

Spring Thaw Duathlon #2

Preliminary Results

Sunday, April 30, 2006 2:35:32 PM

Overall by Distance: Duathlon

OvrAll / Gndr / Div	No	Name	Representing	Division	Run	Bike	Run 2	Net Time	Total Time	Back	Pace
1 / 1 / 1	178	LINDER FERERA	Sean Linder, Manny Ferera	Male Team	11:13.2	25:49.2	11:39.600	48:42.0	48:42.0	0:00.0	
2 / 2 / 1	166	THOMPSON, Roger	Spokane	30-34 M	12:14.4	24:56.3	13:05.800	50:16.5	50:16.5	+1:34.5	
3 / 3 / 1	175	DEITZ, Jacob	Spokane	20-24 M	11:12.9	27:07.2	12:04.300	50:24.4	50:24.4	+1:42.4	
4 / 4 / 1	157	MCGONIGAL, Keats	Spokane	25-29 M	12:14.1	25:56.4	13:30.500	51:41.0	51:41.0	+2:59.0	
5 / 5 / 1	181	DEHART, Tom	Spokane	35-39 M	12:29.5	25:56.3	13:26.600	51:52.4	51:52.4	+3:10.4	
6 / 6 / 2	165	BERGQUIST, Michael	Spokane	30-34 M	11:57.7	27:34.9	12:25.100	51:57.7	51:57.7	+3:15.7	
7 / 7 / 2	183	SCHREMPP, Dan	Spokane	20-24 M	11:56.5	27:42.5	13:28.700	53:07.7	53:07.7	+4:25.7	
8 / 8 / 1	146	DEITZ, Craig	Mead	45-49 M	12:10.6	27:50.1	13:33.000	53:33.7	53:33.7	+4:51.7	
9 / 1 / 1	156	WARNER, Annie	Spokane	25-29 F	13:19.3	27:09.2	13:40.700	54:09.2	54:09.2	+5:27.2	
10 / 9 / 3	180	BAND, Conrad	Spokane	20-24 M	12:54.3	27:25.4	13:52.000	54:11.7	54:11.7	+5:29.7	
11 / 10 / 4	169	GREENFIELD, Ben	Spokane	20-24 M	13:14.5	27:09.7	14:04.800	54:29.0	54:29.0	+5:47.0	
12 / 11 / 2	140	NELSON, Troy	Spokane	35-39 M	12:59.2	28:09.9	13:45.600	54:54.7	54:54.7	+6:12.7	
13 / 12 / 1	130	WISCHMANN, Erin	Spokane	14-16 M	12:30.9	28:24.6	14:08.800	55:04.3	55:04.3	+6:22.3	
14 / 13 / 3	137	BRUNKOW, Corey	Tacoma	30-34 M	13:11.7		0:00.000	57:25.8	57:25.8	+8:43.8	
15 / 14 / 3	139	RUPE, Steven	Colbert	35-39 M	14:04.1	28:09.5	15:31.200	57:44.8	57:44.8	+9:02.8	
16 / 15 / 1	144	SHERWOOD, Rich	Spokane	40-44 M	14:20.8	27:56.4	15:37.400	57:54.6	57:54.6	+9:12.6	
17 / 16 / 4	158	THOMPSON, Colin	Spokane	35-39 M	14:09.1	29:04.1	15:10.800	58:24.0	58:24.0	+9:42.0	
18 / 17 / 5	170	PETERSON, Brett	Spokane	35-39 M	14:49.2	28:11.3	15:27.300	58:27.8	58:27.8	+9:45.8	
19 / 18 / 6	172	CANNON, Shawn	Spokane	35-39 M	14:21.5	30:06.0	15:10.200	59:37.7	59:37.7	+10:55.7	
20 / 19 / 4	135	DAVIS, Wayne	Spokane	30-34 M	14:14.1	30:34.6	14:50.000	59:38.7	59:38.7	+10:56.7	
21 / 20 / 5	136	OLIVER, Steve	Mead	30-34 M	13:46.9	31:21.5	15:08.800	1:00:17.2	1:00:17.2	+11:35.2	
22 / 21 / 7	138	SUTER, Paul	Spokane	35-39 M	14:38.8	30:31.4	15:14.900	1:00:25.1	1:00:25.1	+11:43.1	
23 / 22 / 8	177	SNYDDEN, Jerrod	Spokane	35-39 M	15:31.6	28:45.4	16:32.200	1:00:49.2	1:00:49.2	+12:07.2	
24 / 2 / 1	162	TONNEMAKER, Sonia	Spokane	45-49 F	15:44.2	29:02.2	16:36.600	1:01:23.0	1:01:23.0	+12:41.0	
25 / 23 / 9	143	THOMPSON, Brian	Greenacres	35-39 M	14:51.0	29:51.3	16:43.700	1:01:26.0	1:01:26.0	+12:44.0	
26 / 24 / 2	147	HILL, Jerry	Spokane	45-49 M	15:56.4	29:26.3	16:23.000	1:01:45.7	1:01:45.7	+13:03.7	
27 / 25 / 2	159	THOMPSON, Cody	Spokane	14-16 M	12:58.8	33:51.7	15:11.200	1:02:01.7	1:02:01.7	+13:19.7	
28 / 3 / 1	176	KERRIGAN, Lorhn	Spokane	20-24 F	15:25.3	30:14.0	16:26.700	1:02:06.0	1:02:06.0	+13:24.0	
29 / 26 / 2	134	MEESE, Nathan	Spokane	25-29 M	15:53.1	29:43.9	16:29.900	1:02:06.9	1:02:06.9	+13:24.9	
30 / 27 / 3	129	DEITZ, Caleb	Mead	14-16 M	13:55.1	34:40.5	15:10.000	1:03:45.6	1:03:45.6	+15:03.6	
31 / 4 / 1	112	FLEMING, Anne	Spokane	35-39 F	15:53.0	30:03.8	17:57.900	1:03:54.7	1:03:54.7	+15:12.7	
32 / 5 / 1	108	COTE, Phaedra	Spokane	30-34 F	15:57.8	30:38.4	17:19.600	1:03:55.8	1:03:55.8	+15:13.8	
33 / 6 / 2	164	BERGQUIST, Amanda	Spokane	20-24 F	15:54.4	32:56.8	16:03.500	1:04:54.7	1:04:54.7	+16:12.7	
34 / 7 / 2	160	THOMPSON, Jesse	Spokane	25-29 F	16:09.2	31:37.6	17:32.900	1:05:19.7	1:05:19.7	+16:37.7	
35 / 28 / 4	131	CROOK, Keaton	Coeur d alene	14-16 M	15:23.8	32:44.0	17:18.200	1:05:26.0	1:05:26.0	+16:44.0	
36 / 29 / 5	163	TONNEMAKER, Ethan	Spokane	14-16 M	13:11.8	38:34.8	13:49.000	1:05:35.6	1:05:35.6	+16:53.6	
37 / 8 / 3	182	WARD, Kathleen	Spokane	20-24 F	17:20.3	32:30.7	16:20.000	1:06:11.0	1:06:11.0	+17:29.0	
38 / 30 / 2	145	NIVEN, Kurt	Spokane	40-44 M	16:14.4	33:52.1	16:22.000	1:06:28.5	1:06:28.5	+17:46.5	
39 / 9 / 1	167	MOLITOR, Denali	Spokane	14-16 F	15:10.4	34:20.9	17:21.800	1:06:53.1	1:06:53.1	+18:11.1	
40 / 10 / 1	154	MAUER, Julie	Spokane	40-44 F	17:02.0	33:49.9	17:27.700	1:08:19.6	1:08:19.6	+19:37.6	
41 / 11 / 2	173	TYYNISMAA, Tatum	Spokane	14-16 F	16:32.0	33:28.9	18:44.900	1:08:45.8	1:08:45.8	+20:03.8	
42 / 12 / 2	179	EARNHART, Angela	Spokane	30-34 F	17:18.8	34:43.5	17:39.400	1:09:41.7	1:09:41.7	+20:59.7	

* indicates adjustments applied, see last page for details

Spring Thaw Duathlon #2

Overall by Distance: Duathlon Continued

OvrAll / Gndr / Div	No	Name	Representing	Division	Run	Bike	Run 2	Net Time	Total Time	Back	Pace
43 / 31 / 1	152	MASSIE, Robert	spokane	60 & Over M	17:24.8	34:52.3	17:40.600	1:09:57.7	1:09:57.7	+21:15.7	
44 / 13 / 2	126	ARMACOST, Cathy	Liberty Lake	45-49 F	17:57.0	33:44.5	18:20.200	1:10:01.7	1:10:01.7	+21:19.7	
45 / 32 / 2	168	PAIN DON T HURT	Jeff Davis, Mtch Wallace	Male Team	16:37.8	36:13.2	17:36.200	1:10:27.2	1:10:27.2	+21:45.2	
46 / 14 / 3	125	BENNETT, Linda	Post Falls	45-49 F	18:00.5	33:35.3	19:01.300	1:10:37.1	1:10:37.1	+21:55.1	
47 / 15 / 1	128	UNDERWOOD, Sharon	Spokane	50-54 F	18:40.8	34:22.1	18:29.800	1:11:32.7	1:11:32.7	+22:50.7	
48 / 16 / 3	111	SHEPHERD, Jennifer	spokane	30-34 F	17:17.2	35:51.5	18:34.700	1:11:43.4	1:11:43.4	+23:01.4	
49 / 33 / 5	133	COGAR, Joshua	Spokane	20-24 M	15:20.6	40:34.9	16:50.400	1:12:45.9	1:12:45.9	+24:03.9	
50 / 34 / 10	141	CZECH, Aaron	Spokane	35-39 M	15:51.2	38:47.0	18:13.500	1:12:51.7	1:12:51.7	+24:09.7	
51 / 35 / 3	155	SHAW, Bobby	Spokane	45-49 M	15:47.0	39:38.6	17:48.800	1:13:14.4	1:13:14.4	+24:32.4	
52 / 17 / 3	104	CAMERON, Frances	Rossland	25-29 F	18:01.0	36:21.3	19:03.100	1:13:25.4	1:13:25.4	+24:43.4	
53 / 36 / 1	150	MORGAN, David	colbert	50-54 M	17:49.5	36:27.4	19:32.500	1:13:49.4	1:13:49.4	+25:07.4	
54 / 18 / 4	174	BEST, Kathi	Spokane	45-49 F	18:26.2	35:29.9	20:08.600	1:14:04.7	1:14:04.7	+25:22.7	
55 / 19 / 1	153	COOL CUP OF WATER	Sherri Urann, April Kriege...	Female Team	19:58.5	40:33.9	14:57.000	1:15:29.4	1:15:29.4	+26:47.4	
56 / 20 / 2	114	VESSER, Tia	Coeur d Alene	35-39 F	19:56.1	37:16.5	20:10.000	1:17:22.6	1:17:22.6	+28:40.6	
57 / 21 / 4	102	DAVIS, Heather	Spokane Valley	25-29 F	17:44.3		0:00.000	1:17:27.8	1:17:27.8	+28:45.8	
58 / 22 / 4	109	CHAPPELL, Pip	Rossland	30-34 F	19:33.9	37:32.5	20:31.400	1:17:37.8	1:17:37.8	+28:55.8	
59 / 37 / 2	148	MCCUDDIN, Mason	Spokane	50-54 M	21:34.8	33:28.6	23:08.700	1:18:12.1	1:18:12.1	+29:30.1	
60 / 23 / 2	124	BROWNING, Kynda	Fairfield	40-44 F	19:08.4	38:52.6	21:00.800	1:19:01.8	1:19:01.8	+30:19.8	
61 / 24 / 5	110	BLEGEN, Stacey	Spokane Valley	30-34 F	19:24.6	40:20.7	20:09.900	1:19:55.2	1:19:55.2	+31:13.2	
62 / 25 / 5	106	YBARRA , Noelle	Spokane Valley	25-29 F	20:47.2	39:39.9	20:47.800	1:21:14.9	1:21:14.9	+32:32.9	
63 / 26 / 3	171	CICARELLI, Colleen	Spokane	40-44 F	22:01.4	35:33.1	24:02.600	1:21:37.1	1:21:37.1	+32:55.1	
64 / 27 / 4	101	PIERCE, Tara	Spokane	20-24 F	18:59.4	40:51.3	21:48.900	1:21:39.6	1:21:39.6	+32:57.6	
65 / 28 / 4	123	BOWERS, Sharon	Spokane	40-44 F	18:40.7	44:30.9	20:23.200	1:23:34.8	1:23:34.8	+34:52.8	
66 / 29 / 3	119	WALTON, Alison	Greenacres	35-39 F	18:38.0	44:46.0	20:28.800	1:23:52.8	1:23:52.8	+35:10.8	
67 / 38 / 3	149	MOOTER, Paul	Spokane	50-54 M	19:13.3	43:58.0	21:16.900	1:24:28.2	1:24:28.2	+35:46.2	
68 / 30 / 4	116	HOCTOR, Donna	Spokane Valley	35-39 F	20:45.7	42:32.5	22:25.100	1:25:43.3	1:25:43.3	+37:01.3	
69 / 31 / 5	120	CHAFFIN, Kim	Colbert	35-39 F	20:45.3	40:50.6	24:14.200	1:25:50.1	1:25:50.1	+37:08.1	
70 / 32 / 6	118	EMTMAN, Teresa	Valleyford	35-39 F	19:45.4	45:19.3	21:39.900	1:26:44.6	1:26:44.6	+38:02.6	
71 / 39 / 11	161	MITCHELL, Andrew	Spokane	35-39 M	23:09.0		0:00.000	1:28:10.8	1:28:10.8	+39:28.8	
72 / 40 / 1	151	HEIMBIGNER, Jon	Spokane	55-59 M	18:52.9	49:25.7	20:45.700	1:29:04.3	1:29:04.3	+40:22.3	
72 / 33 / 6	105	LIEZEN, Joene	Spokane	25-29 F	18:53.6	48:59.0	50:58.700	1:29:04.3	1:29:04.3	+40:22.3	
74 / 34 / 7	121	PREUNINGER, Lori	spokane	35-39 F	20:04.0	47:17.7	24:12.000	1:31:33.7	1:31:33.7	+42:51.7	
75 / 41 / 12	142	PREUNINGER, Terry	Spokane	35-39 M		1:07:32.5	24:01.500	1:31:34.0	1:31:34.0	+42:52.0	
76 / 35 / 6	107	BRANOM, Bev	Spokane	30-34 F	23:31.8	46:42.6	25:47.300	1:36:01.7	1:36:01.7	+47:19.7	
77 / 36 / 5	122	BACON-HORD, Kelly	Nine Mile Falls	40-44 F	23:08.6	51:56.6	24:32.900	1:39:38.1	1:39:38.1	+50:56.1	
78 / 37 / 7	103	CUSHMAN, Lisa	Cheney	25-29 F	27:04.3	42:50.9	30:39.600	1:40:34.8	1:40:34.8	+51:52.8	
79 / 38 / 2	127	WIGLE, Pam	COEUR D ALENE	50-54 F	24:03.5	49:28.4	27:34.600	1:41:06.5	1:41:06.5	+52:24.5	
80 / 39 / 8	115	AXTELL, Jodi	Chattaroy	35-39 F	1:15:04.8		0:00.000	1:41:27.5	1:41:27.5	+52:45.5	
81 / 40 / 9	117	PERDUE, Kim	Colbert	35-39 F	20:49.7	55:45.2	36:35.300	1:53:10.2	1:53:10.2	+1:04:28.2	

* indicates adjustments applied, see last page for details