	2:49:14	19.9	2:25	121	2:14:50	10:18	5:44:38
106.	112	CHARLIE STEPHENS	27	M	130	43:43	2:38	132	2:49:00	19.9	1:50	93	2:07:51	9:46	5:45:00
107.	6	LISA FRANCIOTTI	24	F	57	38:08	1:50	123	2:47:24	20.1	1:51	127	2:15:59	10:23	5:45:11
108.	52	JUDA MCGANNON	41	F	119	43:10	2:29	171	2:56:02	19.1	1:56	74	2:01:40	9:18	5:45:16
109.	126	CASEY NICHOLAS	31	M	82	40:29	2:03	131	2:48:31	19.9	2:39	111	2:11:42	10:04	5:45:23
110.	117	BRIAN HILBERT	29	M	229	52:04	2:46	61	2:36:42	21.4	3:49	109	2:11:33	10:03	5:46:54
111.	31	HEATHER PUCHALSKI	33	F	174	46:49	1:49	111	2:45:28	20.3	2:05	110	2:11:34	10:03	5:47:43
112.	245	RICHARD SLAGLE	43	M	128	43:36	4:04	146	2:50:51	19.7	2:55	87	2:06:44	9:41	5:48:08
113.	30	ASHLEY MADRAY	33	F	13	33:59	1:15	75	2:39:49	21.0	1:25	183	2:33:31	11:44	5:49:56
114.	314	RICHARD LITZEL	67	M	145	44:43	2:22	150	2:51:16	19.6	1:51	106	2:10:14	9:57	5:50:24
115.	64	EMILY SALMONS	45	F	205	49:44	2:16	157	2:52:13	19.5	1:44	81	2:04:42	9:32	5:50:36
116.	223	ROBERT MOORE	41	M	126	43:30	1:45	143	2:50:32	19.7	2:28	116	2:12:43	10:08	5:50:57
117.	254	ERIC FINK	44	M	167	46:27	1:08	84	2:41:11	20.8	1:54	142	2:20:26	10:44	5:51:05
118.	253	FRANK LA SAL	44	M	138	44:14	1:54	115	2:46:04	20.2	2:18	135	2:17:28	10:30	5:51:56
119.	306	NICK POMONIO	56	M	88	41:04	2:19	59	2:36:32	21.5	1:42	175	2:31:04	11:32	5:52:39
120.	225	FRED BALDWIN	41	M	171	46:41	2:43	88	2:41:54	20.8	1:47	139	2:19:37	10:40	5:52:41
121.	207	C BRAD HARRISON	39	M	132	43:52	1:50	127	2:47:45	20.0	2:21	133	2:17:14	10:29	5:52:59
122.	222	SCOTT BARBOUR	41	M	144	44:40	5:31	54	2:35:46	21.6	5:21	146	2:11:47	10:50	5:53:03
123.	301	PRESTON EDELSTEIN	54	M	255	58:29	2:12	82	2:40:51	20.9	2:09	104	2:10:06	9:56	5:53:45
124.	164	JOHN TREML	36	M	206	49:45	2:21	106	2:44:03	20.5	2:27	123	2:15:21	10:20	5:53:55
125.	60	LORI WETZEL	44	F	173	46:48	1:26	152	2:51:16	19.6	2:35	114	2:12:14	10:06	5:54:17
126.	69	LJ WHITE	46	F	91	41:14	1:44	178	2:57:41	18.9	1:24	115	2:12:17	10:06	5:54:18
127.	239	LARRY GOLDSTEIN	42	M	131	43:47	2:17	48	2:35:21	21.6	1:11	178	2:32:39	11:40	5:55:14
128.	132	MATTHEW DECK	31	M	177	47:04	4:54	191	2:59:54	18.7	5:00	68	1:58:25	9:03	5:55:14
129.	133	THOMAS COLEMAN	31	M	146	44:45	3:30	181	2:57:56	18.9	2:00	91	2:07:36	9:45	5:55:45
130.	54	NIQUI JOHNSON	42	F	185	47:48	1:52	139	2:49:55	19.8	1:34	129	2:16:42	10:27	5:57:49
131.	204	ERIC CONWAY	39	M	33	36:08	2:22	129	2:48:16	20.0	3:42	162	2:27:37	11:17	5:58:04
132.	167	RAYMOND BORDOGNA	36	M	228	51:59	4:55	202	3:03:30	18.3	6:24	45	1:51:29	8:31	5:58:15
133.	62	HILARY GOODMAN	44	F	207	49:47	1:37	225	3:09:18	17.8	2:27	57	1:55:36	8:50	5:58:42
134.	100	C STEPHEN ARTZ	24	M	216	50:13	2:06	47	2:35:18	21.6	1:25	172	2:30:11	11:28	5:59:10
135.	130	C JOHN MCCARROLL	31	M	235	53:40	1:29	52	2:35:38	21.6	3:13	158	2:26:10	11:10	6:00:08
136.	13	MEGAN ROSS	27	F	184	47:46	2:17	186	2:59:23	18.7	1:51	99	2:09:07	9:52	6:00:21
137.	92	RYAN GLYNN	17	M	243	54:44	2:22	156	2:52:07	19.5	2:52	96	2:08:32	9:49	6:00:35
138.	84	MARIANNE MOORE	53	F	43	37:05	2:08	121	2:46:59	20.1	1:47	181	2:33:14	11:42	6:01:10
139.	263	MATT RYAN	45	M	217	50:36	2:33	137	2:49:29	19.8	2:45	125	2:15:51	10:23	6:01:12
140.	4	SARA STERN	24	F	137	44:13	2:40	209	3:04:50	18.2	1:53	92	2:07:39	9:45	6:01:13

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OVERALL RESULTS  
2007 Delaware Diamondman Half Iron Triathlon  
Lums Pond State Park 09/09/2007 7:15 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.	283		BRENT SHULTZ	48	M	78	39:58	2:26	102	2:43:29	20.6	1:53	186	2:33:42	11:44		6:01:25
142.	21		LIZA PROKOP	30	F	79	39:58	1:53	149	2:51:07	19.6	1:50	163	2:27:51	11:18		6:02:38
143.	331		ANDREA LAWRENCE	42	F	9	33:26	1:10	112	2:45:32	20.3	2:20	205	2:40:34	12:16		6:03:01
144.	267		JIM DARTT	46	M	104	42:24	4:21	107	2:44:36	20.4	2:02	170	2:29:48	11:27		6:03:08
145.	317		KIM VARNEY	55	M	77	39:57	2:28	72	2:39:33	21.1	2:35	201	2:39:18	12:10		6:03:49
146.	104		MICHAEL D'ANDREA	26	M	97	41:46	2:37	93	2:42:22	20.7	1:36	195	2:36:16	11:56		6:04:35
147.	70		ELIZABETH JENNISON	46	F	46	37:22	1:46	203	3:03:52	18.3	2:17	141	2:20:06	10:42		6:05:22
148.	287	C	PAUL PALMER, JR.	48	M	172	46:47	3:28	116	2:46:10	20.2	2:28	159	2:26:50	11:13		6:05:41
149.	173		ROB MAGAW	37	M	147	44:49	2:24	86	2:41:29	20.8	2:45	193	2:34:53	11:50		6:06:18
150.	303		RUDY RINDERER	56	M	250	56:39	3:43	166	2:55:10	19.2	1:33	101	2:09:24	9:53		6:06:28
151.	227		KEVIN KNAUFF	41	M	187	48:07	2:07	147	2:50:55	19.7	2:28	154	2:24:52	11:04		6:08:27
152.	250		THANE VAN ZOMEREN	44	M	262	1:00:57	3:34	103	2:43:36	20.5	3:07	134	2:17:20	10:29		6:08:32
153.	264		MARK KOTARSKI	46	M	218	50:37	2:17	176	2:57:20	18.9	2:00	131	2:17:11	10:29		6:09:23
154.	171		JOSEPH PACETTI	36	M	149	45:05	5:49	190	2:59:53	18.7	8:42	107	2:10:29	9:58		6:09:55
155.	29		NICOLE HOPKINS	33	F	67	38:43	1:54	197	3:02:42	18.4	2:45	151	2:24:01	11:00		6:10:03
156.	183		THOMAS DAHBURA	38	M	55	37:58	3:18	165	2:54:40	19.2	2:32	179	2:32:48	11:40		6:11:15
157.	302		CARL HENDRICKS	54	M	237	54:15	3:17	100	2:43:24	20.6	2:16	165	2:28:08	11:19		6:11:41
158.	221		STEVE CREIGHTON	41	M	203	49:31	3:10	109	2:45:12	20.3	3:13	174	2:30:38	11:30		6:11:49
159.	121		BRIAN MURPHY	30	M	193	48:35	4:02	224	3:09:01	17.8	3:43	88	2:07:02	9:42		6:12:20
160.	280		TIM JOHNSON	48	M	234	52:53	2:05	113	2:46:01	20.2	2:06	167	2:29:19	11:24		6:12:23
161.	256		JOSEPH BREEN	44	M	168	46:34	3:23	122	2:47:17	20.1	1:44	185	2:33:32	11:44		6:12:29
162.	288		LOU STRUPCZEWSKI	49	M	208	49:47	5:43	188	2:59:44	18.7	4:57	117	2:12:50	10:09		6:12:59
163.	152		DAN FISHERMAN	34	M	49	37:31	1:59	170	2:55:46	19.1	3:22	190	2:34:34	11:48		6:13:11
164.	315		ANDREW MALINAK	21	M	10	33:28	2:11	133	2:49:10	19.9	2:49	216	2:47:13	12:46		6:14:48
165.	109	C															

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178.	71	JO HAHN	46	F	183	47:45	3:19	174	2:56:39	19.0	2:29	173	2:30:15	11:29	6:20:26
179.	128	JEFFREY HARTMAN	31	M	226	51:42	2:52	130	2:48:19	20.0	1:53	196	2:36:42	11:58	6:21:26
180.	181	CHRISTIAN NEWMAN	38	M	129	43:42	3:25	200	3:03:16	18.3	2:13	168	2:29:20	11:24	6:21:53
181.	311	REINHARDT SCHINDLER	61	M	155	45:15	3:49	185	2:59:20	18.7	3:42	176	2:31:18	11:33	6:23:23
182.	299	C EDWARD SCHIAVONI	52	M	65	38:37	2:42	148	2:50:55	19.7	3:39	220	2:47:51	12:49	6:23:42
183.	307	JOHN VOGEL	59	M	96	41:44	1:46	126	2:47:40	20.0	2:46	225	2:50:24	13:01	6:24:18
184.	244	KEVIN PETER	43	M	221	50:41	1:36	169	2:55:43	19.1	3:39	180	2:32:53	11:41	6:24:30
185.	9	AMANDA YOUNG	25	F	153	45:10	2:31	222	3:08:30	17.8	1:42	160	2:26:59	11:14	6:24:49
186.	278	KLAUS LEMKE	47	M	186	47:52	1:16	136	2:49:24	19.8	1:37	211	2:45:09	12:37	6:25:16
187.	131	JONATHAN LANKEN	31	M	99	41:58	2:56	154	2:51:45	19.6	3:18	215	2:46:15	12:42	6:26:10
188.	17	JESSICA WOODRUFF	29	F	124	43:23	3:25	196	3:02:35	18.4	2:47	188	2:34:21	11:47	6:26:30
189.	36	DENEEN HABARTA	34	F	188	48:09	5:00	212	3:05:30	18.1	2:39	156	2:25:15	11:06	6:26:31
190.	316	C WALKER PEARCE-PERCY	29	M	139	44:14	3:02	91	2:42:20	20.7	4:16	229	2:53:09	13:13	6:27:00
191.	5	TACY NAPOLI LLO	24	F	256	58:32	2:33	217	3:07:20	17.9	2:39	128	2:16:39	10:26	6:27:42
192.	25	BRI DGETTE LOBURK	31	F	117	43:06	2:39	213	3:05:33	18.1	1:52	189	2:34:34	11:48	6:27:42
193.	325	RICHARD BOWSER	39	M	220	50:40	3:36	163	2:54:19	19.3	3:02	194	2:36:10	11:56	6:27:44
194.	41	CHRISTY THATCHER	36	F	169	46:35	4:31	238	3:14:29	17.3	3:55	144	2:20:51	10:46	6:30:19
195.	265	JOHN CIUZO	46	M	83	40:44	3:07	231	3:11:06	17.6	1:52	187	2:33:50	11:45	6:30:36
196.	166	MIKE LAFIANDRA	36	M	112	42:32	3:31	168	2:55:36	19.1	2:10	219	2:47:48	12:49	6:31:35
197.	51	EILEEN MURPHY	41	F	158	45:27	1:59	206	3:04:14	18.2	2:00	202	2:39:20	12:10	6:32:59
198.	103	MARC RIZZO	26	M	241	54:37	2:59	172	2:56:05	19.1	3:19	198	2:38:35	12:07	6:35:34
199.	114	WESLEY TURNER	28	M	81	40:24	1:39	97	2:42:59	20.6	3:03	240	3:08:00	14:21	6:36:02
200.	127	CLIFTON DUHON	31	M	240	54:35	2:07	182	2:58:28	18.8	2:23	199	2:38:40	12:07	6:36:12
201.	163	BILL HEALY	36	M	223	50:56	5:01	223	3:08:34	17.8	2:52	166	2:28:56	11:23	6:36:18
202.	197	J CARROLL	39	M	257	58:51	3:05	235	3:13:13	17.4	3:58	137	2:17:47	10:32	6:36:52
203.	77	LINDA ARMSTRONG	49	F	215	50:11	3:06	218	3:07:46	17.9	2:04	191	2:34:45	11:49	6:37:51
204.	101	KEVIN MCCLAFFERTY	25	M	197	48:58	2:56	199	3:03:15	18.3	2:52	204	2:40:07	12:14	6:38:07
205.	2	KELSEY PARAS	21	F	15	34:05	2:02	237	3:13:50	17.3	1:11	217	2:47:31	12:48	6:38:37
206.	37	AMY FISHMAN	35	F	166	46:13	5:49	242	3:21:29	16.7	4:36	149	2:23:35	10:58	6:41:40
207.	57	EILEEN BUYS	43	F	244	54:45	4:33	241	3:18:55	16.9	4:26	140	2:19:48	10:41	6:42:24
208.	154	JOSEPH LINNEHAN	35	M	227	51:46	3:16	211	3:05:27	18.1	2:15	203	2:40:01	12:13	6:42:43
209.	249	MICHAEL DECRI CK	44	M	252	58:10	3:34	208	3:04:33	18.2	3:33	182	2:33:27	11:43	6:43:15
210.	40	SHANA HERSH	36	F	90	41:13	2:09	227	3:09:24	17.7	2:43	222	2:48:03	12:50	6:43:30

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OVERALL RESULTS

2007 Delaware Diamondman Half Iron Triathlon  
Lums Pond State Park 09/09/2007 7:15 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.	14		HEATHER SCHLOSS	27	F	189	48:25	3:08	256	3:41:24	15.2	1:47	100	2:09:14	9:52		6:43:56
212.	142		MATT BOURNONVILLE	33	M	251	58:00	4:03	183	2:58:59	18.8	3:04	206	2:40:35	12:16		6:44:41
213.	169	C	NATHAN BORDERS	36	M	261	1:00:52	2:42	138	2:49:52	19.8	2:43	224	2:49:47	12:58		6:45:55
214.	241		ROBERT FREEDENBERG	43	M	86	40:55	8:13	207	3:04:33	18.2	4:36	218	2:47:40	12:48		6:45:55
215.	83		LINDA RICHEY	52	F	202	49:19	3:47	251	3:28:40	16.1	2:18	147	2:22:03	10:51		6:46:05
216.	185	C	SEAN MCSHANE	38	M	68	38:45	3:26	81	2:40:51	20.9	2:52	249	3:22:13	15:27		6:47:05
217.	140		ANDREW KONCZ	33	M	260	1:00:03	3:24	228	3:09:49	17.7	3:04	184	2:33:31	11:44		6:49:49
218.	81		MARY FRAKER	51	F	247	55:36	5:01	246	3:23:31	16.5	2:46	150	2:23:45	10:59		6:50:37
219.	196		ALEX MIRKOW	39	M	162	45:50	4:05	236	3:13:15	17.4	3:02	214	2:45:58	12:41		6:52:08
220.	35		SANDY WEBB	34	F	248	55:43	4:09	233	3:11:27	17.6	3:23	197	2:37:46	12:03		6:52:26
221.	240	C	JAMES GALLOWAY	42	M	239	54:27	1:55	230	3:10:35	17.6	1:44	213	2:45:58	12:41		6:54:37
222.	191		PHILLIP CLAYBERG	38	M	199	49:03	4:59	205	3:04:11	18.2	1:39	231	2:54:48	13:21		6:54:38
223.	219		ROBERT CUNLIFFE	40	M	231	52:21	2:20	214	3:06:56	18.0	1:51	227	2:51:54	13:08		6:55:20
224.	270	C	WARREN FRI CK	46	M	238	54:24	2:22	180	2:57:55	18.9	2:40	236	2:59:38	13:43		6:56:58
225.	89		DONNA NEWCOMER	56	F	136	44:12	2:05	177	2:57:23	18.9	2:29	245	3:15:17	14:55		7:01:25
226.	28	A	BETH SANBORN	32	F	148	45:02	1:45	210	3:05:10	18.1	2:45	239	3:07:18	14:18		7:01:58
227.	106		DION ANTONIO	26	M	258	59:10	2:56	247	3:23:41	16.5	2:20	192	2:34:50	11:50		7:02:56
228.	23		MJ JERVINSKY	31	F	266	1:06:09	4:17	193	3:00:51	18.6	2:31	223	2:49:09	12:55		7:02:56
229.	42		TINA WELSH	37	F	195	48:38	5:03	240	3:18:04	17.0	7:08	212	2:45:48	12:40		7:04:39
230.	26		JODIE KENDALL	31	F	219	50:40	4:39	244	3:22:34	16.6	2:00	210	2:45:04	12:36		7:04:56
231.	66		SUSAN WEISSMAN	45	F	108	42:28	1:44	204	3:03:52	18.3	2:54	243	3:14:17	14:50		7:05:13
232.	134		MICHAEL CARSON	31	M	254	58:27	3:16	175	2:56:51	19.0	2:03	237	3:04:42	13:06		7:05:18
233.	45		ALANA LAMBERT	39	F	225	51:22	3:13	232	3:11:23	17.6	2:38	235	2:56:43	14:30		7:05:18
234.	59	A	LISA MYERS	44	F	156	45:19	2:21	216	3:07:00	18.0	2:07	241	3:11:08	14:36		7:07:52
235.	295	C	TED MILLER	50	M	151	45:08	1:53	140	2:50:03	19.8	2:03	250	3:29:15	15:59		7:08:20
236.	49		DEB SUTTON	41	F	196	48:39	5:18	243	3:21:55	16.6	2:34	228	2:52:36	13:11		7:11:00
237.	200		EDD WELSH	39	M	232	52:32	4:24	234	3:12:47	17.4	5:24	234	2:55:59	13:26		7:11:04
238.	98		NICHOLAS WENDOWSKI	24	M	249	56:12	4:20	250	3:27:31	16.2	3:03	208	2:43:45	12:30		7:14:49
239.	318		ALISON MCKENNA	26	F	135	44:10	5:43	252	3:29:19	16.1	3:12	232	2:54:56	13:22		7:17:17
240.	73		JANETTE GORNI AK	48	F	61	38:26	4:06	255	3:36:22	15.5	5:12	230	2:54:20	13:19		7:18:24
241.	312		RICHARD SENIOR	62	M	230	52:10	3:52	215	3:06:59	18.0	3:02	242	3:12:31	14:42		7:18:32
242.	46		LAURA BECK	39	F	192	48:34	3:07	261	4:03:37	13.8	2:14	157	2:25:34	11:07		7:23:03
243.	193		MICHAEL BAUER	39	M	180	47:20	4:02	229	3:10:27	17.6	5:47	246	3:17:23	15:04		7:24:57
244.	187		RONALD WILLIAMS	38	M	245	54:48	4:24	253	3:30:34	16.0	4:51	226	2:50:49	13:03		7:25:24
245.	235	C	BENJAMIN REED	41	M	214	50:04	5:24	219	3:08:05	17.9	4:00	247	3:19:35	15:15		7:27:06
246.	78		KIT SCHWEIKER-GERDEL	49	F	212	49:52	5:13	254	3:34:47	15.6	4:26	233	2:55:28	13:24		7:29:44
247.	158		WILLIAM GRANT II	35	M	264	1:03:07	3:08	226	3:09:23	17.7	4:47	244	3:14:18	14:50		7:34:41
248.	281		PATRICK FETT	48	M	253	58:19	5:58	258	3:45:14	14.9	3:11	209	2:44:29	12:34		7:37:08
249.	135		CHRIS SOUDER	32	M	163	46:00	4:32	248	3:26:18	16.3	2:25	248	3:20:35	15:19		7:39:48
250.	50		JENNI FER BABA	41	F	236	53:46	4:21	257	3:45:03	14.9	4:53	238	3:05:32	14:10		7:53:31
251.	86		YOLANDA VELEZ	55	F	246	55:33	5:01									
252.	90		MARIE DEAN	59	F	100	42:02	1:39	128	2:48:01	20.0	1:12					
253.	305		PAUL ALEXANDER	56	M	194	48:35	2:27	260	3:56:00	14.2	1:58					
254.	39		JILL PIERCE	36	F	36	36:12	2:20	161	2:54:03	19.3	2:19					
255.	22		ERI CA ALDIN	30	F	263	1:02:34	6:52	245	3:23:16	16.5	3:16					
256.	308																

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269 records processed.