

## OVERALL RESULTS

2007 Escape From Fort Delaware Triathlon  
 Delaware City, DE 06/09/2007 7:30 am Sunny  
 Directed by: Neil Semmel

Place	No.	C	NAME	City	St	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
1.	158		GREG CLOSE	BERWYN	PA	24	M	41	29:12	1:06	1	1:02:42	23.7	0:38	3	39:54	6:27		2:13:30
2.	154		JAMES BURNS	LANDENBERG	PA	19	M	25	27:55	1:01	3	1:06:10	22.5	0:38	2	39:42	6:25		2:15:23
3.	218		STEVE FROMMER	INTERLAKEN	NJ	37	M	10	25:34	1:47	9	1:09:09	21.5	1:04	5	40:53	6:36		2:18:25
4.	155		JEFFREY BOEHMER	NEWARK	DE	20	M	5	23:38	0:41	6	1:07:37	22.0	0:45	28	46:11	7:27		2:18:50
5.	174		MICHAEL HAMBERGER	BEAR	DE	28	M	67	30:55	0:58	5	1:07:14	22.1	0:47	1	39:20	6:21		2:19:11
6.	26		LEO SUNIAGA	WEST CHESTER	PA	41	M	16	26:36	1:02	18	1:10:59	21.0	1:30	4	40:47	6:35		2:20:52
7.	163		PETE EVANS	LAWRENCEVILLE	NJ	26	M	3	22:19	0:51	15	1:10:34	21.1	0:50	30	46:21	7:29		2:20:53
8.	282		ADRIAN MAHOLCHIC	PITTSBURGH	PA	30	M	1	21:10	1:18	33	1:13:53	20.1	0:57	25	46:06	7:26		2:23:22
9.	38		WILLIAM BOBEN	LANCASTER	PA	44	M	54	29:52	1:30	10	1:09:09	21.5	1:06	8	42:08	6:48		2:23:44
10.	186		JOHN HUNTER	PHILADELPHIA	PA	31	M	45	29:21	1:26	4	1:06:34	22.4	0:53	21	45:37	7:22		2:23:48
11.	110		SUZANNE HUELSTER	RIVERTON	NJ	33	F	65	30:37	1:01	13	1:10:32	21.1	0:40	6	41:05	6:38		2:23:53
12.	214		STEPHEN LINDRIDGE	MIDLOTHIAN	VA	36	M	31	28:14	0:55	25	1:12:21	20.6	0:33	7	41:56	6:46		2:23:57
13.	43		BOB ESCHENBACH	HARLEYSVILLE	PA	46	M	7	25:15	1:15	12	1:10:17	21.2	1:03	26	46:11	7:27		2:23:59
14.	22		DUANE HEDLUND	PHOENIXVILLE	PA	40	M	4	22:59	1:16	14	1:10:33	21.1	1:07	47	48:42	7:52		2:24:35
15.	202		STEFAN WIESEN	ARLINGTON	VA	35	M	43	29:18	0:52	17	1:10:48	21.0	1:02	10	43:06	6:57		2:25:04
16.	157		HUNTER WINEGARNER	WHEATON	MD	23	M	9	25:33	1:25	37	1:14:28	20.0	1:06	9	43:02	6:57		2:25:32
17.	206		KEVIN GREEN	GAITHERSBURG	MD	35	M	50	29:49	1:00	7	1:08:27	21.7	0:46	27	46:11	7:27		2:26:12
18.	213		MARC SILBERMAN	BEDMINSTER	NJ	36	M	26	28:00	1:33	8	1:08:59	21.6	1:03	34	46:54	7:34		2:26:27
19.	215		JASON MULVENY	WASHINGTON	DC	36	M	117	35:12	1:10	2	1:05:48	22.6	0:49	13	44:29	7:11		2:27:26
20.	193		FRANK MCGURK	NEWARK	DE	33	M	20	27:10	0:49	24	1:12:20	20.6	1:10	29	46:17	7:28		2:27:42
21.	122		SALLY SPECK	KENNETT SQUARE	PA	35	F	33	28:16	1:10	23	1:12:11	20.6	0:34	24	45:58	7:25		2:28:08
22.	125		JENNIFER COLLINS	ALEXANDRIA	VA	37	F	21	27:16	1:16	41	1:14:59	19.8	1:00	14	44:36	7:12		2:29:06
23.	53		PAUL SCHLOSSER	NEWARK	DE	53	M	13	26:14	1:31	16	1:10:43	21.0	1:30	57	49:56	8:04		2:29:53
24.	20		STUART HOUGH	FREDERICK	MD	40	M	11	25:35	1:20	36	1:14:06	20.1	0:54	58	50:06	8:05		2:31:58
25.	180		JEFFREY BELL	WASHINGTON	DC	29	M	137	36:54	1:32	11	1:09:25	21.4	1:20	11	43:40	7:03		2:32:50
26.	165		CODY ALVAREZ	ARLINGTON	VA	26	M	78	31:50	0:58	28	1:12:52	20.4	0:44	33	46:51	7:34		2:33:13
27.	219		BOYD GARRISON	DORCHESTER	NJ	37	M	12	25:49	1:02	27	1:12:43	20.5	1:01	76	52:48	8:31		2:33:21
28.	112		TIFFANY SCANLON	PHILADELPHIA	PA	33	F	32	28:16	1:02	29	1:13:06	20.4	0:43	61	50:22	8:08		2:33:26
29.	185		AARON HENELY	GRAFTON	DE	31	M	100	33:52	1:39	21	1:11:47	20.7	1:38	18	44:53	7:15		2:33:48
30.	124		MONICA ROBBERS	ARLINGTON	VA	36	F	30	28:14	1:15	48	1:15:50	19.6	0:53	42	48:19	7:48		2:34:28
31.	269		BRENNAN MCREYNOLDS	ROCKVILLE	MD	27	M	69	31:00	1:59	22	1:11:49	20.7	1:38	43	48:20	7:48		2:34:44
32.	166		KYLE SWEZEY	MEDIA	PA	26	M	77	31:43	2:13	34	1:14:01	20.1	1:10	22	45:40	7:22		2:34:44
33.	48		MARK HANLON	SCHWENKSVILLE	PA	47	M	87	32:33	1:49	26	1:12:38	20.5	1:20	39	47:29	7:40		2:35:47
34.	2	C	ERIC BENJAMIN	TIMONIUM	MD	29	M	124	35:44	1:46	30	1:13:13	20.3	0:57	12	44:12	7:08		2:35:49
35.	140		ROBIN JEFFERIS	PHOENIXVILLE	PA	44	F	44	29:20	1:12	44	1:15:09	19.8	1:00	53	49:31	8:00		2:36:11
36.	285		TIMOTHY OTTO	PHILADELPHIA	PA	26	M	47	29:30	1:22	63	1:18:12	19.0	0:39	31	46:33	7:31		2:36:14
37.	19	C	KIP JAWISH	FREDERICK	MD	48	M	64	30:33	1:10	47	1:15:43	19.7	0:40	41	48:13	7:47		2:36:16
38.	159		BRENDON DRISCOLL	ARLINGTON	VA	28	M	127	35:47	1:38	20	1:11:47	20.7	0:59	37	47:20	7:38		2:37:29
39.	5	C	JASON MOOREHEAD	FOUNTAIN HILL	PA	31	M	62	30:19	1:35	80	1:19:47	18.7	0:58	19	45:17	7:19		2:37:54
40.	273		KEVIN MCCART	ALEXANDRIA	VA	32	M	92	32:57	1:49	31	1:13:16	20.3	1:20	49	48:59	7:55		2:38:19
41.	29		THOMAS JEFFERS	ALEXANDRIA	VA	42	M	23	27:26	1:43	39	1:14:36	19.9	1:12	85	54:16	8:46		2:39:11
42.	175		KENNETH HAWKES	WILSONVILLE	OR	28	M	95	33:01	1:48	66	1:18:21	19.0	1:18	16	44:50	7:14		2:39:15
43.	228		MICHAEL MATNEY	FREDERICK	MD	38	M	114	34:58	1:38	19	1:11:03	20.9	0:56	65	50:45	8:12		2:39:19
44.	161		JASON ROHRER	COLUMBIA	PA	25	M	40	28:59	1:39	67	1:18:22	19.0	0:49	56	49:53	8:03		2:39:40
45.	156		ANDREW MALINAK	NEWARK	DE	21	M	2	21:59	1:45	71	1:18:50	18.9	1:27	97	56:27	9:07		2:40:27
46.	6	C	DAVID DAVID	FREDERICK	MD	32	M	57	29:56	1:34	45	1:15:13	19.8	1:21	74	52:29	8:28		2:40:31
47.	191		MITCHELL WEISS	PHILADELPHIA	PA	33	M	56	29:56	1:34	86	1:20:22	18.5	1:22	38	47:25	7:39		2:40:36
48.	197		CHRIS FEATHERS	NEWARK	DE	34	M	36	28:41	1:43	56	1:17:39	19.2	0:51	78	52:55	8:33		2:41:48
49.	23		DANIEL DOEBELE	NEW YORK	NY	40	M	110	34:49	1:58	54	1:17:16	19.3	0:55	36	47:04	7:36		2:42:00
50.	220		CHRIS MARKLEY	LANCASTER	PA	37	M	61	30:02	2:36	73	1:19:03	18.8	1:35	50	49:17	7:57		2:42:32
51.	68		TERRY PAHL	DELANCO	NJ	55	M	74	31:31	1:26	83	1:20:18	18.5	0:49	46	48:42	7:52		2:42:44
52.	145		JEANMARIE ESCHENBACH	HARLEYSVILLE	PA	48	F	96	33:13	2:22	69	1:18:43	18.9	1:32	35	46:58	7:35		2:42:46
53.	30		MACKY TRABAUO	CLAYTON	DE	42	M	37	28:41	1:17	91	1:20:53	18.4	0:46	68	51:26	8:18		2:43:01
54.	111		ASHLEY MADRAY	WILMINGTON	DE	33	F	18	26:59	1:15	82	1:20:14	18.5	0:51	82	53:56	8:42		2:43:13
55.	153		ANDREW BURNS	LANDENBERG	PA	17	M	76	31:39	1:30	79	1:19:42	18.7	1:11	52	49:28	7:59		2:43:28
56.	46		JIM ELDER	LEWES	DE	47	M	29	28:12	1:32	38	1:14:32	20.0	1:02	111	58:18	9:25		2:43:34
57.	50		WILLIAM COQUELIN	ANNANDALE	VA	47	M	79	31:58	1:44	40	1:14:56	19.9	1:05	86	54:19	8:46		2:44:00
58.	89		DELNORA ERICKSON	BETHESDA	MD	26	F	68	30:59	2:52	92	1:20:56	18.4	1:08	48	48:48	7:53		2:44:40

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59.	13	C	SCOTT KELLY	FALLS CHURCH	VA 41 M	46	29:22	1:48	75	1:19:19	18.8	2:19	71	51:55	8:23	2:44:42
60.	162		GRANT BURSEK	WASHI NGTON	DC 26 M	83	32:21	2:42	78	1:19:36	18.7	0:36	59	50:07	8:05	2:45:20
61.	138		KIMBERLEY KRUSE	ARLI NGTON	VA 43 F	106	34:31	1:16	60	1:17:57	19.1	1:02	63	50:38	8:10	2:45:22
62.	194		ADAM FENNI MORE	WI LMI NGTON	DE 33 M	148	37:45	2:25	35	1:14:06	20.1	1:21	55	49:53	8:03	2:45:28
63.	84		CARLA CUE	PHI LADELPHI A	PA 24 F	90	32:48	1:20	77	1:19:34	18.7	0:49	72	52:03	8:24	2:46:32
64.	123		ALLYSON KUTLER	NEW YORK	NY 35 F	133	36:35	1:45	72	1:19:00	18.8	1:10	40	48:12	7:47	2:46:41
65.	184		GUNNAR BRUNING	CATONSVILLE	MD 30 M	8	25:26	1:30	102	1:21:49	18.2	1:17	102	56:51	9:11	2:46:51
66.	171		LARRY SANDELL	WASHI NGTON	DC 27 M	53	29:52	2:07	117	1:23:27	17.8	1:54	54	49:37	8:01	2:46:56
67.	164		JOEL LEGINGER	NARBERTH	PA 26 M	42	29:17	1:39	46	1:15:29	19.7	1:01	124	59:39	9:38	2:47:04
68.	8	C	ROBERT VILLANUEVA	BALTI MORE	MD 34 M	186	42:02	2:31	32	1:13:30	20.2	1:16	44	48:28	7:49	2:47:46
69.	192		SEAN GILLIGAN	MI DDLETOWN	DE 33 M	91	32:48	1:44	107	1:22:14	18.1	0:59	62	50:26	8:08	2:48:10
70.	51		LUBIN HERNANDEZ PALOMI	SILVER SPRING	MD 47 M	60	30:02	1:35	64	1:18:14	19.0	1:03	107	57:35	9:18	2:48:27

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OVERALL RESULTS  
2007 Escape From Fort Delaware Triathlon  
Delaware City, DE 06/09/2007 7:30 am Sunny

Directed by: Neil Semmel

Place	No.	C	NAME	City	St	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
71.	268		ROMAN ORTEGA JR.	ALEXANDRIA	VA 26 M	168		39:47	1:46	85	1:20:22	18.5	1:05	20	45:32	7:21			2:48:30
72.	281		MICHAEL REILLY	NEWARK	DE 47 M	97		33:24	1:49	128	1:27:03	17.1	1:46	15	44:44	7:13			2:48:43
73.	49		PETER FOLGER	OAKTON	VA 47 M	58		29:56	1:50	76	1:19:31	18.7	1:13	96	56:20	9:06			2:48:49
74.	176		DANIEL GRUNBERGER	WASHI NGTON	DC 28 M	38		28:52	3:18	111	1:22:40	18.0	1:38	75	52:29	8:28			2:48:55
75.	223		HARRIS MELBY	FREDERICK	MD 38 M	142		37:15	1:51	43	1:15:08	19.8	0:36	87	54:31	8:48			2:49:20
76.	1	C	MARK WOLFGANG	DOVER	DE 25 M	178		40:39	3:46	62	1:18:10	19.0	1:06	23	45:52	7:24			2:49:31
77.	209		JONATHAN SMITH	ARLI NGTON	VA 36 M	103		34:05	2:25	84	1:20:21	18.5	1:29	67	51:21	8:17			2:49:39
78.	129		JENNY LEUPOLD	FREDERICKSBURG	VA 39 F	108		34:41	1:40	108	1:22:18	18.1	0:57	60	50:08	8:05			2:49:40
79.	216		JOHN LOUDEN, JR	MOUNT LAUREL	NJ 37 M	48		29:35	4:05	74	1:19:04	18.8	1:47	93	55:49	9:01			2:50:17
80.	152		JOSHUA SINDORF	LONCASTER	PA 16 M	28		28:08	4:25	42	1:15:02	19.8	1:49	134	1:01:02	9:51			2:50:25
81.	195		JOSEPH CUNANE	NEWARK	DE 33 M	15		26:34	1:45	52	1:16:53	19.4	1:19	157	1:04:00	10:20			2:50:29
82.	61		DAVID SCHMELZ	SPARKS	MD 51 M	49		29:39	2:32	89	1:20:48	18.4	1:21	103	57:06	9:13			2:51:23
83.	226		MARCO LOMBARDINI	COCKEYSVILLE	MD 38 M	101		34:02	1:37	94	1:21:10	18.3	1:13	81	53:26	8:38			2:51:25
84.	7	C	ROBERT FATZINGER	FALLS CHURCH	VA 32 M	126		35:47	1:50	68	1:18:24	19.0	1:05	88	54:32	8:48			2:51:36
85.	233		BRYAN VAUGHN	WAYNE	PA 39 M	102		34:04	3:34	90	1:20:50	18.4	1:57	66	51:16	8:17			2:51:39
86.	63		TED MAGLIONE	MENDHAM	NJ 52 M	123		35:41	2:05	55	1:17:37	19.2	2:08	84	54:11	8:45			2:51:40
87.	160		ADAM STEINBERGER	BRI CK	NJ 25 M	73		31:27	4:57	61	1:18:03	19.1	1:32	94	55:56	9:02			2:51:54
88.	33		JOHN PIERCE	MOORESTOWN	NJ 43 M	129		36:00	1:48	97	1:21:32	18.3	1:08	69	51:48	8:22			2:52:14
89.	65		DAVID LANGE	PHI LA	PA 52 M	35		28:36	1:58	118	1:23:40	17.8	1:00	106	57:30	9:17			2:52:41
90.	21		BOB MCCARRON	AVONDALE	PA 40 M	63		30:24	2:44	65	1:18:19	19.0	1:11	132	1:00:45	9:48			2:53:21
91.	18	C	JOSH LOEW	WINSTON-SALEM	NC 43 M	17		26:46	2:06	49	1:16:26	19.5	1:16	170	1:07:04	10:50			2:53:36
92.	72		ALLEN DELANEY	HERNDON	VA 59 M	104		34:17	1:36	99	1:21:40	18.2	1:22	89	54:48	8:51			2:53:41
93.	217		STEVEN COHEN	NEWTOWN	PA 37 M	147		37:37	2:23	103	1:21:54	18.2	1:16	64	50:41	8:11			2:53:48
94.	83		KATELYN EALER	BEAR	DE 21 F	182		41:15	2:41	115	1:22:53	18.0	2:16	17	44:52	7:15			2:53:55
95.	24		MARK REBSTOCK	WASHI NGTON	DC 40 M	89		32:43	2:55	87	1:20:31	18.5	1:37	104	57:11	9:14			2:54:55
96.	95		MELISSA MAZZEI	WASHI NGTON	DC 28 F	150		37:59	2:08	116	1:22:57	17.9	1:18	73	52:04	8:24			2:56:23
97.	57		TOM STRAUSS	LINCOLN UNIVERSITY	PA 49 M	75		31:38	2:05	109	1:22:22	18.1	1:33	115	58:46	9:29			2:56:23
98.	231		JAMES SUMNER	WASHI NGTON	DC 38 M	84		32:22	1:53	169	1:34:50	15.7	1:04	32	46:40	7:32			2:56:46
99.	148		MARY DELANEY	HERNDON	VA 54 F	125		35:46	1:14	110	1:22:26	18.1	1:01	100	56:38	9:08			2:57:02
100.	14	C	JOHN YANACEK	MILFORD	DE 41 M	192		42:54	1:57	50	1:16:48	19.4	0:50	91	55:13	8:55			2:57:41
101.	55		TIM JOHNSON	FREDERICK	MD 48 M	183		41:21	1:52	70	1:18:44	18.9	0:55	90	55:05	8:53			2:57:55
102.	189		ROSS BAKER	ALEXANDRIA	VA 32 M	24		27:44	4:14	104	1:21:58	18.2	1:58	144	1:02:21	10:04			2:58:13
103.	88		BROOKE SCIUTO	NORTH BETHESDA	MD 26 F	156		38:23	2:07	88	1:20:34	18.5	1:19	99	56:37	9:08			2:58:58
104.	75		BERNIE D'ANGELO	PHI LADELPHI A	PA 66 M	160		38:54	1:58	58	1:17:44	19.1	1:37	121	59:19	9:34			2:59:30
105.	280		PETER RAYMOND	RESTON	VA 50 M	145		37:33	2:15	100	1:21:46	18.2	1:15	101	56:50	9:10			2:59:38
106.	134		BECKY WEBER	FREDERICKSBURG	VA 42 F	70		31:06	2:20	106	1:22:12	18.1	1:11	149	1:03:00	10:10			2:59:47
107.	172		PATRI CK WISEMAN	ARLI NGTON	VA 27 M	6		23:51	2:47	130	1:27:47	17.0	1:14	159	1:04:17	10:22			2:59:53
108.	52		GEORGE CLOTHIER	HAVERFORD	PA 48 M	81		32:07	3:42	160	1:32:26	16.1	0:55	70	51:51	8:22			3:00:59
109.	199		JASON RABINOWITZ	NEW YORK	NY 34 M	157		38:25	1:46	81	1:20:10	18.6	1:50	119	59:12	9:33			3:01:22
110.	69		TIMOTHY SCHNEIDER	PHI LADELPHI A	PA 55 M	172		40:01	2:33	57	1:17:43	19.1	1:20	126	59:51	9:40			3:01:25
111.	64		TREVOR LYLE	HARLEYSVILLE	PA 52 M	55		29:55	1:37	137	1:29:13	16.7	1:10	128	1:00:24	9:45			3:02:16
112.	271		BRENTON MUNDT	ALEXANDRIA	VA 30 M	115		35:04	1:50	53	1:17:04	19.3	1:17	171	1:07:15	10:51			3:02:28
113.	224		MARK MENTER	SOMERSET	NJ 38 M	109		34:45	2:08	98	1:21:36	18.2	1:50	145	1:02:22	10:04			3:02:40
114.	262		LYNN TAYLOR	NORTH POTOMAC	MD 44 F	165		39:18	1:54	96	1:21:18	18.3	2:18	113	58:32	9:27			3:03:19

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115.	3	C	DONALD TOLLETT	MI LLSBORO	DE 30 M	189	42:22	1:34	114	1:22:52	18.0	1:03	95	56:18	9:05	3:04:07
116.	222		ROB MAGAW	WI LMI NGTON	DE 37 M	167	39:35	1:56	132	1:28:27	16.8	1:24	77	52:53	8:32	3:04:12
117.	177		MI CHAEL VANSANT	NEWARK	DE 28 M	14	26:26	2:02	143	1:29:43	16.6	1:16	166	1:05:19	10:33	3:04:43
118.	106		JENNI FER LUE	WASHI NGTON	DC 31 F	51	29:49	2:04	150	1:30:39	16.4	1:50	129	1:00:30	9:46	3:04:51
119.	59		JOSEPH ABELL	HYATTSVI LLE	MD 50 M	140	37:02	2:57	123	1:24:09	17.7	2:38	112	58:21	9:25	3:05:05
120.	86		ELI ZABETH MCCARTHY	WASHI NGTON	DC 24 F	71	31:14	2:51	153	1:30:55	16.4	1:17	116	58:58	9:31	3:05:13
121.	265		FABRI CE BEAULIEU	FALLS CHURCH	VA 26 M	146	37:33	1:36	120	1:23:55	17.7	0:49	146	1:02:25	10:04	3:06:16
122.	39		KENNETH VERCAMMEN	NORTH BRUNSWI CK	NJ 48 M	204	46:48	3:38	127	1:26:18	17.2	1:59	45	48:36	7:51	3:07:17
123.	227		JEFFREY KOHN	WASHI NGTON	DC 38 M	116	35:06	4:13	125	1:25:35	17.4	3:30	122	59:24	9:35	3:07:44
124.	253		KIRSTEN DUNNI GAN	LEESBURG	VA 35 F	22	27:23	1:26	167	1:34:34	15.7	0:42	155	1:03:50	10:18	3:07:53
125.	181		JEFFREY AYRES	CHERRY HI LL	NJ 30 M	200	45:35	2:02	51	1:16:53	19.4	2:23	136	1:01:23	9:54	3:08:12
126.	243		KATHLEEN GI GANTI	ROCKVI LLE	MD 26 F	136	36:50	2:19	136	1:29:09	16.7	1:51	114	58:34	9:27	3:08:41
127.	85		DANA CONROY	WASHI NGTON	DC 24 F	39	28:53	2:19	156	1:31:17	16.3	1:40	161	1:04:37	10:26	3:08:43
128.	28		BARRY SM ITH	NEW MARKET	MD 41 M	122	35:41	2:51	154	1:30:55	16.4	1:37	108	57:50	9:20	3:08:52
129.	267		BRI AN GI GANTI	ROCKVI LLE	MD 26 M	158	38:31	2:28	142	1:29:38	16.6	1:51	98	56:29	9:07	3:08:55
130.	107		BRIDGETTE LOBURK	WI LMI NGTON	DE 31 F	80	32:04	1:50	158	1:32:00	16.2	1:37	142	1:01:43	9:58	3:09:12
131.	4	C	BRANDON BEEM	FAI RFX	VA 31 M	107	34:37	2:36	146	1:30:04	16.5	1:08	141	1:01:34	9:56	3:09:57
132.	131		LESLIE NAUGHTON	BRI ELLE	NJ 40 F	27	28:08	2:36	205	1:44:51	14.2	1:22	79	53:03	8:34	3:09:58
133.	25		MARK THOMAS	WASHI NGTON	DC 41 M	185	41:58	2:31	144	1:29:47	16.6	2:15	83	54:01	8:43	3:10:31
134.	151		CHR I STI NE KLEI N		46 F	130	36:15	2:31	155	1:31:03	16.3	1:44	118	59:02	9:32	3:10:34
135.	283		RUSSELL BURD	EAST GREENVI LLE	PA 43 M	105	34:27	4:25	145	1:30:02	16.5	3:17	117	58:59	9:31	3:11:08
136.	12		SCOTT SM ITH	SOUTH RI DI NG	VA 41 M	88	32:35	2:56	133	1:28:34	16.8	1:45	167	1:05:28	10:34	3:11:16
137.	90		KATIE DAI LY	WASHI NGTON	DC 26 F	59	29:57	2:24	179	1:35:40	15.6	1:50	140	1:01:29	9:55	3:11:18
138.	225		JEFFREY HAAS	WI LMI NGTON	DE 38 M	196	44:11	3:18	95	1:21:18	18.3	1:29	135	1:01:05	9:52	3:11:19
139.	15	C	ED SARMI ENTO	NEWTOWN SQUARE	PA 42 M	187	42:10	2:45	113	1:22:48	18.0	2:14	138	1:01:27	9:55	3:11:23
140.	248		SALLY ROBI NSON	WASHI NGTON	DC 28 F	113	34:56	1:58	175	1:35:35	15.6	1:08	110	58:17	9:24	3:11:52

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OVERALL RESULTS  
 2007 Escape From Fort Delaware Triathlon  
 Delaware Ci ty, DE 06/09/2007 7:30 am Sunny  
 Di rected by: Neil Semmel  
 Ci ty

Place	No.	C	NAME	St	Ag	S	Rank	SWI M	T1	Rank	BI KE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
141.	37		MI KE STACK	PHI LA	PA 44 M	180	41:04	3:49	187	1:36:32	15.4	1:04	51	49:27	7:59		3:11:55	
142.	58		PAT SHUMATE	OWI NGS	MD 49 M	52	29:51	2:18	159	1:32:17	16.1	1:26	168	1:06:07	10:40		3:11:57	
143.	183		DAVI D HARDI N	WASHI NGTON	DC 30 M	215	54:20	1:46	105	1:22:03	18.1	0:54	80	53:07	8:34		3:12:07	
144.	188		SAM RUSSO	FALLS CHURCH	VA 31 M	135	36:45	2:19	138	1:29:21	16.7	1:28	151	1:03:32	10:15		3:13:23	
145.	229		DEREK EHMAN	SPARKS	MD 38 M	154	38:15	1:46	131	1:28:10	16.9	1:09	160	1:04:34	10:25		3:13:52	
146.	32		PAUL HUNZEKER	JAMI SON	PA 43 M	174	40:08	1:16	101	1:21:46	18.2	1:12	178	1:09:34	11:14		3:13:55	
147.	236		NATALI E BUTT	ARLI NGTON	VA 24 F	161	38:58	5:04	124	1:25:23	17.4	1:52	147	1:02:47	10:08		3:14:01	
148.	137		CHR I STI NA BEGGS	FREDERI CKSBURG	VA 43 F	170	39:55	1:52	147	1:30:19	16.5	1:38	131	1:00:42	9:48		3:14:25	
149.	277		TODD BROMBERG	BETHESDA	MD 45 M	179	40:58	2:53	129	1:27:04	17.1	1:48	143	1:02:01	10:01		3:14:42	
150.	40		JAMES PAWLOSKI	LANDENBERG	PA 45 M	139	36:59	3:39	172	1:35:08	15.6	1:04	109	58:01	9:22		3:14:49	
151.	275		JOHN ANDRADE	WASHI NGTON	DC 39 M	202	46:30	3:03	59	1:17:45	19.1	2:34	165	1:05:18	10:32		3:15:08	
152.	210		EDWARD GREELEY	CENTREVI LLE	MD 36 M	93	33:00	3:28	181	1:35:46	15.5	2:01	137	1:01:24	9:55		3:15:36	
153.	80	A	AUSTI N O' NEI LL	WASHI NGTON	DC 27 F	134	36:43	2:28	119	1:23:54	17.7	1:21	187	1:11:22	11:31		3:15:47	
154.	272		FRANCI S YASHARI AN	WASHI NGTON	DC 30 M	120	35:31	2:18	164	1:32:53	16.0	1:39	152	1:03:43	10:17		3:16:01	
155.	41		DAVI D BAUGH	HAVERFORD	PA 45 M	149	37:52	5:08	184	1:36:16	15.5	1:35	92	55:48	9:00		3:16:37	
156.	98		ALLI SON VENDT	NEW YORK	NY 28 F	34	28:24	3:16	166	1:34:06	15.8	1:14	181	1:10:24	11:22		3:17:22	
157.	242		LAUREN BAKER	WASHI NGTON	DC 26 F	111	34:51	1:33	197	1:39:36	14.9	0:44	139	1:01:29	9:55		3:18:11	
158.	178		BRI AN REUTER	PHI LADELPHI A	PA 29 M	152	38:11	4:04	140	1:29:29	16.6	2:51	156	1:03:58	10:19		3:18:31	
159.	120		LECI A IMBERY	WASHI NGTON	DC 34 F	163	39:08	2:20	157	1:31:37	16.2	1:29	158	1:04:05	10:21		3:18:37	
160.	261		KATI E MACFARLANE	WASHI NGTON	DC 42 F	159	38:45	2:45	121	1:23:59	17.7	1:43	190	1:12:00	11:37		3:19:09	
161.	142		STEPHANI E COLBURN	ASHBURN	VA 47 F	118	35:14	1:30	163	1:32:34	16.1	1:58	173	1:08:28	11:03		3:19:41	
162.	205		JAMES MCCAUGHAN	COATESVI LLE	PA 35 M	176	40:29	2:28	112	1:22:43	18.0	3:36	182	1:10:37	11:24		3:19:51	
163.	246		AMANDA BRANTI NG	ARLI NGTON	VA 27 F	191	42:36	2:08	165	1:33:03	16.0	1:58	127	1:00:09	9:42		3:19:52	
164.	16	C	SCOTT HEWI TT	SUSSEX	NJ 42 M	82	32:12	2:56	122	1:24:02	17.7	1:31	204	1:20:06	12:56		3:20:44	
165.	44		JEFFREY FRI EDMAN	VOORHEES	NJ 46 M	128	35:56	2:51	93	1:20:58	18.4	1:45	202	1:19:16	12:48		3:20:45	
166.	67		WI LLI AM SANGTI NETTE	BEL AI R	MD 52 M	94	33:01	3:21	149	1:30:37	16.4	2:19	189	1:11:34	11:33		3:20:50	
167.	87		ELLA HUSHAGEN	WASHI NGTON	DC 25 F	175	40:13	3:25	186	1:36:32	15.4	1:36	123	59:26	9:36		3:21:10	
168.	82	A	JODI KOLLER	REI NHOLDS	PA 40 F	138	36:56	2:26	141	1:29:30	16.6	1:48	185	1:10:47	11:25		3:21:25	
169.	235		DAVI D YOCKMAN	FREDERI CK	MD 39 M	171	40:00	3:29	134	1:28:43	16.8	1:10	174	1:08:54	11:07		3:22:14	
170.	167		MI CHAEL MATTHEWS	DOVER	DE 27 M	193	43:07	2:24	148	1:30:23	16.5	2:20	162	1:04:39	10:26		3:22:51	

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171.	169	JEFF WOOLDRIDGE	PHI LADELPHIA	PA 27 M	195	43:46	2:54	170	1:34:55	15.7	1:34	125	59:43	9:38	3:22:51
172.	279	RIYAD ABUSHARR	BETHESDA	MD 48 M	99	33:47	3:51	126	1:25:48	17.3	2:37	197	1:17:34	12:31	3:23:35
173.	118	ELISA GOLDBERG	WASHI NGTON	DC 34 F	112	34:53	1:58	177	1:35:37	15.6	1:33	179	1:09:43	11:15	3:23:42
174.	187	BRIAN WILSON	ARLINGTON	VA 31 M	85	32:28	4:05	171	1:35:03	15.7	1:25	186	1:10:49	11:26	3:23:47
175.	105	CHRISTINE KOPSDAS	POTOMAC	MD 31 F	177	40:39	1:48	192	1:39:08	15.0	1:58	130	1:00:39	9:47	3:24:10
176.	114	ANNIE TOOHEY	ALEXANDRIA	VA 33 F	144	37:29	3:06	195	1:39:25	15.0	1:18	153	1:03:48	10:18	3:25:04
177.	149	GLORIA D'ANGELO	PHI LADELPHIA	PA 56 F	132	36:35	2:24	173	1:35:20	15.6	1:46	177	1:09:14	11:10	3:25:17
178.	182	DANIEL COURTENAY	ALEXANDRIA	VA 30 M	162	39:00	3:07	161	1:32:28	16.1	2:08	180	1:10:15	11:20	3:26:56
179.	121	SHAUNA HARRISON	WASHI NGTON	DC 35 F	206	48:30	2:33	162	1:32:31	16.1	1:42	150	1:03:00	10:10	3:28:14
180.	200	HAROLD HUBOIS	SILVER SPRING	MD 35 M	169	39:49	3:20	135	1:28:44	16.8	2:36	193	1:14:03	11:57	3:28:29
181.	247	ADDY GROSS	WASHI NGTON	DC 27 F	19	27:06	1:51	189	1:37:08	15.3	1:46	206	1:20:52	13:03	3:28:41
182.	31	KENNETH SLINNEY	WILMINGTON	DE 43 M	197	44:35	3:34	180	1:35:44	15.5	2:13	148	1:02:52	10:09	3:28:56
183.	109	MELISSA FELICIANI	ROYERSFORD	PA 32 F	194	43:15	2:36	152	1:30:51	16.4	1:53	188	1:11:32	11:33	3:30:06
184.	100	ERIN DILLON	WASHI NGTON	DC 29 F	98	33:28	2:42	206	1:44:51	14.2	0:59	175	1:08:56	11:08	3:30:55
185.	133	MARY BETH SMITH	NEW MARKET	MD 40 F	86	32:31	3:26	207	1:45:03	14.2	2:03	172	1:08:15	11:01	3:31:16
186.	173	ERNEST HUNTER	ALEXANDRIA	VA 28 M	201	45:46	2:06	188	1:36:35	15.4	1:51	164	1:05:07	10:31	3:31:23
187.	179	SAMUEL HIRZEL	WILMINGTON	DE 29 M	188	42:15	3:58	178	1:35:37	15.6	3:08	169	1:06:55	10:48	3:31:52
188.	146	JAN ENGERT	FALLS CHURCH	VA 50 F	205	48:19	3:07	174	1:35:34	15.6	1:40	154	1:03:49	10:18	3:32:27
189.	104	BANDANA CHADDA	GERMANTOWN	MD 31 F	210	50:24	2:59	199	1:40:04	14.9	1:33	133	1:00:57	9:50	3:35:55
190.	278	C RICHARD PINSKEY	ARLINGTON	VA 47 M	143	37:15	2:38	194	1:39:14	15.0	2:06	195	1:16:23	12:20	3:37:34
191.	54	PATRICK FETT	NEWARK	DE 48 M	181	41:11	5:02	202	1:40:23	14.8	2:20	176	1:09:03	11:09	3:37:57
192.	108	JODI KNAUER	ALEXANDRIA	VA 31 F	173	40:03	2:51	190	1:37:52	15.2	2:03	194	1:15:14	12:09	3:38:01
193.	93	PAULA FITZGERALD	ALEXANDRIA	VA 28 F	141	37:11	1:44	212	1:47:35	13.8	1:31	183	1:10:39	11:24	3:38:38
194.	97	JULIA GRIGGS	GERMANTOWN	MD 28 F	72	31:21	4:30	151	1:30:50	16.4	5:03	211	1:28:35	14:18	3:40:16
195.	9	C JACK SMITHSON	MESA	AZ 35 M	199	45:17	2:35	176	1:35:37	15.6	1:42	200	1:18:22	12:39	3:43:30
196.	116	KERENSA HADLEY	FAIRFAX	VA 34 F	190	42:22	1:50	198	1:40:01	14.9	1:27	199	1:18:21	12:39	3:43:59
197.	103	SHANNON EWAN	WASHI NGTON	DC 31 F	203	46:34	3:31	200	1:40:04	14.9	1:56	191	1:12:07	11:38	3:44:11
198.	62	ANDREW SHELDON	UPPER MARLBORO	MD 52 M	221	1:03:58	3:49	196	1:39:32	14.9	1:08	105	57:13	9:14	3:45:39
199.	143	CAROLYN VIENS	KENNETT SQUARE	PA 48 F	211	50:28	3:50	191	1:39:00	15.0	1:59	184	1:10:42	11:25	3:45:59
200.	258	CHRISTINE FOWLER	VIENNA	VA 41 F	218	1:01:08						163	1:05:02	10:30	3:46:08
201.	254	MAUREEN LOKEY	LEESBURG	VA 36 F	219	1:01:14	2:55	203	1:41:06	14.7	2:03	120	59:16	9:34	3:46:32
202.	256	ANGIE REXRODE	LEESBURG	VA 39 F	155	38:21	2:38	209	1:46:38	14.0	1:56	196	1:17:11	12:27	3:46:41
203.	66	GERALD HENDRICKSON	ROCKVILLE	MD 52 M	207	48:35	4:15	139	1:29:25	16.6	3:03	208	1:23:22	13:27	3:48:38
204.	255	DAYNA BROWN MAJOROWITZ	SILVER SPRING	MD 37 F	164	39:15	3:42	210	1:47:10	13.9	1:34	198	1:18:13	12:37	3:49:53
205.	17	C BOB JORALEMON	HAMILTON SQUARE	NJ 42 M	217	55:07	3:54	183	1:36:15	15.5	1:34	192	1:13:29	11:51	3:50:16
206.	74	CHARLES SARICH	MCLEAN	VA 63 M	212	51:01	1:53	168	1:34:48	15.7	1:48	209	1:23:57	13:33	3:53:24
207.	232	JOSEPH TIEMANN	SPOTSWOOD	NJ 38 M	209	50:19	5:18	182	1:36:14	15.5	2:38	203	1:19:19	12:48	3:53:46
208.	260	KATHLENE SZOKA	LEESBURG	VA 41 F	153	38:14	2:53	201	1:40:18	14.8	1:09	213	1:33:11	15:02	3:55:42
209.	240	STACY GROFF	MANASSAS	VA 25 F	213	51:05	2:55	204	1:42:41	14.5	1:05	205	1:20:29	12:59	3:58:14
210.	252	A MELANIE BALAS	DUMFRIES	VA 34 F	184	41:46	2:23	214	1:49:17	13.6	2:39	207	1:22:25	13:18	3:58:28

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OVERALL RESULTS

2007 Escape From Fort Delaware Triathlon  
 Delaware City, DE 06/09/2007 7:30 am Sunny  
 Directed by: Neil Semmel

Place	No.	C	NAME	City	St	Ag	S	Rank	SWIM	T1	Rank	BIKE	Rate	T2	Rank	RUN	Pace	PENAL	TIME
211.	76		JOHN FLECKNER	WASHI NGTON	DC	66	M	216	54:42	3:20	193	1:39:13	15.0	2:14	201	1:19:06	12:46		3:58:32
212.	286		SCOTT BURD	OCEAN VIEW	DE	54	M	151	38:02	3:55	213	1:48:54	13.7	2:24	212	1:28:45	14:19		4:01:58
213.	257		KEIRA ANDERSON	LEESBURGH	VA	40	F	131	36:33	2:47	215	1:50:49	13.4	1:12	216	1:40:40	16:15		4:11:59
214.	60		DAVID ENNIST	BETHESDA	MD	50	M	166	39:25	3:12	185	1:36:28	15.4	3:40	218	1:51:19	17:58		4:14:02
215.	238		AMANDA CAVALLARO	BROADLANDS	VA	25	F	214	51:15	2:35	208	1:45:17	14.1	1:30	214	1:33:26	15:05		4:14:02
216.	135		ALMA STEWART	ASHBURN	VA	42	F	220	1:01:26	2:03	211	1:47:26	13.9	1:40	215	1:35:15	15:22		4:27:48
217.	117		KATHLEEN SNARPONS	CHEVY CHASE	MD	34	F	198	45:00	5:02	216	2:06:30	11.8	1:43	217	1:46:07	17:07		4:44:20
218.	250		ELIZABETH RIESER-MURPHY	WASHI NGTON	DC	29	F	208	48:40	5:28	217	2:21:13	10.5	2:04	210	1:26:57	14:02		4:44:21
219.	47		RICHARD GRENVILLE	WILMINGTON	DE	47	M	119	35:18	2:34									
220.	198		JEREMY ANDERSON	HOCKESSIN	DE	34	M	66	30:54	3:14									
221.	127		LESLIE RANDALL	ROYERSFORD	PA	38	F	121	35:39										

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221 records processed.

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