

AGE GROUP RESULTS
 STRASBURG DUATHLON
 STRASBURG, VA
 APRIL 9, 2011 8am

PLACE	BIB	NAME	AGE	CITY	STATE	RUN1	PACE	T1	BIKE	RATE	T2	RUN2	PACE	OFFICIAL
F 20-29														
1	151	Sarah Brown	24	Arlington	VA	21:48	7:02	0:59	1:08:51	16.2	1:05	21:38	6:59	1:54:19.2
2	159	Jen Vendeson	23			24:22	7:52	2:03	1:13:42	15.2	1:33	23:55	7:43	2:05:33.1
3	125	Maria Reissaus	28	Arlington	VA	24:09	7:48	1:58	1:20:45	13.9	0:53	28:08	9:05	2:15:50.5
4	119	Samantha Kronschnab	29	Arlington	VA	25:37	8:16	2:27	1:26:00	13.0	1:21	28:37	9:14	2:24:00.5
5	101	Courtney Cave	24	Maurertow	VA	30:47	9:56	1:08	1:40:08	11.2	1:06	34:39	11:11	2:47:44.8
6	124	Birte Unterrainer	28	Herndon	VA	35:24	11:26	3:25	1:49:35	10.2	2:24	49:08	15:51	3:19:53.5

M 20-29

1	155	James Doyle	23	Dayton	VA	19:35	6:19	1:28	1:05:05	17.2	1:37	19:25	6:16	1:47:07.1
2	157	tremain Hatch	27	Wincheste	VA	21:20	6:53	1:54	1:02:51	17.8	1:24	21:47	7:02	1:49:13.2
3	133	Bryan Keith	24	Arlington	VA	20:15	6:32	0:37	1:15:07	14.9	0:38	22:20	7:13	1:58:55.3

F 30-29

1	156	Alison Gittelman	38	South Ridir	VA	21:22	6:54	0:42	1:05:05	17.2	0:46	21:30	6:56	1:49:22.6
2	134	Danielle Batchelder	33	Lynn	MA	25:37	8:16	1:28	1:12:49	15.4	1:46	25:36	8:16	2:07:13.2
3	160	Amy Winchester	36			25:29	8:14	1:01	1:22:31	13.6	0:33	26:53	8:41	2:16:24.7
4	104	charmaine shaw	37	winchester	VA	29:38	9:34	1:14	1:20:21	13.9	1:00	33:05	10:41	2:25:15.1
5	146	Sarah McClain	33	Strasburg	VA	28:37	9:14	2:38	1:21:29	13.7	1:25	31:55	10:18	2:26:02.6
6	112	Carly Keane	33	Wincheste	VA	30:22	9:48	1:39	1:20:20	13.9	0:52	36:41	11:50	2:29:52.6
7	127	Kelly Murray	38	Edinburg	VA	30:14	9:46	0:52	1:29:59	12.4	0:45	35:36	11:29	2:37:23.7
8	113	Marirose Jarvis	37	Springfield	VA	35:23	11:25	3:27	1:51:30	10.0	0:28	49:08	15:51	3:19:54.4
9	145	Brooke Kreger	32	Arlington	VA	26:46	8:38	1:39						DNF

M 30-39

1	140	Eric Dempster	38	Wincheste	VA	18:30	5:59	1:01	53:21	21.0	0:39	19:16	6:13	1:32:44.5
2	142	Aaron Church	35	South Ridir	VA	16:50	5:26	0:51	1:00:46	18.4	0:49	16:53	5:27	1:36:07.0
3	162	david Stubbs	37			19:53	6:25	0:49	57:47	19.4	0:36	22:09	7:09	1:41:11.0
4	137	Doug Eldridge	33	Washingto	VA	20:14	6:32	0:52	1:01:24	18.2	0:31	23:38	7:38	1:46:37.0
5	135	James Yount	31	Montclair	VA	20:51	6:44	0:33	1:03:10	17.7	0:44	21:55	7:05	1:47:12.2
6	107	Josh Wadlington	30	Oakton	VA	20:49	6:43	0:56	1:03:08	17.7	1:02	21:29	6:56	1:47:21.8
7	147	Patrick Ryan	31	Arlington	VA	20:05	6:29	0:39	1:07:38	16.5	0:43	22:12	7:10	1:51:15.6
8	150	Nicanor Galvan	31	Stafford	VA	24:56	8:03	1:00	1:18:17	14.3	1:07	25:05	8:06	2:10:23.5
9	144	Chris Davis	34	stafford	VA	22:59	7:25	1:27	1:21:40	13.7	0:32	23:50	7:42	2:10:26.2
10	116	Steven Williams	39	Herndon	VA	23:40	7:38	1:03	1:19:13	14.1	1:27	28:49	9:18	2:14:09.4

F 40 -49

1	103	Cynthia Hutchings	48	McLean	VA	24:12	7:49	1:31	1:07:49	16.5	1:22	24:33	7:55	1:59:25.7
2	110	Michelle Dennhardt	44	Stuarts Dra	VA	28:19	9:08	2:14	1:05:50	17.0	1:16	32:32	10:30	2:10:08.6

3	128	Maya Bruck	43	Arlington	VA	28:54	9:20	1:15	1:35:32	11.7	0:50	32:56	10:38	2:39:25.8
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M 40-49

1	149	Steven Viers	44	Washingto	DC	19:45	6:23	0:56	59:38	18.8	0:35	21:20	6:53	1:42:12.4
2	153	kenenth morris	42	Middletow	VA	22:05	7:08	1:04	55:10	20.3	0:43	23:39	7:38	1:42:37.9
3	129	Baucum Fulk	43	Charlottesv	VA	21:38	6:59	0:34	1:01:34	18.2	0:28	24:03	7:46	1:48:16.3
4	117	Paul Kosubinsky	42	Fort Valley	VA	20:32	6:38	1:06	1:04:08	17.4	1:12	22:16	7:11	1:49:12.2
5	120	Chris Jackson	41	McLean	VA	23:12	7:29	1:40	58:52	19.0	1:43	24:06	7:47	1:49:31.0
6	154	Douglas Keim	43	Wincheste	VA	22:49	7:22	1:02	1:02:04	18.0	0:43	24:21	7:52	1:50:56.9
7	105	Erik Wang	43	springfield	VA	26:08	8:26	1:27	1:04:10	17.4	1:18	26:23	8:31	1:59:22.7
8	123	Todd Standard	47	Huntingtov	MD	25:45	8:19	1:08	1:05:10	17.2	1:02	26:40	8:36	1:59:43.5
9	126	gregory seal	40	shenandoa	VA	21:09	6:50	2:17	1:18:06	14.3	0:33	22:16	7:11	2:04:17.8
10	131	Randy Kepler	42	Strasburg	VA	25:51	8:21	1:29	1:06:27	16.8	1:36	31:33	10:11	2:06:54.2
11	109	Robert Gibson	42	Harrisonbu	VA	22:16	7:11	1:42	1:21:12	13.8	0:42	25:08	8:07	2:10:57.3
12	108	Andrew Baillie	47	Nokesville	VA	23:31	7:36	1:34	1:21:30	13.7	1:15	26:03	8:25	2:13:50.5
13	136	Darren Alsberry	40	strasburg	VA	26:39	8:36	2:47	1:31:02	12.3	1:01	30:24	9:49	2:31:50.4
14	158	Tom Ellis	46			26:01	8:24	1:27	1:39:02	11.3	0:45	30:53	9:58	2:38:05.1

F 50-59

1	118	Cindy Quinnelly	52	Wincheste	VA	27:48	8:58	1:14	1:14:40	15.0	1:34	29:38	9:34	2:14:51.1
2	102	Holley Morse	54	McLean	VA	25:31	8:14	2:20	1:25:51	13.0	1:36	28:06	9:04	2:23:22.1
3	132	Kimberly Keith	51	Wincheste	VA	31:57	10:19	1:16	1:18:58	14.2	0:58	33:27	10:48	2:26:34.3
4	141	MARISOL STRONG	52	STAFFORD	VA	28:45	9:17	1:11	1:26:30	12.9	1:31	35:07	11:20	2:33:02.4
5	122	Kathleen Gunther	54	Waynesbo	VA	36:18	11:43	1:08	1:31:23	12.2	1:05	42:04	13:34	2:51:55.7
6	139	Karen Adams	53	Fort Valley	VA	30:44	9:55	0:54	1:41:21	11.0	1:46	39:26	12:44	2:54:09.4

M 50-59

1	115	doug landau	50	Oak Hill	VA	20:35	6:39	0:27	1:00:12	18.6	0:56	22:17	7:11	1:44:24.2
2	138	william gunter	52	laurel	MD	22:07	7:09	1:20	59:01	19.0	0:46	23:28	7:34	1:46:40.5
3	111	Gerald Brown	54	Wincheste	VA	21:52	7:03	1:08	1:08:34	16.3	1:03	23:35	7:37	1:56:09.7
4	130	Timothy Taylor	52	Strasburg	VA	25:26	8:13	0:55	1:18:52	14.2	0:40	24:06	7:47	2:09:56.3
5	121	Robert Gunther	55	Waynesbo	VA	27:52	9:00	0:52	1:23:13	13.4	0:40	29:45	9:36	2:22:21.1
6	161	Philip Morse	54			25:34	8:15	2:19	1:25:48	13.0	1:36	27:59	9:02	2:23:14.8
7	100	Michael Chimento	58	Toms Broo	VA	30:47	9:56	0:53	1:40:20	11.1	1:12	34:36	11:10	2:47:46.0

M 60-69

1	148	Robert Bachorik	67	Ellsworth	ME	25:25	8:12	1:38	1:06:24	16.8	1:30	25:52	8:21	2:00:47.8
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M 70-79

1	152	Philip Hager	74	Falls Churc	VA	28:05	9:04	2:46	1:11:45	15.6	2:17	29:49	9:38	2:14:40.8
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