

Come Clean Duathlon

Age Group Results

Male Open Winners

Place		Name	Bib No	Age	Run 1		T1	Bike		T2	Run 2		Total			
Overall	Place				Time	Pace		Time	Rate		Time	Pace		Time	Pace	Time
1	1	Ryan Rau	217	35	****	6:54	4:56	0:23	****	31:21	23.7	0:25	****	18:16	5:54	57:20
2	2	Caleb Rhynard	218	23	****	6:53	4:55	0:37	****	35:58	20.7	0:31	****	16:40	5:23	1:00:41
3	3	Tyler Graustein	111	24	****	7:20	5:14	0:35	****	34:41	21.5	0:25	****	18:00	5:48	1:01:03

Female Open Winners

Place		Name	Bib No	Age	Run 1		T1	Bike		T2	Run 2		Total			
Overall	Place				Time	Pace		Time	Rate		Time	Pace		Time	Pace	Time
1	9	Samantha Kennedy	215	28	****	8:40	6:11	0:29	****	34:19	21.7	0:30	****	22:38	7:18	1:06:39
2	22	Jill Evers-Bowers	7	49	****	9:21	6:41	0:42	****	39:53	18.7	0:33	****	23:10	7:28	1:13:41
3	30	Sara Dumich	216	34	****	10:28	7:29	0:36	****	38:52	19.1	0:41	****	26:05	8:25	1:16:43

Male Masters Winners

Place		Name	Bib No	Age	Run 1		T1	Bike		T2	Run 2		Total			
Overall	Place				Time	Pace		Time	Rate		Time	Pace		Time	Pace	Time
1	5	Todd Kauffman	212	40	****	8:05	5:46	0:31	****	34:51	21.3	0:23	****	20:24	6:35	1:04:16
2	6	Craig Newell	123	46	****	8:33	6:06	0:50	****	31:52	23.3	0:33	****	23:06	7:27	1:04:57
3	7	Michael Homan	206	55	****	8:07	5:48	0:43	****	34:36	21.5	0:42	****	21:22	6:54	1:05:31

Female Masters Winners

Place		Name	Bib No	Age	Run 1		T1	Bike		T2	Run 2		Total
Overall	Place				Time	Pace		Time	Rate		Time	Pace	

Race Date
September 11, 2016

Come Clean Duathlon
Age Group Results

Female Masters Winners

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Run 1</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>Run 2</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	15	Chris Vincent	25	52	*****	8:40	6:11	0:54	*****	38:43	19.2	1:03	*****	22:53	7:23	1:12:15
2	20	Kim Albin	173	43	*****	10:02	7:10	0:56	*****	36:24	20.4	0:39	*****	25:17	8:09	1:13:20
3	23	Carla Murphy	219	41	*****	9:00	6:26	1:26	*****	38:59	19.1	1:08	*****	23:11	7:29	1:13:46

Come Clean Duathlon

Age Group Results

Male 14 and Under

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	64	Noah Murphy	220	12	1	9:49	7:01	1:28	1	42:55	17.3	2:08	1	26:48	8:39	1:23:10

Male 15 to 19

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	17	Russell Sempstrott	170	17	1	7:24	5:17	0:45	1	44:24	16.8	0:31	1	20:04	6:28	1:13:10
2 *	108	Marcus Doll	188	18	2	13:54	9:56	1:20	2	45:18	16.4	2:14	2	31:19	10:06	1:34:06
3 *	170	Leviticus Hecksel	180	19	3	14:33	10:24	1:04	3	58:29	12.7	1:24	3	37:35	12:07	1:53:07

Female 15 to 19

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	111	Corrinne Doll	187	15	2	13:36	9:43	1:26	1	45:30	16.4	2:15	1	31:45	10:15	1:34:33
2 *	115	Autumn Cole	86	17	1	12:44	9:06	1:16	2	46:24	16.0	1:08	2	33:31	10:49	1:35:04
3 *	185	Lauren Bifano	59	18	3	14:45	10:32	2:24	3	56:24	13.2	2:03	3	43:06	13:54	1:58:44

Male 20 to 24

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	16	Anthony Davis	176	20	1	8:40	6:11	1:07	1	39:38	18.8	1:00	1	22:13	7:10	1:12:39
2 *	58	Matt Graham	68	22	2	9:38	6:53	0:32	2	44:26	16.7	0:40	3	26:44	8:37	1:22:02

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Age Group Results

Male 20 to 24

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
3 *	73	Spencer Herlong	201	23	3	10:30	7:30	0:35	3	47:05	15.8	0:39	2	26:02	8:24	1:24:53
4	132	Tyler Lazenby	147	23	4	11:09	7:58	0:41	4	55:36	13.4	0:20	4	32:20	10:26	1:40:07

Female 20 to 24

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	74	Jacie Anderson	129	23	2	11:15	8:02	0:44	3	46:58	15.8	0:47	2	26:11	8:27	1:25:57
2 *	77	Natalie Studer	113	20	1	10:57	7:49	0:59	1	43:45	17.0	0:41	4	29:42	9:35	1:26:07
3 *	94	Brooke Witchell	137	23	5	11:34	8:16	0:51	2	46:55	15.9	0:40	5	30:08	9:43	1:30:10
4	106	Claire Regan	105	20	4	11:31	8:14	1:13	4	53:01	14.0	1:16	1	25:48	8:19	1:32:51
5	131	Anna Nagler	106	21	3	11:30	8:13	1:13	5	56:45	13.1	0:53	3	29:36	9:33	1:39:59
6	177	Alexandra Racette	200	23	7	14:30	10:21	1:15	6	1:01:16	12.1	1:06	6	38:05	12:17	1:56:15

Male 25 to 29

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	4	Eric Abbott	221	27	1	8:10	5:50	0:27	1	32:02	23.2	0:25	1	20:06	6:29	1:01:12
2 *	39	Scott Forslund	116	25	4	10:35	7:34	1:15	2	40:09	18.5	0:55	4	25:11	8:07	1:18:07
3 *	46	Nicholas Collica	15	29	2	9:19	6:39	1:10	3	43:36	17.1	1:12	2	23:58	7:44	1:19:17
4	62	Alfonso Ruiz Acevedo	149	27	6	11:00	7:51	0:47	4	45:38	16.3	0:39	3	24:49	8:00	1:22:55
5	85	Thomas Bullock	136	28	7	11:03	7:54	0:39	7	47:28	15.7	0:28	6	29:26	9:30	1:29:06
6	86	Andrew Hudon	117	26	5	10:48	7:43	0:46	6	47:04	15.8	0:41	7	29:45	9:36	1:29:06
7	90	Michael Sepulveda	203	27	8	11:42	8:21	1:55	5	45:47	16.3	0:28	8	29:51	9:38	1:29:45

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Age Group Results

Male 25 to 29

Place			----- Run 1 -----					T1	----- Bike -----			T2	----- Run 2 -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
8	92	Chris Flowers	121	29	3	10:32	7:31	0:48	10	49:16	15.1	0:36	5	28:47	9:17	1:30:00
9	144	Luis Concepcion	96	25	10	14:14	10:10	2:12	11	51:43	14.4	0:58	9	36:13	11:41	1:45:22
10	152	Adam Heleine	50	28	11	15:11	10:51	1:06	9	48:18	15.4	1:47	10	40:22	13:01	1:46:46

Female 25 to 29

Place			----- Run 1 -----					T1	----- Bike -----			T2	----- Run 2 -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	38	Bailey Mellen	158	28	2	11:10	7:59	1:53	1	36:18	20.5	0:20	2	28:18	9:08	1:18:02
2 *	80	Jessica Kurzawa	77	29	3	11:37	8:18	1:34	2	41:58	17.7	1:38	3	30:31	9:51	1:27:19
3 *	130	Anjelica Sepulveda	82	29	4	11:49	8:26	4:35	3	51:48	14.4	0:57	4	30:39	9:53	1:39:50
4	160	Kendra Culham	166	28	1	10:39	7:36	0:56	8	1:10:12	10.6	1:13	1	26:50	8:39	1:49:52
5	163	Lauren Heleine	49	28	6	14:08	10:06	1:08	5	57:03	13.0	1:06	5	37:26	12:05	1:50:53
6	164	Brooke Slawinski	43	26	5	13:42	9:47	1:28	4	56:28	13.2	0:31	6	38:45	12:30	1:50:56
7	189	Ashley Manning	14	26	8	16:03	11:28	2:25	7	1:02:13	12.0	1:48	7	40:31	13:04	2:03:02
8	190	Adelyn Geissel	28	26	7	15:11	10:51	3:21	6	59:02	12.6	4:55	8	40:39	13:07	2:03:10
9	202	Ashley Boltjes	55	29	9	19:43	14:05	1:34	9	1:10:24	10.6	1:56	9	46:23	14:58	2:20:03

Male 30 to 34

Place			----- Run 1 -----					T1	----- Bike -----			T2	----- Run 2 -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	8	Gernot Hacker	205	34	1	8:05	5:46	0:29	1	34:48	21.4	0:31	1	21:47	7:02	1:05:43
2 *	13	Chris Dhulster	132	33	2	8:38	6:10	0:47	3	37:52	19.6	0:50	2	23:12	7:29	1:11:21
3 *	18	Cory Brant	145	32	3	9:20	6:40	0:36	2	37:15	20.0	0:26	3	25:34	8:15	1:13:13

Come Clean Duathlon

Age Group Results

Male 30 to 34

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
4	68	Ian Cain	110	31	4	9:30	6:47	0:55	4	39:04	19.0	0:42	5	33:48	10:54	1:24:01
5	98	Ricardo Llorens	134	34	5	11:32	8:14	1:12	6	46:52	15.9	0:44	4	30:20	9:47	1:30:41
6	118	Joel Wilhelm	78	33	6	12:51	9:11	1:05	5	45:04	16.5	1:07	6	36:49	11:53	1:36:59
7	169	Anthony Heleine	103	32	7	15:07	10:48	3:31	7	51:33	14.4	2:56	7	39:51	12:51	1:53:00

Female 30 to 34

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	82	Abigail Tanner	141	34	1	10:37	7:35	1:02	3	46:51	15.9	0:56	2	28:33	9:13	1:28:01
2 *	84	Hilary Monroe	70	30	3	11:32	8:14	1:08	5	48:16	15.4	0:43	1	26:52	8:40	1:28:33
3 *	89	Teresa Morgan	138	32	4	11:54	8:30	1:04	1	44:09	16.9	1:18	4	31:01	10:00	1:29:28
4	97	Maria Del Mar Cascant	135	33	2	11:32	8:14	1:11	4	47:04	15.8	0:34	3	30:18	9:46	1:30:41
5	103	Lindsey Jacobson	51	30	6	12:08	8:40	0:50	2	46:21	16.1	0:56	7	32:19	10:25	1:32:36
6	110	Jamie Rytlewski	11	33	5	11:58	8:33	0:48	6	48:25	15.4	1:39	5	31:26	10:08	1:34:17
7	117	Josie Sebastian	54	31	7	12:10	8:41	0:40	7	51:10	14.5	0:24	6	32:13	10:24	1:36:39
8	172	Christina Melton	73	32	8	12:50	9:10	0:52	9	1:02:37	11.9	1:25	8	35:36	11:29	1:53:22
9	183	Casey Younglove	139	32	9	14:33	10:24	1:19	8	57:25	13.0	1:05	9	44:01	14:12	1:58:25

Male 35 to 39

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	28	Salvatore Danna	124	36	1	9:37	6:52	1:29	2	40:17	18.5	1:27	1	23:28	7:34	1:16:19
2 *	44	Nick Koeniqsknecht	222	37	2	9:49	7:01	1:25	1	37:38	19.8	1:20	5	28:42	9:15	1:18:57

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Age Group Results

Male 35 to 39

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
3 *	48	Brian Sanford	159	37	3	10:07	7:14	0:44	3	40:58	18.2	0:47	4	26:57	8:42	1:19:35
4	50	Peter Rose	16	37	5	10:19	7:22	0:53	4	41:48	17.8	0:45	2	26:03	8:24	1:19:51
5	52	James Every	53	38	4	10:09	7:15	1:02	5	41:48	17.8	0:40	3	26:37	8:35	1:20:18
6	116	Said Taiym	115	37	7	11:30	8:13	1:07	7	52:37	14.1	0:50	6	30:21	9:47	1:36:27
7	137	Jason Bristow	84	39	6	11:05	7:55	0:53	8	1:00:08	12.4	0:37	7	30:33	9:51	1:43:18
8	179	Steve Antaya	13	39	8	17:31	12:31	3:05	6	46:08	16.1	3:19	8	46:55	15:08	1:57:00

Female 35 to 39

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	45	Megan Merrill	224	36	1	10:05	7:12	0:32	1	42:00	17.7	0:26	2	25:54	8:21	1:18:59
2 *	76	Melanie Baker	22	39	2	10:33	7:32	1:12	5	49:08	15.1	0:55	1	24:11	7:48	1:26:00
3 *	107	Kimber Anderson	80	36	6	12:49	9:09	1:27	3	46:04	16.2	1:13	3	31:49	10:16	1:33:26
4	119	Linda Beach	198	37	3	11:08	7:57	1:12	6	51:00	14.6	1:00	5	32:51	10:36	1:37:14
5	133	Laura Harris	161	37	7	13:58	9:59	0:48	2	45:33	16.3	0:40	8	39:44	12:49	1:40:45
6	145	Trula Bristow	83	38	5	12:28	8:54	0:56	8	54:18	13.7	0:47	6	37:03	11:57	1:45:34
7	150	Renee Pier	165	38	8	14:11	10:08	0:52	4	46:30	16.0	1:11	9	43:54	14:10	1:46:40
8	151	Wendy Cairns	112	38	10	14:34	10:24	0:40	7	52:54	14.1	0:46	7	37:50	12:12	1:46:46
9	178	Rebecca Torres	98	39	4	12:10	8:41	1:23	11	1:09:09	10.8	1:27	4	32:12	10:23	1:56:23
10	182	Amanda Younglove	140	35	9	14:33	10:24	1:18	9	57:27	13.0	0:57	10	44:06	14:14	1:58:24
11	203	Andrea Zufelt	152	38	11	20:22	14:33	1:18	10	1:08:44	10.8	0:58	11	53:24	17:14	2:24:48

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Age Group Results

Male 40 to 44

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	12	Jarett Simon	175	41	2	8:52	6:20	1:05	2	37:04	20.1	0:48	1	23:10	7:28	1:11:02
2 *	14	David Zuber	154	43	7	10:00	7:09	0:51	1	35:22	21.0	0:40	5	24:36	7:56	1:11:31
3 *	26	Jason Ferrell	207	43	1	8:48	6:17	0:44	8	42:45	17.4	0:36	2	23:18	7:31	1:16:13
4	29	Ray Garcia	174	43	4	9:30	6:47	1:06	4	40:27	18.4	1:10	3	24:07	7:47	1:16:23
5	32	Chad Pokowski	194	42	3	9:27	6:45	1:01	5	41:06	18.1	0:52	4	24:24	7:52	1:16:52
6	41	Douglas Gatto	226	40	6	9:48	7:00	2:22	3	39:21	18.9	1:44	7	25:20	8:10	1:18:37
7	51	Steve Davis	130	43	5	9:43	6:56	0:54	9	43:35	17.1	0:33	6	25:14	8:08	1:20:01
8	61	Daykon Hiram	127	44	8	10:35	7:34	1:07	6	41:57	17.7	0:56	8	28:10	9:05	1:22:47
9	75	Timm Cappell	131	40	9	11:01	7:52	1:03	7	42:24	17.5	0:53	10	30:37	9:53	1:26:00
10	87	Ryan Burk	6	42	11	11:21	8:06	1:00	10	44:08	16.9	1:36	11	31:17	10:05	1:29:24
11	123	Frank Mobley	186	43	10	11:08	7:57	2:19	11	53:16	14.0	1:39	9	29:29	9:31	1:37:52
12	195	Robert J McBride	211	43	12	17:26	12:27	1:04	12	57:27	13.0	1:39	12	51:43	16:41	2:09:22

Female 40 to 44

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	34	Stephanie Edwards	192	40	2	9:23	6:42	1:41	2	41:26	18.0	0:51	2	24:09	7:47	1:17:32
2 *	43	Kristy Prahin	143	40	1	9:18	6:39	1:09	3	43:28	17.1	0:58	1	23:52	7:42	1:18:45
3 *	69	Sherri Scott	213	41	4	11:17	8:04	1:01	1	40:53	18.2	1:02	4	29:47	9:36	1:24:02
4	71	Susanna Burke	214	41	3	9:49	7:01	0:45	7	47:32	15.7	0:43	3	25:41	8:17	1:24:32
5	99	Shannon Pokowski	193	41	5	11:19	8:05	1:02	4	46:12	16.1	0:45	5	32:09	10:22	1:31:28
6	114	Jen Leyrer	92	42	6	12:58	9:16	0:55	5	46:14	16.1	0:56	6	33:50	10:55	1:34:54
7	121	Jamie Schapman	18	43	7	13:04	9:20	0:18	8	48:45	15.3	0:54	9	34:26	11:06	1:37:29
8	134	Nicole Ford	183	41	11	13:25	9:35	1:51	6	47:10	15.8	1:45	13	37:49	12:12	1:42:02
9	141	Lindsay Meulman	133	40	12	13:29	9:38	0:55	9	54:03	13.8	0:42	10	35:38	11:30	1:44:49

Come Clean Duathlon

Age Group Results

Female 40 to 44

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
10	147	Kristin Hayen	169	42	10	13:08	9:23	0:41	10	57:27	13.0	0:32	8	34:23	11:05	1:46:13
11	161	Leah Breen	210	40	8	13:05	9:21	1:13	11	58:14	12.8	1:41	12	36:25	11:45	1:50:40
12	162	Trisha Bird	209	41	9	13:06	9:21	1:14	12	58:14	12.8	1:40	11	36:25	11:45	1:50:41
13	180	Deanna Hudson	20	41	13	15:05	10:46	1:04	14	1:05:58	11.3	1:06	7	33:57	10:57	1:57:13
14	194	Melanie Trowbridge	23	43	15	16:58	12:07	1:44	13	1:03:02	11.8	1:13	14	45:20	14:37	2:08:19
15	200	Laura May	1	43	14	15:47	11:16	0:56	15	1:12:25	10.3	0:46	15	46:54	15:08	2:16:50

Male 45 to 49

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	19	Michael Arnold	46	46	2	9:47	6:59	0:45	1	35:42	20.8	0:34	4	26:28	8:32	1:13:18
2 *	33	Jack Hamilton	199	46	5	10:13	7:18	1:06	3	39:42	18.7	1:21	1	24:29	7:54	1:16:52
3 *	37	Craig Benham	150	49	1	9:20	6:40	0:46	6	41:57	17.7	0:46	2	24:55	8:02	1:17:46
4	40	Steve Kuhnert	208	46	4	10:04	7:11	1:33	4	39:54	18.6	1:41	3	25:21	8:11	1:18:35
5	53	Dean Martin	148	48	8	11:21	8:06	0:42	2	38:56	19.1	0:43	7	29:28	9:30	1:21:11
6	55	Ken Schapman	19	45	3	9:50	7:01	0:58	7	42:43	17.4	0:38	5	27:30	8:52	1:21:41
7	65	Dave Finch	225	49	7	11:20	8:06	1:01	5	40:46	18.3	0:33	8	29:39	9:34	1:23:21
8	101	Robert McElmurray	35	49	6	10:51	7:45	0:54	13	50:35	14.7	0:59	6	29:07	9:24	1:32:28
9	104	Steve Bos	162	46	9	11:31	8:14	0:59	9	46:48	15.9	1:12	9	32:09	10:22	1:32:41
10	122	James Doll	185	45	13	13:55	9:56	1:08	8	45:25	16.4	1:41	12	35:31	11:27	1:37:43
11	124	Steve Cloutier	33	49	10	12:44	9:06	1:54	10	46:49	15.9	2:37	10	33:47	10:54	1:37:53
12	128	Rick Hoeksema	39	47	11	12:49	9:09	1:36	11	47:37	15.6	1:55	11	34:32	11:08	1:38:32
13	140	Reginald Davis	26	49	12	13:19	9:31	1:02	12	49:11	15.1	0:47	13	40:22	13:01	1:44:44
14	198	Paul Trowbridge	24	48	14	17:38	12:36	2:24	14	59:10	12.6	1:35	14	52:39	16:59	2:13:28

Come Clean Duathlon

Age Group Results

Female 45 to 49

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	42	Julianne MacLennan	144	47	2	11:04	7:54	1:02	1	38:21	19.4	0:50	1	27:20	8:49	1:18:39
2 *	60	Amy Hinkle	97	49	3	11:05	7:55	1:15	2	40:17	18.5	0:44	3	29:19	9:27	1:22:42
3 *	63	Kristen Lawrence	182	48	1	10:56	7:49	0:52	3	42:11	17.6	0:47	2	28:18	9:08	1:23:07
4	102	Jodi Gaulin	72	45	4	11:19	8:05	1:36	4	45:36	16.3	1:17	8	32:42	10:33	1:32:32
5	105	Martha Richard	91	45	5	11:53	8:29	1:11	6	47:26	15.7	1:11	6	30:59	10:00	1:32:42
6	112	Wendy Clark	61	45	7	12:17	8:46	1:15	8	49:37	15.0	0:55	5	30:41	9:54	1:34:48
7	113	Kris Hamilton	95	46	6	11:55	8:31	0:48	9	51:20	14.5	0:41	4	30:08	9:43	1:34:54
8	136	Tricia Orr	196	45	9	13:15	9:28	1:58	7	48:40	15.3	2:09	11	37:01	11:56	1:43:05
9	148	Jennie Griffith	191	47	10	14:06	10:04	2:22	11	53:42	13.9	1:20	9	34:55	11:16	1:46:27
10	149	Lisa Ulrich	44	47	11	14:07	10:05	2:03	5	46:16	16.1	2:23	13	41:44	13:28	1:46:35
11	168	Rena Werbish	5	45	8	13:06	9:21	1:38	15	1:05:02	11.4	1:21	7	31:27	10:09	1:52:36
12	171	Laura Hecksel	168	47	12	14:34	10:24	1:03	13	58:34	12.7	1:21	12	37:34	12:07	1:53:08
13	184	Rhonda Bifano	58	49	13	14:44	10:31	2:24	12	56:21	13.2	2:07	15	43:06	13:54	1:58:44
14	188	Susan Dancer	69	48	16	17:45	12:41	1:53	10	52:50	14.1	1:28	16	47:30	15:19	2:01:27
15	191	Lisa Lipscomb	94	47	14	15:57	11:24	1:14	14	1:02:27	11.9	1:24	14	42:51	13:49	2:03:55
16	193	Janet McDuffey	21	48	15	16:00	11:26	0:50	16	1:12:19	10.3	0:39	10	37:00	11:56	2:06:51

Male 50 to 54

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	11	Peter Wujkowski	195	50	1	8:39	6:11	0:47	1	37:46	19.7	0:46	2	22:46	7:21	1:10:45
2 *	21	Craig Mulhinch	122	54	3	9:22	6:41	0:56	3	39:33	18.8	1:06	1	22:40	7:19	1:13:40
3 *	27	Douglas Anderson	81	50	4	9:57	7:06	1:15	2	38:02	19.6	1:02	5	25:58	8:23	1:16:15
4	36	Wayne Beyea	109	51	2	9:15	6:36	1:53	5	40:22	18.4	1:26	3	24:48	8:00	1:17:46
5	57	Scott Cole	85	52	7	11:12	8:00	1:07	6	41:39	17.9	1:11	7	26:47	8:38	1:21:57

Come Clean Duathlon

Age Group Results

Male 50 to 54

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
6	59	Tim Lee	190	50	5	10:20	7:23	1:49	8	42:22	17.6	1:39	4	25:57	8:22	1:22:09
7	70	Thomas Kring	10	50	6	10:22	7:24	0:29	12	46:05	16.1	1:09	6	26:03	8:24	1:24:10
8	72	Sherman McDonald	119	52	11	11:44	8:23	0:56	4	40:04	18.6	0:55	11	31:04	10:01	1:24:46
9	78	Christopher Merrill	128	50	8	11:17	8:04	0:39	13	46:41	15.9	0:29	8	27:13	8:47	1:26:23
10	81	David Wheeler	189	53	9	11:29	8:12	1:52	9	43:18	17.2	2:01	9	29:16	9:26	1:27:58
11	91	Patrick Gilbert	38	51	10	11:31	8:14	1:56	10	43:52	17.0	2:13	10	30:12	9:45	1:29:46
12	100	Mark Bender	88	51	14	12:23	8:51	1:34	7	41:44	17.8	1:58	12	34:41	11:11	1:32:21
13	109	John Ackerman	30	52	12	12:09	8:41	0:44	11	44:10	16.8	0:40	14	36:26	11:45	1:34:11
14	142	Darren Ulrich	45	50	13	12:20	8:49	2:26	14	46:48	15.9	4:14	15	39:20	12:41	1:45:10
15	165	Mark Bachman	101	53	15	14:14	10:10	2:02	15	56:04	13.3	2:56	13	36:25	11:45	1:51:42
16	199	Dave Parker	167	50	16	18:46	13:24	0:53	16	1:02:08	12.0	0:56	16	51:34	16:38	2:14:19

Female 50 to 54

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	35	Rhonda Dick	172	50	1	9:09	6:32	0:38	2	44:51	16.6	0:33	1	22:22	7:13	1:17:36
2 *	54	Tracy Beadlescomb	156	51	2	10:39	7:36	1:14	1	41:33	17.9	1:05	2	27:04	8:44	1:21:36
3 *	93	Linda McDonald	118	51	4	11:43	8:22	0:40	3	45:38	16.3	0:43	4	31:18	10:06	1:30:04
4	95	Monica Reynolds	47	50	3	11:32	8:14	0:44	5	48:25	15.4	0:44	3	28:48	9:17	1:30:15
5	127	Susan Kahn	40	51	5	12:07	8:39	1:31	8	49:33	15.0	0:57	6	34:11	11:02	1:38:21
6	139	Milagros A Snyder	179	51	6	13:01	9:18	1:26	4	48:10	15.4	1:35	11	40:26	13:03	1:44:40
7	143	Grace Greaves	204	52	10	15:11	10:51	0:58	9	49:51	14.9	0:54	8	38:17	12:21	1:45:14
8	146	Jacqueline Greene	71	53	7	13:15	9:28	1:12	11	55:54	13.3	1:31	5	34:10	11:01	1:46:04
9	156	Kathryn Bender	89	53	9	14:42	10:30	3:11	6	48:39	15.3	3:03	9	38:30	12:25	1:48:07
10	158	Jan Przystas	90	53	14	16:24	11:43	1:19	7	48:52	15.2	1:15	13	41:49	13:29	1:49:41

Race Date
September 11, 2016

Come Clean Duathlon Age Group Results

Female 50 to 54

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
11	166	Colleen Bachman	102	53	8	14:14	10:10	2:00	12	56:15	13.2	2:47	7	36:24	11:45	1:51:43
12	167	Susan Mora Fassett	34	53	12	15:43	11:14	1:45	10	54:43	13.6	1:44	10	38:38	12:28	1:52:34
13	181	Debra Ruzs	42	54	15	16:25	11:44	1:53	15	57:09	13.0	1:01	12	40:57	13:13	1:57:27
14	192	Michelle Moore	2	51	16	18:02	12:53	0:55	14	57:01	13.0	1:00	16	48:44	15:43	2:05:45
15	196	Angela Davis	27	50	11	15:15	10:54	1:01	16	1:08:11	10.9	0:42	14	44:26	14:20	2:09:37
16	197	Kelley Minefield	114	51	17	19:43	14:05	1:26	13	56:34	13.2	1:51	17	50:13	16:12	2:09:48
17	201	Maudena Orsborn	17	50	13	16:00	11:26	1:00	17	1:12:37	10.2	1:26	15	47:49	15:25	2:18:54

Male 55 to 59

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	10	Michael Hammond	160	55	1	8:18	5:56	1:13	2	38:45	19.2	0:45	1	21:28	6:55	1:10:31
2 *	24	Ron Buchanan	36	57	3	9:48	7:00	1:07	1	37:24	19.9	1:17	3	24:56	8:03	1:14:34
3 *	25	David Soltow	171	55	2	9:18	6:39	1:06	4	39:21	18.9	0:53	4	24:57	8:03	1:15:37
4	31	Matt Bliton	227	55	4	9:57	7:06	0:57	5	39:58	18.6	1:12	2	24:44	7:59	1:16:50
5	49	Lou Santos	223	59	5	10:25	7:26	1:09	3	39:06	19.0	1:12	5	27:52	8:59	1:19:47
6	96	Patrick Mann	125	55	7	11:04	7:54	1:46	7	44:42	16.6	2:05	6	31:00	10:00	1:30:39
7	125	Joe Mendez	120	59	8	11:48	8:26	2:04	8	48:18	15.4	1:39	7	34:14	11:03	1:38:04

Female 55 to 59

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	66	Lynne Anklam	197	55	2	11:57	8:32	0:57	1	40:46	18.3	0:49	1	28:53	9:19	1:23:25

Come Clean Duathlon

Age Group Results

Female 55 to 59

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
2 *	79	Cindy Kezele	155	59	1	11:54	8:30	1:04	2	42:30	17.5	1:09	2	30:08	9:43	1:26:46
3 *	126	Letitia Ezell	60	57	4	12:54	9:13	1:11	4	50:23	14.8	0:43	4	33:08	10:41	1:38:21
4	129	Mary Kay Thelen	37	56	5	13:14	9:27	1:21	3	48:39	15.3	2:00	5	33:28	10:48	1:38:44
5	135	Lynn Simons	99	56	3	12:49	9:09	1:20	7	56:07	13.3	1:21	3	31:10	10:03	1:42:49
6	157	Janet Strahan	107	59	7	14:32	10:23	2:50	5	50:31	14.7	2:36	8	38:55	12:33	1:49:26
7	159	Molly Minnick	177	57	8	14:38	10:27	2:00	6	52:47	14.1	2:07	7	38:13	12:20	1:49:48
8	186	Marian Plummer	62	58	6	13:19	9:31	1:10	8	1:09:16	10.7	1:26	6	34:40	11:11	1:59:52

Male 60 to 64

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	47	Bill McKay	63	64	1	10:31	7:31	0:30	1	38:37	19.3	0:34	2	29:16	9:26	1:19:31
2 *	56	Lou Cravotta	164	64	2	10:34	7:33	1:52	2	40:33	18.3	1:29	1	27:14	8:47	1:21:43
3 *	154	Lester Brady	52	63	5	16:27	11:45	1:14	4	49:45	15.0	1:21	4	38:52	12:32	1:47:41
4	155	James Pike	178	64	4	15:23	10:59	3:14	3	47:33	15.6	3:10	3	38:29	12:25	1:47:51
5	173	Leon Wilhelm	79	64	3	14:38	10:27	3:16	5	50:32	14.7	3:27	5	41:56	13:32	1:53:51

Female 60 to 64

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	138	Edith Smith	93	64	1	13:45	9:49	3:27	1	48:45	15.3	2:28	1	35:55	11:35	1:44:23
2 *	176	Cathy Rowe	41	60	3	14:29	10:21	0:58	2	1:02:23	11.9	0:48	2	37:03	11:57	1:55:43
3 *	187	Gail Berry	65	60	2	13:48	9:51	1:06	3	1:05:42	11.3	1:41	3	38:52	12:32	2:01:11

Come Clean Duathlon

Age Group Results

Male 65 and Over

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	67	Charles Schultz	142	67	1	10:36	7:34	1:07	1	42:18	17.6	0:55	1	28:43	9:16	1:23:41
2 *	83	Doyle Salsberry	184	68	3	11:43	8:22	0:40	2	44:17	16.8	0:57	3	30:34	9:52	1:28:14
3 *	88	Craig Prether	153	65	2	10:54	7:47	1:06	4	47:13	15.8	0:47	2	29:25	9:29	1:29:27
4	120	Chuck Strahan	108	65	4	12:52	9:11	2:19	3	46:21	16.1	1:27	4	34:15	11:03	1:37:15
5	174	Mike Laycock	202	65	6	16:07	11:31	1:16	5	51:17	14.5	1:38	6	43:39	14:05	1:53:58
6	175	Wally Drogt	100	68	5	16:01	11:26	0:54	6	56:21	13.2	0:51	5	40:04	12:55	1:54:13

Female 65 and Over

Place			----- Run 1 -----			T1	----- Bike -----			T2	----- Run 2 -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	153	Gwen Ogletree	64	65	1	13:59	9:59	1:36	1	50:54	14.6	1:59	1	38:18	12:21	1:46:49