

Running & Riding for Recovery

Duathlon

Race Date

June 08, 2019

Place		Bib No	AG Place	5K Run			Transition			10M Bike			Total		Total Pace	Time Back
Overall	Name			Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	James Beacham	478	1:M First	1	18:58.5	6:07	4	0:50.0	1	20:35.1	2:04	40:23.7	3:05/M			
2	Robert Muhl	867	1:M 50-59	3	23:29.5	7:35	3	0:49.3	2	34:19.3	3:26	58:38.2	4:29/M	4:30.9		
3	Emmett Filippelli	485	1:M 20-29	2	21:05.1	6:48	6	1:02.3	5	39:23.6	3:56	1:01:31.2	4:42/M	2:06.6		
4	Francis Moats	493	1:M 30-39	4	24:15.9	7:50	8	1:07.3	4	38:29.6	3:51	1:03:52.9	4:53/M	5:17.3		
5	Steve Chop	483	2:M 50-59	9	27:31.7	8:53	7	1:03.1	3	37:41.4	3:46	1:06:16.2	5:04/M	8:33.1		
6	Jim Beacham	479	1:M 60-69	10	27:56.5	9:01	11	1:26.8	8	45:26.4	4:33	1:14:49.8	5:43/M	8:57.9		
7	Paul Malla	489	3:M 50-59	14	31:49.5	10:16	5	0:55.9	6	42:27.8	4:15	1:15:13.2	5:45/M	12:50.9		
8	Carli Bafford	477	1:F First	5	25:13.3	8:07	9	1:22.9	11	50:01.4	5:00	1:16:37.7	5:51/M			
9	Karen Rinehart	496	1:F 50-59	7	26:03.8	8:24	15	1:54.6	10	48:53.1	4:53	1:16:51.6	5:52/M	0:50.5		
10	David Armstrong	476	4:M 50-59	13	30:08.1	9:43	13	1:30.3	9	46:53.6	4:41	1:18:32.2	6:00/M	11:09.5		
11	Lauren Mosher	495	1:F 20-29	6	25:21.5	8:11	20	2:43.0	15	50:49.9	5:05	1:18:54.5	6:01/M	0:08.2		
12	Carl Berry	480	5:M 50-59	18	34:58.0	11:17	19	2:36.7	7	43:09.9	4:19	1:20:44.8	6:10/M	15:59.5		
13	Andrew Davis	484	2:M 20-29	8	26:34.8	8:34	14	1:32.6	16	53:50.9	5:23	1:21:58.4	6:15/M	7:36.2		
14	Team Carr	864	1:F 0- 0	16	31:59.0	10:19	2	0:08.0	13	50:24.2	5:02	1:22:31.3	6:18/M	6:45.7		
15	Andrea White	497	2:F 20-29	19	35:29.9	11:27	12	1:29.5	12	50:13.0	5:01	1:27:12.6	6:39/M	10:16.6		
16	Amy Malla	488	2:F 50-59	20	37:45.6	12:11	16	2:06.5	14	50:43.4	5:04	1:30:35.6	6:55/M	12:32.2		
17	Robert Milstead	492	2:M 60-69	15	31:52.9	10:17	10	1:26.3	17	1:00:18.0	6:02	1:33:37.3	7:09/M	12:54.4		
18	Rachel Markus	490	1:F 30-39	12	28:00.2	9:02	18	2:17.4	18	1:05:35.5	6:34	1:35:53.2	7:19/M	2:46.9		
19	Ben Hoffman	487	2:M 30-39	11	27:59.8	9:02	17	2:14.7	20	1:06:57.3	6:42	1:37:11.9	7:25/M	9:01.2		
20	Slow Gentle Breeze	481	2:F 0- 0	17	34:18.9	11:04	1	0:07.9	19	1:05:52.3	6:35	1:40:19.3	7:39/M	9:05.6		