

Category	First	Last	Time		Avg. Min. per mile	Split	Time		Avg. Min per mile	Avg. MPH 11.75 miles	*** fastest***
			Min.	Sec.			Min.	Sec.			
Duathlon	Amanda	Henkes	22	37	7:17		50	29	4:17	13.97	1:13:06
Duathlon	Amanda	Henkes	21	55	7:04	0:01:24	42	49	3:38	16.47	1:06:08
Duathlon	Amanda	Henkes	20	55	6:44		45	33	3:52	15.48	1:06:28
Duathlon	Amanda	Henkes	21	47	7:01	0:01:23	49	47	4:14	0.00	1:12:57
Duathlon	Amanda	Henkes	21	54	7:18	0:01:25	47	15	4:01	14.92	1:10:34
Run	Amanda	Henkes	22	15	7:25						0:22:15
Run	Amy	Spies	25	2	8:04						0:25:02
Duathlon	Angie	Wu	26	45	8:55	0:01:15	48	14	4:06	14.62	1:16:14
Duathlon	Ben	Russell	24	11	7:48	0:00:59	41	8	3:30	17.14	1:06:18
Duathlon	Ben	Russel	24	17	8:05	0:01:33	42	50	3:38	16.46	1:08:40
Duathlon	Bobby	Huff	20	30	6:36		37	30	3:11	18.80	0:58:00
Duathlon	Bobby	Huff	19	15	6:12		34	41	2:57	20.33	0:53:56
Duathlon	Bobby	Huff	19	55	6:25		36	5	3:04	19.54	0:56:00
Duathlon	Bobby	Huff	19	40	6:20	0:00:48	35	24	3:00	19.92	0:55:52
Duathlon	Brian	Bancroft	23	40	7:38	0:01:05	36	32	3:06	19.30	1:01:17
Duathlon	Charles	Smith	25	43	8:17		40	55	3:28	17.23	1:06:38
Duathlon	Charles	Smith	25	17	8:09		40	22	3:26	17.46	1:05:39
Duathlon	Dan	Trott	20	52	6:57	0:00:18	34	15	2:54	20.58	0:55:25
Duathlon	Danny	Stinson	21	19	7:06	0:01:06	46	55	3:59	15.03	1:09:20
Duathlon	David	Talkington	22	32	7:16		36	51	3:08	19.13	0:59:28
Duathlon	David	Talkington	22	50	7:36	0:00:40	35	15	3:00	20.00	0:58:45
Duathlon	Deanna	Weber	26	15	8:45	0:01:00	37	30	3:11	18.80	1:04:45
Duathlon	Geoge	Boykin	31	31	10:30	0:01:29	47	0	4:00	15.00	1:19:50
Bike	George	Boykin					45	28	3:52	15.51	0:45:28
Bike	George	Boykin					56	50	4:50	12.40	0:56:50
Duathlon	Jason	DePau	21	24	6:54		44	26	3:46	15.87	1:05:50
Duathlon	Jeff	Whitehead	23	19	7:31	0:00:44	42	33	3:37	16.57	1:06:36
Duathlon	Jeff	Whitehead	23	30	7:50	0:00:40	42	22	3:36	16.64	1:06:32
Duathlon	Jon	Minor	22	50	7:36	0:03:00	40	50	3:28	17.27	1:06:40
Duathlon	JP	Breaux	26	52	8:40		42	57	3:39	16.41	1:09:49
Duathlon	JP	Breaux	24	18	7:50	0:01:10	39	22	3:21	17.91	1:04:50
Duathlon	Kathleen	Weber	25	59	8:39	0:01:16	37	30	3:11	18.80	1:04:45
Duathlon	Kerrie	Hora	21	55	7:04	0:01:24	39	1	3:19	18.07	1:02:20
Duathlon	Kerrie	Hora	21	24	7:08	0:01:55	41	8	3:30	17.14	1:04:27
Duathlon	Kevin	Luper	24	51	8:00		46	49	3:59	15.06	1:11:40
Duathlon	Kevin	Luper	22	5	7:07	0:01:30	43	47	3:43	16.10	1:07:22
Run	Lane	Fossett	25	40	8:33						0:25:40
<b>Duathlon</b>	<b>Laura</b>	<b>Cooke</b>	<b>23</b>	<b>30</b>	<b>7:34</b>		<b>38</b>	<b>47</b>	<b>3:18</b>	<b>18.18</b>	<b>***1:02:17***</b>
Duathlon	Lauren	Reynolds	33	30	10:48		51	30	4:22	13.69	1:25:00
Duathlon	Lauren	Reynolds	30	34	9:51		49	41	4:13	14.19	1:20:15
Duathlon	Margaret	Zap	27	35	9:11	0:00:25	46	16	3:56	15.24	1:14:16
Duathlon	Marshal	Herrin	19	28	6:16	0:01:06	38	41	3:17	18.22	0:59:15
Duathlon	Matt	Young	18	48	6:03		36	24	3:05	19.37	0:55:12
Duathlon	Michele	Heacock	24	14	7:49		0	0	0:00	0.00	NA
Duathlon	Patrick	Dougherty	19	19	6:26	0:00:25	33	9	2:49	21.27	0:52:53
<b>Duathlon</b>	<b>Patrick</b>	<b>Dougherty</b>	<b>18</b>	<b>50</b>	<b>6:16</b>	<b>0:00:15</b>	<b>33</b>	<b>15</b>	<b>2:49</b>	<b>21.20</b>	<b>***52:20***</b>
Duathlon	Paul	Hora	22	30	7:15		50	23	4:17	13.99	1:12:53
Duathlon	Paul	Hora	20	46	6:41	0:01:14	38	27	3:16	18.34	0:59:13
Duathlon	Paul	Creasman	19	33	6:31	0:00:42	36	54	3:08	19.11	0:57:09

Category	First	Last	Time		Avg. Min. per mile	Split	Time		Avg. Min per mile	Avg. MPH 11.75 miles	*** fastest***
			Min.	Sec.			Min.	Sec.			
Run	Robert	Rose	21	50	7:02						0:21:50
Duathlon	Robert	Rose	21	0	7:00	0:00:53	33	52	2:52	20.82	0:55:45
Duathlon	Robert	Rose	21	0	7:00	0:00:53	33	52	2:52	20.82	0:55:45
Duathlon	Ryan	Slater	24	25	7:52	0:00:30	35	53	3:03	19.65	1:00:48
Duathlon	Ryan	Slater	24	55	8:02	0:00:25	38	37	3:17	18.26	1:03:57
Bike	Stacy	Eyres					57	30	4:53	12.26	0:57:30
Duathlon	Steve	Heacock	28	11	9:05		52	4	4:25	13.54	1:20:15
Duathlon	Tom	Gibbins	20	12	6:30	0:00:43	34	52	2:58	20.22	0:55:47
Duathlon	Tom	Gibbins	20	27	6:49	0:00:33	32	18	2:44	21.83	0:53:18
Duathlon	Tom	Gibbins	20	34	6:51	0:00:34	32	32	2:46	21.67	0:53:40
Duathlon	Travis	Green	24	45	8:15	0:01:06	46	55	3:59	15.03	1:09:20
Bike	Vicki	Smith					54	24	4:37	12.96	0:54:24