

Individual Pine Barrens Trail Duathlon

Overall Individual Male

Place	Bib #	Name	Time	Type	City	
1	43	JACK WINDMILLER	01:11:17.92	Runner	Melville	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:10:54.163	8.2mph	07:18	00:10:54.163
		Bike	00:47:08.043	11.9mph	05:03	00:58:02.206
		Run #2	00:13:15.714	6.7mph	08:53	01:11:17.920
2	1	STEVEN AMOROSO	01:12:32.76	Runner	Central Islip	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:11:18.403	7.9mph	07:34	00:11:18.403
		Bike	00:47:32.204	11.8mph	05:06	00:58:50.607
		Run #2	00:13:42.156	6.5mph	09:11	01:12:32.763
3	39	DAN WALKER	01:13:52.44	Runner	Kings Park	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:12:12.944	7.3mph	08:11	00:12:12.944
		Bike	00:47:35.992	11.7mph	05:06	00:59:48.936
		Run #2	00:14:03.506	6.4mph	09:25	01:13:52.442

Overall Individual Female

Place	Bib #	Name	Time	Type	City	
1	18	SAMANTHA LANKOWICZ	01:36:45.22	Runner	Bohemia	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:14:23.809	6.2mph	09:39	00:14:23.809
		Bike	01:04:37.068	8.7mph	06:55	01:19:00.877
		Run #2	00:17:44.348	5.0mph	11:53	01:36:45.225
2	3	KATHLEEN BAUMANN	01:43:06.25	Runner	Wading River	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:16:32.138	5.4mph	11:05	00:16:32.138
		Bike	01:08:18.998	8.2mph	07:19	01:24:51.136
		Run #2	00:18:15.114	4.9mph	12:14	01:43:06.250
3	37	KATIE TRADITI	01:45:45.24	Runner	South Orange	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:13:35.718	6.6mph	09:06	00:13:35.718
		Bike	01:16:34.622	7.3mph	08:12	01:30:10.340
		Run #2	00:15:34.906	5.7mph	10:26	01:45:45.246

Female 20 - 24

Place	Bib #	Name	Time	Type	City	
1	40	MICHELLE WARD	02:12:33.37	Runner	Miller Place	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:16:04.603	5.6mph	10:46	00:16:04.603
		Bike	01:34:23.746	5.9mph	10:07	01:50:28.349
		Run #2	00:22:05.021	4.1mph	14:48	02:12:33.370

Male 20 - 24

Place	Bib #	Name	Time	Type	City	
1	6	TRISTAN BROWN-DEVIRGILIO	01:20:52.55	Runner	Middle Island	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:10:21.565	8.6mph	06:56	00:10:21.565
		Bike	00:59:08.074	9.5mph	06:20	01:09:29.639
		Run #2	00:11:22.918	7.9mph	07:37	01:20:52.557

Female 25 - 29

Place	Bib #	Name	Time	Type	City	
1	8	NICOLE CASAGRANDE	01:48:29.17	Runner	Holbrook	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:16:49.215	5.3mph	11:16	00:16:49.215
		Bike	01:09:28.074	8.1mph	07:27	01:26:17.289
		Run #2	00:22:11.881	4.0mph	14:53	01:48:29.170

Male 25 - 29

Place	Bib #	Name	Time	Type	City	
1	21	SEAN MAHER	01:39:25.45	Runner	Bohemia	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:13:40.863	6.5mph	09:10	00:13:40.863
		Bike	01:05:47.597	8.5mph	07:03	01:19:28.460
		Run #2	00:19:56.993	4.5mph	13:22	01:39:25.453

Female 30 - 34

Place	Bib #	Name	Time	Type	City	
1	16	LIUDMILA KVASHINA	01:53:38.46	Runner	Copague	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:14:55.994	6.0mph	10:00	00:14:55.994
		Bike	01:22:04.611	6.8mph	08:48	01:37:00.605
		Run #2	00:16:37.857	5.4mph	11:09	01:53:38.462
2	10	JACLYN DAGNALL	01:58:37.85	Runner	Rocky Point	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:17:15.275	5.2mph	11:34	00:17:15.275
		Bike	01:20:51.525	6.9mph	08:40	01:38:06.800
		Run #2	00:20:31.053	4.4mph	13:45	01:58:37.853
3	31	EMMILY SMITH	02:15:40.72	Runner	Stony Brook	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:19:51.225	4.5mph	13:18	00:19:51.225
		Bike	01:29:41.018	6.2mph	09:37	01:49:32.243
		Run #2	00:26:08.477	3.4mph	17:31	02:15:40.720

Male 30 - 34

Place	Bib #	Name	Time	Type	City	
1	28	MICHAEL SCALESI	01:57:13.83	Runner	Patchogue	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:16:29.517	5.4mph	11:03	00:16:29.517
		Bike	01:18:36.273	7.1mph	08:26	01:35:05.790
		Run #2	00:22:08.048	4.0mph	14:50	01:57:13.838
2	30	RYAN SCOTT	01:57:14.60	Runner	Patchogue	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:16:29.811	5.4mph	11:03	00:16:29.811
		Bike	01:18:39.283	7.1mph	08:26	01:35:09.094
		Run #2	00:22:05.506	4.1mph	14:48	01:57:14.600

Female 35 - 39

Place	Bib #	Name	Time	Type	City	
1	19	PAMELA LAZARAKIS	01:59:35.64	Runner	East Islip	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:14:56.387	6.0mph	10:01	00:14:56.387
		Bike	01:26:48.519	6.4mph	09:18	01:41:44.906
		Run #2	00:17:50.739	5.0mph	11:57	01:59:35.645

Male 40 - 44

Place	Bib #	Name	Time	Type	City	
1	25	DANNY NELSON	01:33:14.03	Runner	Glen Cove	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:14:29.332	6.2mph	09:42	00:14:29.332
		Bike	00:59:28.228	9.4mph	06:22	01:13:57.560
		Run #2	00:19:16.477	4.6mph	12:55	01:33:14.037

Individual Pine Barrens Trail Duathlon

Female 45 - 49

Place	Bib #	Name	Time	Type	City	
1	38	MEREDITH TRANI	01:52:25.28	Runner	Brookhaven	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:15:53.681	5.6mph	10:39	00:15:53.681
		Bike	01:18:17.732	7.1mph	08:24	01:34:11.413
		Run #2	00:18:13.875	4.9mph	12:13	01:52:25.288
2	12	MELISSA GROENEVELD	02:05:34.17	Runner	Southold	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:20:27.447	4.4mph	13:43	00:20:27.447
		Bike	01:21:19.254	6.9mph	08:43	01:41:46.701
		Run #2	00:23:47.475	3.8mph	15:57	02:05:34.176
3	17	MEGAN LAFRANCE	02:07:24.00	Runner	West Babylon	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:20:30.015	4.4mph	13:44	00:20:30.015
		Bike	01:21:34.088	6.9mph	08:45	01:42:04.103
		Run #2	00:25:19.899	3.5mph	16:59	02:07:24.002

Male 45 - 49

Place	Bib #	Name	Time	Type	City	
1	9	CHRISTOPHER CLAPP	01:15:07.01	Runner	Westhampton Beach	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:12:46.301	7.0mph	08:33	00:12:46.301
		Bike	00:47:25.055	11.8mph	05:05	01:00:11.356
		Run #2	00:14:55.655	6.0mph	10:00	01:15:07.011
2	20	BRIAN LOUGHLIN	01:23:48.19	Runner	Miller Place	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:13:31.145	6.6mph	09:03	00:13:31.145
		Bike	00:54:17.029	10.3mph	05:49	01:07:48.174
		Run #2	00:16:00.016	5.6mph	10:43	01:23:48.190
3	11	ARMAND DIESSO	01:36:05.64	Runner	North Babylon	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:15:51.595	5.6mph	10:38	00:15:51.595
		Bike	01:01:51.214	9.0mph	06:38	01:17:42.809
		Run #2	00:18:22.839	4.9mph	12:19	01:36:05.648

Female 50 - 54

Place	Bib #	Name	Time	Type	City	
1	36	TINA TITONE	01:57:12.92	Runner	Rocky Point	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:17:12.362	5.2mph	11:32	00:17:12.362
		Bike	01:18:07.579	7.2mph	08:22	01:35:19.941
		Run #2	00:21:52.980	4.1mph	14:40	01:57:12.921

Male 50 - 54

Place	Bib #	Name	Time	Type	City	
1	29	CHRISTIAN SCHNOOR	01:15:28.66	Runner	Wading River	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:13:34.024	6.6mph	09:05	00:13:34.024
		Bike	00:45:38.526	12.3mph	04:53	00:59:12.550
		Run #2	00:16:16.110	5.5mph	10:54	01:15:28.660
2	23	TODD MICHELS	01:25:36.48	Runner	Shoreham	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:12:01.698	7.4mph	08:03	00:12:01.698
		Bike	01:00:14.405	9.3mph	06:27	01:12:16.103
		Run #2	00:13:20.377	6.7mph	08:56	01:25:36.480
3	26	GENE NIGHTINGALE	01:44:59.62	Runner	Deer Park	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:17:17.532	5.2mph	11:35	00:17:17.532
		Bike	01:04:37.642	8.7mph	06:56	01:21:55.174
		Run #2	00:23:04.447	3.9mph	15:28	01:44:59.621

Male 60 - 64

Place	Bib #	Name	Time	Type	City	
1	14	MICHAEL KAUFMANN	02:27:32.83	Runner	Patchogue	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run #1	00:20:50.665	4.3mph	13:58	00:20:50.665
		Bike	01:34:26.783	5.9mph	10:07	01:55:17.448
		Run #2	00:32:15.383	2.8mph	21:37	02:27:32.831