

2019 Twinsburg Duathlon

Overall Results

Individual

Place	Name	Bib No	AG Place	----2M Run ----			T1	---- 10M ----			T2	----2M Run ----			Total
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	Jonathan Zappala	138	1:M The Pod	3	11:40.5	5:50	0:37.9	1	26:10.1	22.9	0:35.9	3	12:52.3	6:26	51:56.9
2	Brett Saunders	8	2:M The Pod	1	11:27.6	5:44	0:41.1	4	28:28.2	21.1	0:38.3	1	11:32.5	5:46	52:47.9
3	Gabriel Piriz	90	3:M The Pod	2	11:30.1	5:45	0:43.6	2	27:21.7	21.9	0:37.1	2	12:45.6	6:23	52:58.2
4	Ehren Eschmann	46	1:M 30-39	4	12:07.1	6:04	0:41.7	3	27:32.5	21.8	0:39.4	5	13:01.7	6:31	54:02.7
5	Tim Watkins	202	1:M 20-29	10	13:57.4	6:59	0:50.8	5	28:35.7	21.0	0:36.5	7	14:06.7	7:03	58:07.2
6	Matthew Raplenovich	92	2:M 30-39	20	15:15.4	7:38	1:06.7	6	29:17.8	20.5	0:46.8	15	15:31.0	7:46	1:01:57.9
7	Bob Floor	239	1:M 40-49	7	13:29.5	6:45	0:57.2	16	32:30.3	18.5	1:04.8	10	14:51.1	7:26	1:02:53.1
8	Kendra Weekley	130	1:F The Pod	13	14:35.4	7:18	0:38.3	9	31:28.5	19.1	0:39.5	17	15:39.5	7:50	1:03:01.4
9	Keegan Gallagher	5	2:M 20-29	5	12:18.9	6:09	0:54.4	38	36:09.5	16.6	0:51.6	4	12:58.7	6:29	1:03:13.1
10	Matthew Luck	61	1:M 50-59	8	13:42.0	6:51	0:49.3	18	33:15.7	18.0	1:20.6	8	14:40.6	7:20	1:03:48.4
11	Kenneth Frankenbery	50	1:M 60-69	14	14:38.2	7:19	0:58.2	11	31:54.0	18.8	0:55.6	14	15:30.7	7:45	1:03:56.8
12	Edward Marx	67	2:M 50-59	21	15:17.5	7:39	1:06.2	7	30:51.0	19.4	0:57.1	18	15:51.9	7:56	1:04:04.0
13	Kurtis Zabell	191	3:M 50-59	6	13:00.6	6:30	2:09.1	21	33:38.2	17.8	1:38.5	6	13:40.6	6:50	1:04:07.3
14	Mark Whitham	132	4:M 50-59	9	13:53.7	6:57	0:46.8	22	33:46.3	17.8	0:55.8	12	15:01.6	7:31	1:04:24.3
15	Pamela Semanik	111	2:F The Pod	22	15:42.1	7:51	1:05.0	10	31:29.2	19.1	1:14.9	19	16:04.8	8:02	1:05:36.1
16	Mike Russo	236	2:M 60-69	16	14:50.0	7:25	1:37.3	8	31:24.6	19.1	1:36.1	21	16:31.7	8:16	1:05:59.9
17	Christian Lansky	7	3:M 20-29	12	14:25.2	7:13	0:58.9	35	35:14.8	17.0	1:02.3	9	14:49.2	7:25	1:06:30.6
18	Dominic Visconsi	57	5:M 50-59	18	14:56.0	7:28	1:16.9	19	33:31.1	17.9	1:26.4	16	15:31.9	7:46	1:06:42.5
19	Daniel Rothstein	105	3:M 30-39	17	14:52.7	7:26	1:11.7	17	32:37.8	18.4	1:19.5	23	16:57.9	8:29	1:06:59.8
20	Rob Mccarty	79	6:M 50-59	11	14:11.6	7:06	1:50.5	29	34:36.1	17.3	1:32.3	11	14:53.0	7:27	1:07:03.6
21	Angela Ridgel	96	3:F The Pod	26	16:08.9	8:04	1:00.9	14	32:20.7	18.6	0:48.2	24	17:03.9	8:32	1:07:22.8
22	Scott Orlando	80	2:M 40-49	19	15:09.3	7:35	1:08.7	28	34:31.4	17.4	1:23.0	13	15:29.8	7:45	1:07:42.3
23	Tony Laviano	65	7:M 50-59	15	14:39.5	7:20	1:10.3	26	34:22.5	17.5	1:27.9	20	16:23.7	8:12	1:08:04.0
24	Carlo Buzzetta	41	4:M 30-39	27	16:20.4	8:10	1:19.5	13	32:18.3	18.6	1:23.6	32	18:15.8	9:08	1:09:37.8
25	Helen Rodriguez	103	1:F 30-39	25	16:06.8	8:03	0:50.9	37	35:33.8	16.9	0:53.3	26	17:15.5	8:38	1:10:40.4
26	Rob *Rule	34	3:M 40-49	30	16:30.6	8:15	1:31.2	23	33:46.5	17.8	1:29.0	28	17:29.9	8:45	1:10:47.4
27	Richard King	62	8:M 50-59	46	18:33.2	9:17	0:53.8	12	32:08.5	18.7	0:43.4	40	18:57.8	9:29	1:11:16.8
28	Shannon *Cogan	11	1:F 20-29	32	16:51.2	8:26	1:04.1	31	34:50.2	17.2	0:52.4	31	18:07.8	9:04	1:11:46.0
29	Tove Shere	118	1:F 60-69	45	18:31.9	9:16	1:05.3	15	32:26.2	18.5	0:57.2	49	19:44.5	9:52	1:12:45.2
30	Nicholas Shaffer	114	5:M 30-39	31	16:32.0	8:16	1:04.6	36	35:29.4	16.9	1:11.8	35	18:39.8	9:20	1:12:57.7
31	James Sprankle	119	3:M 60-69	33	17:08.2	8:34	1:36.2	25	34:09.3	17.6	1:32.8	34	18:35.7	9:18	1:13:02.4
32	Virginia Fitz	48	1:F 50-59	37	17:33.8	8:47	1:06.9	32	34:52.6	17.2	1:13.5	33	18:20.8	9:10	1:13:07.7
33	Marilyn Threat	127	2:F 50-59	29	16:27.8	8:14	1:14.7	44	37:51.7	15.9	0:48.2	25	17:14.5	8:37	1:13:37.1

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				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
34	David Cooper	44	4:M 60-69	24	15:48.7	7:54	2:22.9	42	37:28.7	16.0	1:10.9	27	17:21.4	8:41	1:14:12.9
35	Mary Schultz	106	2:F 30-39	34	17:09.2	8:35	2:13.1	33	34:53.3	17.2	1:37.7	42	19:00.4	9:30	1:14:53.8
36	Tom Roach	99	9:M 50-59	40	18:00.2	9:00	1:14.5	30	34:44.6	17.3	1:16.8	50	19:44.8	9:52	1:15:01.1
37	Don Daut	45	5:M 60-69	28	16:22.7	8:11	0:49.3	49	39:24.5	15.2	0:54.9	30	17:42.9	8:51	1:15:14.5
38	Jenny Clark	42	3:F 30-39	39	17:50.8	8:55	1:33.4	41	37:22.0	16.1	1:01.3	36	18:42.2	9:21	1:16:30.0
39	Kellie Strang	124	3:F 50-59	50	18:46.5	9:23	1:59.6	20	33:33.6	17.9	1:28.0	56	20:43.1	10:22	1:16:30.8
40	Tom Scudiere	109	6:M 60-69	54	19:27.0	9:44	1:41.4	24	33:49.3	17.7	1:21.2	55	20:38.8	10:19	1:16:57.8
41	Kim Peterson	88	4:F 30-39	23	15:44.7	7:52	0:48.0	61	43:10.7	13.9	0:56.6	22	16:37.2	8:19	1:17:17.3
42	Jeff Nelson	84	7:M 60-69	48	18:37.7	9:19	2:03.1	34	35:02.0	17.1	2:35.7	47	19:39.1	9:50	1:17:57.7
43	Brian Willaman	135	4:M 40-49	49	18:41.8	9:21	2:27.9	27	34:22.9	17.5	2:10.7	52	20:15.7	10:08	1:17:59.1
44	Rebecca Steiner	123	4:F 50-59	38	17:41.5	8:51	1:37.3	47	38:55.3	15.4	1:21.8	43	19:24.7	9:42	1:19:00.7
45	John Plough	189	1:M 70-79	41	18:06.8	9:03	0:48.8	55	41:19.5	14.5	0:57.4	38	18:47.4	9:24	1:20:00.0
46	Scott Pickel	89	5:M 40-49	52	19:07.2	9:34	1:16.1	50	39:25.9	15.2	1:16.2	46	19:36.9	9:48	1:20:42.4
47	Angie Kovacs	63	1:F 40-49	61	19:59.8	10:00	1:35.7	40	37:13.0	16.1	1:14.5	62	21:40.9	10:50	1:21:44.0
48	Tyler Mitchell	76	6:M 30-39	55	19:27.8	9:44	1:53.7	39	37:03.4	16.2	2:13.3	61	21:36.9	10:48	1:22:15.2
49	Tammy Bresnahan	40	5:F 30-39	64	20:35.4	10:18	1:44.8	45	37:56.9	15.8	1:36.1	57	20:54.5	10:27	1:22:47.9
50	Stanley *Vaughn	36	7:M 30-39	43	18:09.4	9:05	1:31.7	57	42:30.1	14.1	1:16.2	48	19:43.6	9:52	1:23:11.2
51	Walt *Roberts	32	10:M 50-59	58	19:41.6	9:51	1:22.5	51	39:27.1	15.2	1:27.2	58	21:21.3	10:41	1:23:19.8
52	Lawrence Hatch	54	8:M 60-69	63	20:03.8	10:02	2:08.9	48	39:19.2	15.3	1:53.4	51	20:07.5	10:04	1:23:33.0
53	Jiah Bowers	2	4:M 20-29	67	21:03.1	10:32	1:56.5	53	39:59.0	15.0	1:08.2	44	19:27.7	9:44	1:23:34.8
54	Marc *Long	23	6:M 40-49	57	19:37.0	9:49	1:27.7	58	42:42.9	14.1	1:16.5	37	18:46.2	9:23	1:23:50.5
55	Theresa *Fleet	12	2:F 40-49	36	17:31.5	8:46	1:20.8	72	49:51.9	12.0	1:07.7	29	17:33.2	8:47	1:27:25.3
56	Monique Clavier	43	3:F 40-49	68	21:05.5	10:33	2:11.1	52	39:41.7	15.1	1:43.9	67	23:13.4	11:37	1:27:55.7
57	Nicole *Kussman	19	4:F 40-49	47	18:35.1	9:18	1:08.8	69	48:38.0	12.3	1:04.7	41	18:58.6	9:29	1:28:25.4
58	Jennifer *Mitchell	27	6:F 30-39	44	18:11.4	9:06	1:37.6	70	49:03.5	12.2	1:23.6	39	18:49.4	9:25	1:29:05.7
59	Brien Shanahan	112	9:M 60-69	71	22:21.4	11:11	1:45.5	54	40:06.8	15.0	1:49.1	68	23:14.8	11:37	1:29:17.6
60	Marcella Mattox	73	2:F 60-69	51	18:46.7	9:23	1:40.9	66	47:46.2	12.6	1:08.3	54	20:34.4	10:17	1:29:56.7
61	David Kulik	64	10:M 60-69	74	23:13.5	11:37	1:47.1	46	38:30.0	15.6	2:16.7	71	24:13.3	12:07	1:30:00.7
62	Emily Diliberto	4	2:F 20-29	42	18:07.1	9:04	1:03.0	71	49:44.2	12.1	0:58.7	59	21:24.8	10:42	1:31:18.0
63	Jerry Shere	117	2:M 70-79	78	24:57.7	12:29	1:22.1	43	37:41.5	15.9	1:33.7	73	26:15.3	13:08	1:31:50.5
64	Carolyn Wilhelm	134	7:F 30-39	73	22:55.8	11:28	1:18.0	60	42:59.2	14.0	1:21.3	70	24:06.2	12:03	1:32:40.6
65	Timothy *Powell	31	11:M 50-59	35	17:28.9	8:44	1:35.3	77	52:31.2	11.4	1:34.9	45	19:31.4	9:46	1:32:42.0
66	Rene Jimenez	58	7:M 40-49	65	20:44.3	10:22	1:56.5	56	41:36.9	14.4	2:23.4	74	26:22.4	13:11	1:33:03.7

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Overall Results

Individual

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>----2M Run ----</u>			<u>T1</u>	<u>---- 10M ----</u>			<u>T2</u>	<u>----2M Run ----</u>			<u>Total</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>
67	Cindy Wildman	133	3:F 60-69	66	21:00.7	10:30	1:29.3	64	47:10.9	12.7	1:29.5	65	22:10.9	11:05	1:33:21.3
68	Barbara Ford	49	4:F 60-69	62	20:02.9	10:01	0:57.1	73	50:10.6	12.0	1:03.2	64	22:09.2	11:05	1:34:23.2
69	Shannon *Bryant	10	5:F 50-59	69	21:16.9	10:38	1:47.1	67	47:47.0	12.6	1:27.3	66	22:28.6	11:14	1:34:47.0
70	Winnie Hiu Kwan Yip	136	8:F 30-39	53	19:22.2	9:41	1:26.4	74	51:14.1	11.7	0:59.4	63	21:56.2	10:58	1:34:58.4
71	Linda *Teodosio	35	5:F 60-69	56	19:36.1	9:48	1:43.2	75	51:55.3	11.6	1:47.2	53	20:33.8	10:17	1:35:35.7
72	Sheila Neely	83	6:F 50-59	70	22:09.0	11:05	1:44.4	68	47:58.2	12.5	2:18.3	72	25:41.4	12:51	1:39:51.5
73	Angela Marzo	69	3:F 20-29	76	23:57.1	11:59	2:43.8	63	43:54.8	13.7	3:15.5	76	26:23.4	13:12	1:40:14.8
74	Melissa *Morris	28	9:F 30-39	77	23:59.2	12:00	2:43.4	62	43:52.2	13.7	3:16.6	75	26:23.4	13:12	1:40:14.9
75	Demetra Boyd	38	5:F 40-49	82	25:27.1	12:44	1:43.7	59	42:56.0	14.0	1:59.8	78	28:29.6	14:15	1:40:36.4
76	Keith *Kish	18	8:M 40-49	59	19:43.5	9:52	1:28.4	78	57:01.2	10.5	1:25.8	60	21:34.7	10:47	1:41:13.7
77	Robin *Kish	17	6:F 40-49	60	19:47.6	9:54	1:28.5	79	57:01.6	10.5	1:22.7	69	23:40.6	11:50	1:43:21.1
78	Amanda *Griffith	13	10:F 30-39	72	22:32.6	11:16	2:39.7	84	1:01:49.9	9.71		79	28:42.7	14:21	1:55:45.0
79	Kaitlyn Carver	3	4:F 20-29	75	23:25.0	11:43	1:48.7	83	1:01:48.1	9.71		80	28:43.1	14:22	1:55:45.1
80	Tamra Parker-Davis	86	7:F 40-49	81	25:14.1	12:37	2:48.2	80	58:36.2	10.2	2:36.7	77	27:22.2	13:41	1:56:37.6
81	Shannon *Kacenga	16	11:F 30-39	84	33:04.0	16:32	1:48.2	65	47:23.5	12.7	2:07.1	81	33:32.7	16:46	1:57:55.6
82	Billie Jo *Rossman	33	12:F 30-39	83	31:59.7	16:00	1:40.4	76	52:07.9	11.5	1:35.3	84	35:48.9	17:54	2:03:12.5
83	Kristin *Macdonald	24	13:F 30-39	80	25:12.7	12:36	2:09.0	81	1:00:34.3	9.91	1:57.0	82	35:00.2	17:30	2:04:53.3
84	Christy *Harp	15	14:F 30-39	79	25:09.7	12:35	2:07.9	82	1:00:36.8	9.90	1:58.8	83	35:00.3	17:30	2:04:53.7

2019 Twinsburg Duathlon

Overall Results

2 Person Relay

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>----2M Run ----</u>			<u>T1</u>	<u>---- 10M ----</u>			<u>T2</u>	<u>----2M Run ----</u>			<u>Total</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	TEAM SSSMST J & K	159	1:M 1-99	2	14:08.0	7:04	0:44.2	2	31:14.0	19.2	0:32.6	2	14:24.8	7:12	1:01:03.8
2	TEAM Lake Effec Racing	149	2:M 1-99	3	14:09.5	7:05	0:46.1	3	32:38.1	18.4	0:35.1	3	14:39.3	7:20	1:02:48.2
3	TEAM R4D4's	148	3:M 1-99	5	16:25.2	8:13	0:47.4	1	30:04.7	20.0	0:48.8	5	16:58.5	8:29	1:05:04.8
4	TEAM Luman Ladies	156	4:M 1-99	4	14:12.5	7:06	1:02.2	5	36:57.6	16.2	0:41.7	4	15:05.2	7:33	1:07:59.4
5	TEAM Racing Federexko	146	5:M 1-99	6	17:55.0	8:58	0:51.9	4	33:17.5	18.0	0:47.3	6	19:08.6	9:34	1:12:00.5
6	TEAM Northcoast COaching	216	6:M 1-99	10	20:54.6	10:27	0:49.7	6	37:48.5	15.9	0:43.1	8	20:19.0	10:10	1:20:35.1
7	TEAM Hermanators	151	7:M 1-99	8	18:20.6	9:10	1:05.2	8	40:46.9	14.7	0:49.6	7	20:07.2	10:04	1:21:09.8
8	TEAM MASK	157	8:M 1-99	9	20:27.3	10:14	0:56.8	9	42:19.1	14.2	0:57.2	10	21:51.7	10:56	1:26:32.2
9	TEAM The Yoders	144	9:M 1-99	7	18:07.8	9:04	0:51.7	10	45:59.0	13.0	0:55.4	9	20:57.3	10:29	1:26:51.2
10	TEAM USS Shangri-La	160	10:M 1-99	11	24:17.5	12:09	1:20.4	7	38:11.9	15.7	0:49.7	11	25:24.5	12:42	1:30:04.1
11	TEAM The Mon's	158	11:M 1-99	1	13:04.9	6:32	1:09.7	11	1:03:10.1	9.50	1:26.0	1	13:03.9	6:32	1:31:54.9

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Overall Results

3 Person Relay

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>		<u>----2M Run ----</u>			<u>T1</u>	<u>---- 10M ----</u>			<u>T2</u>	<u>----2M Run ----</u>			<u>Total</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	TEAM Life Time	184	1:M	1-99	1	17:12.8	8:36	0:37.9	1	34:23.7	17.5	0:41.1	4	24:49.6	12:25	1:17:45.3
2	TEAM The G Team	163	2:M	1-99	4	21:52.3	10:56	0:44.8	2	36:02.8	16.7	0:41.0	2	23:36.1	11:48	1:22:57.2
3	TEAM Charlie's Angels	168	3:M	1-99	3	21:09.5	10:35	1:04.3	3	48:27.0	12.4	0:41.5	1	16:29.4	8:15	1:27:51.9
4	TEAM Not Fast Or Furious	165	4:M	1-99	2	18:10.8	9:05	1:26.3	4	59:50.8	10.0	0:58.8	3	23:55.2	11:58	1:44:22.1

Race Date
June 02, 2019

2019 Twinsburg Duathlon
Age Group Results

Individual

Female The Podium Winners

Place			----2M Run ----					T1	----10M Bike ----			T2	----2M Run ----			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	8	Kendra Weekley	130	26	1	14:35.4	7:18	0:38.3	1	31:28.5	19.1	0:39.5	1	15:39.5	7:50	1:03:01.4
2	15	Pamela Semanik	111	54	2	15:42.1	7:51	1:05.0	2	31:29.2	19.1	1:14.9	2	16:04.8	8:02	1:05:36.1
3	21	Angela Ridgel	96	48	3	16:08.9	8:04	1:00.9	3	32:20.7	18.6	0:48.2	3	17:03.9	8:32	1:07:22.8

2019 Twinsburg Duathlon

Age Group Results

Individual

Race Date

June 02, 2019

Female 20 to 29

Place			---- 2M Run ----			T1	----10M Bike ----			T2	---- 2M Run ----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	28	Shannon *Cogan	11	28	1	16:51.2	8:26	1:04.1	1	34:50.2	17.2	0:52.4	1	18:07.8	9:04	1:11:46.0
2	62	Emily Diliberto	4	20	2	18:07.1	9:04	1:03.0	3	49:44.2	12.1	0:58.7	2	21:24.8	10:42	1:31:18.0
3	73	Angela Marzo	69	28	4	23:57.1	11:59	2:43.8	2	43:54.8	13.7	3:15.5	3	26:23.4	13:12	1:40:14.8
4	79	Kaitlyn Carver	3	20	3	23:25.0	11:43	1:48.7	4	1:01:48.1	9.71		4	28:43.1	14:22	1:55:45.1

Female 30 to 39

Place			---- 2M Run ----			T1	----10M Bike ----			T2	---- 2M Run ----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	25	Helen Rodriguez	103	35	2	16:06.8	8:03	0:50.9	2	35:33.8	16.9	0:53.3	2	17:15.5	8:38	1:10:40.4
2	35	Mary Schultz	106	39	3	17:09.2	8:35	2:13.1	1	34:53.3	17.2	1:37.7	5	19:00.4	9:30	1:14:53.8
3	38	Jenny Clark	42	38	4	17:50.8	8:55	1:33.4	3	37:22.0	16.1	1:01.3	3	18:42.2	9:21	1:16:30.0
4	41	Kim Peterson	88	34	1	15:44.7	7:52	0:48.0	6	43:10.7	13.9	0:56.6	1	16:37.2	8:19	1:17:17.3
5	49	Tammy Bresnahan	40	38	7	20:35.4	10:18	1:44.8	4	37:56.9	15.8	1:36.1	6	20:54.5	10:27	1:22:47.9
6	58	Jennifer *Mitchell	27	34	5	18:11.4	9:06	1:37.6	9	49:03.5	12.2	1:23.6	4	18:49.4	9:25	1:29:05.7
7	64	Carolyn Wilhelm	134	35	9	22:55.8	11:28	1:18.0	5	42:59.2	14.0	1:21.3	8	24:06.2	12:03	1:32:40.6
8	70	Winnie Hiu Kwan Yip	136	33	6	19:22.2	9:41	1:26.4	10	51:14.1	11.7	0:59.4	7	21:56.2	10:58	1:34:58.4
9	74	Melissa *Morris	28	35	10	23:59.2	12:00	2:43.4	7	43:52.2	13.7	3:16.6	9	26:23.4	13:12	1:40:14.9
10	78	Amanda *Griffith	13	38	8	22:32.6	11:16	2:39.7	14	1:01:49.9	9.71		10	28:42.7	14:21	1:55:45.0
11	81	Shannon *Kacenga	16	38	14	33:04.0	16:32	1:48.2	8	47:23.5	12.7	2:07.1	11	33:32.7	16:46	1:57:55.6
12	82	Billie Jo *Rossman	33	34	13	31:59.7	16:00	1:40.4	11	52:07.9	11.5	1:35.3	14	35:48.9	17:54	2:03:12.5
13	83	Kristin *Macdonald	24	35	12	25:12.7	12:36	2:09.0	12	1:00:34.3	9.91	1:57.0	12	35:00.2	17:30	2:04:53.3
14	84	Christy *Harp	15	36	11	25:09.7	12:35	2:07.9	13	1:00:36.8	9.90	1:58.8	13	35:00.3	17:30	2:04:53.7

Race Date
June 02, 2019

2019 Twinsburg Duathlon

Age Group Results

Individual

Female 40 to 49

Place			-----2M Run -----			T1	-----10M Bike -----			T2	-----2M Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	47	Angie Kovacs	63	48	4	19:59.8	10:00	1:35.7	1	37:13.0	16.1	1:14.5	3	21:40.9	10:50	1:21:44.0
2	55	Theresa *Fleet	12	44	1	17:31.5	8:46	1:20.8	5	49:51.9	12.0	1:07.7	1	17:33.2	8:47	1:27:25.3
3	56	Monique Clavier	43	49	5	21:05.5	10:33	2:11.1	2	39:41.7	15.1	1:43.9	4	23:13.4	11:37	1:27:55.7
4	57	Nicole *Kussman	19	48	2	18:35.1	9:18	1:08.8	4	48:38.0	12.3	1:04.7	2	18:58.6	9:29	1:28:25.4
5	75	Demetra Boyd	38	41	7	25:27.1	12:44	1:43.7	3	42:56.0	14.0	1:59.8	7	28:29.6	14:15	1:40:36.4
6	77	Robin *Kish	17	45	3	19:47.6	9:54	1:28.5	6	57:01.6	10.5	1:22.7	5	23:40.6	11:50	1:43:21.1
7	80	Tamra Parker-Davis	86	45	6	25:14.1	12:37	2:48.2	7	58:36.2	10.2	2:36.7	6	27:22.2	13:41	1:56:37.6

Female 50 to 59

Place			-----2M Run -----			T1	-----10M Bike -----			T2	-----2M Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	32	Virginia Fitz	48	51	2	17:33.8	8:47	1:06.9	2	34:52.6	17.2	1:13.5	2	18:20.8	9:10	1:13:07.7
2	33	Marilyn Threat	127	51	1	16:27.8	8:14	1:14.7	3	37:51.7	15.9	0:48.2	1	17:14.5	8:37	1:13:37.1
3	39	Kellie Strang	124	52	4	18:46.5	9:23	1:59.6	1	33:33.6	17.9	1:28.0	4	20:43.1	10:22	1:16:30.8
4	44	Rebecca Steiner	123	57	3	17:41.5	8:51	1:37.3	4	38:55.3	15.4	1:21.8	3	19:24.7	9:42	1:19:00.7
5	69	Shannon *Bryant	10	55	5	21:16.9	10:38	1:47.1	5	47:47.0	12.6	1:27.3	5	22:28.6	11:14	1:34:47.0
6	72	Sheila Neely	83	52	6	22:09.0	11:05	1:44.4	6	47:58.2	12.5	2:18.3	6	25:41.4	12:51	1:39:51.5

Female 60 to 69

Place			-----2M Run -----			T1	-----10M Bike -----			T2	-----2M Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	29	Tove Shere	118	66	1	18:31.9	9:16	1:05.3	1	32:26.2	18.5	0:57.2	1	19:44.5	9:52	1:12:45.2
2	60	Marcella Mattox	73	61	2	18:46.7	9:23	1:40.9	3	47:46.2	12.6	1:08.3	3	20:34.4	10:17	1:29:56.7

Race Date
June 02, 2019

2019 Twinsburg Duathlon
Age Group Results

Individual

Female 60 to 69

Place			-----2M Run -----					T1	-----10M Bike -----			T2	-----2M Run -----			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	67	Cindy Wildman	133	67	5	21:00.7	10:30	1:29.3	2	47:10.9	12.7	1:29.5	5	22:10.9	11:05	1:33:21.3
4	68	Barbara Ford	49	60	4	20:02.9	10:01	0:57.1	4	50:10.6	12.0	1:03.2	4	22:09.2	11:05	1:34:23.2
5	71	Linda *Teodosio	35	62	3	19:36.1	9:48	1:43.2	5	51:55.3	11.6	1:47.2	2	20:33.8	10:17	1:35:35.7

Race Date
June 02, 2019

2019 Twinsburg Duathlon
Age Group Results

Individual

Male The Podium Winners

Place			----2M Run ----					T1	----10M Bike ----			T2	----2M Run ----			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	1	Jonathan Zappala	138	30	3	11:40.5	5:50	0:37.9	1	26:10.1	22.9	0:35.9	3	12:52.3	6:26	51:56.9
2	2	Brett Saunders	8	19	1	11:27.6	5:44	0:41.1	3	28:28.2	21.1	0:38.3	1	11:32.5	5:46	52:47.9
3	3	Gabriel Piriz	90	38	2	11:30.1	5:45	0:43.6	2	27:21.7	21.9	0:37.1	2	12:45.6	6:23	52:58.2

2019 Twinsburg Duathlon

Age Group Results

Individual

Race Date

June 02, 2019

Male 20 to 29

Place			---- 2M Run ----			T1	----10M Bike ----			T2	---- 2M Run ----			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	5	Tim Watkins	202	26	2	13:57.4	6:59	0:50.8	1	28:35.7	21.0	0:36.5	2	14:06.7	7:03	58:07.2
2	9	Keegan Gallagher	5	22	1	12:18.9	6:09	0:54.4	3	36:09.5	16.6	0:51.6	1	12:58.7	6:29	1:03:13.1
3	17	Christian Lansky	7	22	3	14:25.2	7:13	0:58.9	2	35:14.8	17.0	1:02.3	3	14:49.2	7:25	1:06:30.6
4	53	Jiah Bowers	2	20	4	21:03.1	10:32	1:56.5	4	39:59.0	15.0	1:08.2	4	19:27.7	9:44	1:23:34.8

Male 30 to 39

Place			---- 2M Run ----			T1	----10M Bike ----			T2	---- 2M Run ----			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	Ehren Eschmann	46	33	1	12:07.1	6:04	0:41.7	1	27:32.5	21.8	0:39.4	1	13:01.7	6:31	54:02.7
2	6	Matthew Raplenovich	92	38	3	15:15.4	7:38	1:06.7	2	29:17.8	20.5	0:46.8	2	15:31.0	7:46	1:01:57.9
3	19	Daniel Rothstein	105	32	2	14:52.7	7:26	1:11.7	4	32:37.8	18.4	1:19.5	3	16:57.9	8:29	1:06:59.8
4	24	Carlo Buzzetta	41	35	4	16:20.4	8:10	1:19.5	3	32:18.3	18.6	1:23.6	4	18:15.8	9:08	1:09:37.8
5	30	Nicholas Shaffer	114	37	5	16:32.0	8:16	1:04.6	5	35:29.4	16.9	1:11.8	5	18:39.8	9:20	1:12:57.7
6	48	Tyler Mitchell	76	34	7	19:27.8	9:44	1:53.7	6	37:03.4	16.2	2:13.3	7	21:36.9	10:48	1:22:15.2
7	50	Stanley *Vaughn	36	33	6	18:09.4	9:05	1:31.7	7	42:30.1	14.1	1:16.2	6	19:43.6	9:52	1:23:11.2

Male 40 to 49

Place			---- 2M Run ----			T1	----10M Bike ----			T2	---- 2M Run ----			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	7	Bob Floor	239	48	2	13:29.5	6:45	0:57.2	1	32:30.3	18.5	1:04.8	1	14:51.1	7:26	1:02:53.1
2	22	Scott Orlando	80	49	3	15:09.3	7:35	1:08.7	4	34:31.4	17.4	1:23.0	2	15:29.8	7:45	1:07:42.3
3	26	Rob *Rule	34	47	4	16:30.6	8:15	1:31.2	2	33:46.5	17.8	1:29.0	3	17:29.9	8:45	1:10:47.4
4	43	Brian Willaman	135	48	5	18:41.8	9:21	2:27.9	3	34:22.9	17.5	2:10.7	6	20:15.7	10:08	1:17:59.1

2019 Twinsburg Duathlon

Age Group Results

Individual

Race Date
June 02, 2019

Male 40 to 49

Place			---- 2M Run ----			T1	----10M Bike ----			T2	---- 2M Run ----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
5	46	Scott Pickel	89	47	6	19:07.2	9:34	1:16.1	5	39:25.9	15.2	1:16.2	5	19:36.9	9:48	1:20:42.4
6	54	Marc *Long	23	43	7	19:37.0	9:49	1:27.7	7	42:42.9	14.1	1:16.5	4	18:46.2	9:23	1:23:50.5
7	66	Rene Jimenez	58	48	9	20:44.3	10:22	1:56.5	6	41:36.9	14.4	2:23.4	8	26:22.4	13:11	1:33:03.7
8	76	Keith *Kish	18	46	8	19:43.5	9:52	1:28.4	8	57:01.2	10.5	1:25.8	7	21:34.7	10:47	1:41:13.7

Male 50 to 59

Place			---- 2M Run ----			T1	----10M Bike ----			T2	---- 2M Run ----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	10	Matthew Luck	61	51	2	13:42.0	6:51	0:49.3	3	33:15.7	18.0	1:20.6	2	14:40.6	7:20	1:03:48.4
2	12	Edward Marx	67	54	7	15:17.5	7:39	1:06.2	1	30:51.0	19.4	0:57.1	6	15:51.9	7:56	1:04:04.0
3	13	Kurtis Zabell	191	51	1	13:00.6	6:30	2:09.1	5	33:38.2	17.8	1:38.5	1	13:40.6	6:50	1:04:07.3
4	14	Mark Whitham	132	59	3	13:53.7	6:57	0:46.8	6	33:46.3	17.8	0:55.8	4	15:01.6	7:31	1:04:24.3
5	18	Dominic Visconsi	57	59	6	14:56.0	7:28	1:16.9	4	33:31.1	17.9	1:26.4	5	15:31.9	7:46	1:06:42.5
6	20	Rob Mccarty	79	58	4	14:11.6	7:06	1:50.5	8	34:36.1	17.3	1:32.3	3	14:53.0	7:27	1:07:03.6
7	23	Tony Laviano	65	52	5	14:39.5	7:20	1:10.3	7	34:22.5	17.5	1:27.9	7	16:23.7	8:12	1:08:04.0
8	27	Richard King	62	50	10	18:33.2	9:17	0:53.8	2	32:08.5	18.7	0:43.4	8	18:57.8	9:29	1:11:16.8
9	36	Tom Roach	99	55	9	18:00.2	9:00	1:14.5	9	34:44.6	17.3	1:16.8	10	19:44.8	9:52	1:15:01.1
10	51	Walt *Roberts	32	54	11	19:41.6	9:51	1:22.5	10	39:27.1	15.2	1:27.2	11	21:21.3	10:41	1:23:19.8
11	65	Timothy *Powell	31	59	8	17:28.9	8:44	1:35.3	11	52:31.2	11.4	1:34.9	9	19:31.4	9:46	1:32:42.0

Male 60 to 69

Place			---- 2M Run ----			T1	----10M Bike ----			T2	---- 2M Run ----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time

Race Date
June 02, 2019

2019 Twinsburg Duathlon

Age Group Results

Individual

Male 60 to 69

Place			-----2M Run -----					T1	-----10M Bike -----			T2	-----2M Run -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	11	Kenneth Frankenbery	50	63	1	14:38.2	7:19	0:58.2	2	31:54.0	18.8	0:55.6	1	15:30.7	7:45	1:03:56.8
2	16	Mike Russo	236	60	2	14:50.0	7:25	1:37.3	1	31:24.6	19.1	1:36.1	2	16:31.7	8:16	1:05:59.9
3	31	James Sprankle	119	65	5	17:08.2	8:34	1:36.2	4	34:09.3	17.6	1:32.8	5	18:35.7	9:18	1:13:02.4
4	34	David Cooper	44	60	3	15:48.7	7:54	2:22.9	6	37:28.7	16.0	1:10.9	3	17:21.4	8:41	1:14:12.9
5	37	Don Daut	45	64	4	16:22.7	8:11	0:49.3	9	39:24.5	15.2	0:54.9	4	17:42.9	8:51	1:15:14.5
6	40	Tom Scudiere	109	67	7	19:27.0	9:44	1:41.4	3	33:49.3	17.7	1:21.2	8	20:38.8	10:19	1:16:57.8
7	42	Jeff Nelson	84	69	6	18:37.7	9:19	2:03.1	5	35:02.0	17.1	2:35.7	6	19:39.1	9:50	1:17:57.7
8	52	Lawrence Hatch	54	60	8	20:03.8	10:02	2:08.9	8	39:19.2	15.3	1:53.4	7	20:07.5	10:04	1:23:33.0
9	59	Brien Shanahan	112	65	9	22:21.4	11:11	1:45.5	10	40:06.8	15.0	1:49.1	9	23:14.8	11:37	1:29:17.6
10	61	David Kulik	64	66	10	23:13.5	11:37	1:47.1	7	38:30.0	15.6	2:16.7	10	24:13.3	12:07	1:30:00.7

Male 70 to 79

Place			-----2M Run -----					T1	-----10M Bike -----			T2	-----2M Run -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	45	John Plough	189	71	1	18:06.8	9:03	0:48.8	2	41:19.5	14.5	0:57.4	1	18:47.4	9:24	1:20:00.0
2	63	Jerry Shere	117	75	2	24:57.7	12:29	1:22.1	1	37:41.5	15.9	1:33.7	2	26:15.3	13:08	1:31:50.5

Race Date
June 02, 2019

2019 Twinsburg Duathlon

Age Group Results

2 Person Relay

Male 99 and Under

Place		Name	Bib No	Age	----2M Run ----			T1	----10M Bike ----			T2	----2M Run ----			Total
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	1	TEAM SSSMST J & K	159	1	2	14:08.0	7:04	0:44.2	2	31:14.0	19.2	0:32.6	2	14:24.8	7:12	1:01:03.8
2	2	TEAM Lake Effec Racing	149	1	3	14:09.5	7:05	0:46.1	3	32:38.1	18.4	0:35.1	3	14:39.3	7:20	1:02:48.2
3	3	TEAM R4D4's	148	1	5	16:25.2	8:13	0:47.4	1	30:04.7	20.0	0:48.8	5	16:58.5	8:29	1:05:04.8
4	4	TEAM Luman Ladies	156	1	4	14:12.5	7:06	1:02.2	5	36:57.6	16.2	0:41.7	4	15:05.2	7:33	1:07:59.4
5	5	TEAM Racing Federexko	146	1	6	17:55.0	8:58	0:51.9	4	33:17.5	18.0	0:47.3	6	19:08.6	9:34	1:12:00.5
6	6	TEAM Northcoast COaching	216	1	10	20:54.6	10:27	0:49.7	6	37:48.5	15.9	0:43.1	8	20:19.0	10:10	1:20:35.1
7	7	TEAM Hermanators	151	1	8	18:20.6	9:10	1:05.2	8	40:46.9	14.7	0:49.6	7	20:07.2	10:04	1:21:09.8
8	8	TEAM MASK	157	1	9	20:27.3	10:14	0:56.8	9	42:19.1	14.2	0:57.2	10	21:51.7	10:56	1:26:32.2
9	9	TEAM The Yoders	144	1	7	18:07.8	9:04	0:51.7	10	45:59.0	13.0	0:55.4	9	20:57.3	10:29	1:26:51.2
10	10	TEAM USS Shangri-La	160	1	11	24:17.5	12:09	1:20.4	7	38:11.9	15.7	0:49.7	11	25:24.5	12:42	1:30:04.1
11	11	TEAM The Mon's	158	1	1	13:04.9	6:32	1:09.7	11	1:03:10.1	9.50	1:26.0	1	13:03.9	6:32	1:31:54.9

Race Date
June 02, 2019

2019 Twinsburg Duathlon
Age Group Results
3 Person Relay

Male 99 and Under

Place			----2M Run ----			T1	----10M Bike ----			T2	----2M Run ----			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	1	TEAM Life Time	184	1	1	17:12.8	8:36	0:37.9	1	34:23.7	17.5	0:41.1	4	24:49.6	12:25	1:17:45.3
2	2	TEAM The G Team	163	1	4	21:52.3	10:56	0:44.8	2	36:02.8	16.7	0:41.0	2	23:36.1	11:48	1:22:57.2
3	3	TEAM Charlie's Angels	168	1	3	21:09.5	10:35	1:04.3	3	48:27.0	12.4	0:41.5	1	16:29.4	8:15	1:27:51.9
4	4	TEAM Not Fast Or Furious	165	1	2	18:10.8	9:05	1:26.3	4	59:50.8	10.0	0:58.8	3	23:55.2	11:58	1:44:22.1