

Individual Pine Barrens Trail Duathlon

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	JACK WINDMILLER	MELVILLE, NY	M: 1	RUNNER	43	01:11:17.92	05:47	10.4mph	Overall Individual Male: 1	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:10:54.17		07:18	8.2mph	00:10:54.17
				Bike		00:47:08.05		05:03	11.9mph	00:58:02.21
				Run #2		00:13:15.72		08:53	6.7mph	01:11:17.92
2	STEVEN AMOROSO	CENTRAL ISLIP, NY	M: 2	RUNNER	1	01:12:32.77	05:53	10.2mph	Overall Individual Male: 2	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:11:18.41		07:34	7.9mph	00:11:18.41
				Bike		00:47:32.21		05:06	11.8mph	00:58:50.61
				Run #2		00:13:42.16		09:11	6.5mph	01:12:32.77
3	DAN WALKER	KINGS PARK, NY	M: 3	RUNNER	39	01:13:52.45	06:00	10.0mph	Overall Individual Male: 3	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:12.95		08:11	7.3mph	00:12:12.95
				Bike		00:47:36.00		05:06	11.7mph	00:59:48.94
				Run #2		00:14:03.51		09:25	6.4mph	01:13:52.45
4	CHRISTOPHER CLAPP	WESTHAMPTON BEACH, NY	M: 4	RUNNER	9	01:15:07.02	06:06	9.8mph	Male 45 - 49: 1	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:46.31		08:33	7.0mph	00:12:46.31
				Bike		00:47:25.06		05:05	11.8mph	01:00:11.36
				Run #2		00:14:55.66		10:00	6.0mph	01:15:07.02
5	CHRISTIAN SCHNOOR	WADING RIVER, NY	M: 5	RUNNER	29	01:15:28.66	06:08	9.8mph	Male 50 - 54: 1	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:13:34.03		09:05	6.6mph	00:13:34.03
				Bike		00:45:38.53		04:53	12.3mph	00:59:12.55
				Run #2		00:16:16.11		10:54	5.5mph	01:15:28.66
6	TRISTAN BROWN-DEVIRGILIO	MIDDLE ISLAND, NY	M: 6	RUNNER	6	01:20:52.56	06:34	9.1mph	Male 20 - 24: 1	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:10:21.57		06:56	8.6mph	00:10:21.57
				Bike		00:59:08.08		06:20	9.5mph	01:09:29.64
				Run #2		00:11:22.92		07:37	7.9mph	01:20:52.56
7	BRIAN LOUGHLIN	MILLER PLACE, NY	M: 7	RUNNER	20	01:23:48.19	06:48	8.8mph	Male 45 - 49: 2	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:13:31.15		09:03	6.6mph	00:13:31.15
				Bike		00:54:17.03		05:49	10.3mph	01:07:48.18
				Run #2		00:16:00.02		10:43	5.6mph	01:23:48.19
8	TODD MICHELS	SHOREHAM, NY	M: 8	RUNNER	23	01:25:36.48	06:57	8.6mph	Male 50 - 54: 2	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:01.70		08:03	7.4mph	00:12:01.70
				Bike		01:00:14.41		06:27	9.3mph	01:12:16.11
				Run #2		00:13:20.38		08:56	6.7mph	01:25:36.48
9	DANNY NELSON	GLEN COVE, NY	M: 9	RUNNER	25	01:33:14.04	07:34	7.9mph	Male 40 - 44: 1	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:14:29.34		09:42	6.2mph	00:14:29.34
				Bike		00:59:28.23		06:22	9.4mph	01:13:57.56
				Run #2		00:19:16.48		12:55	4.6mph	01:33:14.04
10	ARMAND DIESSO	NORTH BABYLON, NY	M: 10	RUNNER	11	01:36:05.65	07:48	7.7mph	Male 45 - 49: 3	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:15:51.60		10:38	5.6mph	00:15:51.60
				Bike		01:01:51.22		06:38	9.0mph	01:17:42.81
				Run #2		00:18:22.84		12:19	4.9mph	01:36:05.65
11	SAMANTHA LANKOWICZ	BOHEMIA, NY	F: 1	RUNNER	18	01:36:45.23	07:51	7.6mph	Overall Individual Female: 1	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:14:23.81		09:39	6.2mph	00:14:23.81
				Bike		01:04:37.07		06:55	8.7mph	01:19:00.88
				Run #2		00:17:44.35		11:53	5.0mph	01:36:45.23
12	NEAL WEINSTEIN	SYOSSET, NY	M: 11	RUNNER	41	01:37:47.87	07:57	7.5mph	Male 45 - 49: 4	
				<u>Split Description</u>		<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:15:35.56		10:27	5.7mph	00:15:35.56
				Bike		01:01:08.32		06:33	9.1mph	01:16:43.87
				Run #2		00:21:04.00		14:07	4.2mph	01:37:47.87

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
13	SEAN MAHER	BOHEMIA, NY	M: 12	RUNNER	21	01:39:25.46	08:04	7.4mph	Male 25 - 29: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:13:40.87	09:10	6.5mph	00:13:40.87
				Bike		01:05:47.60	07:03	8.5mph	01:19:28.46
				Run #2		00:19:57.00	13:22	4.5mph	01:39:25.46
14	JEFFREY MINIHAHE	SPEONK, NY	M: 13	RUNNER	24	01:41:07.14	08:13	7.3mph	Male 45 - 49: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:15:43.72	10:32	5.7mph	00:15:43.72
				Bike		01:05:04.96	06:58	8.6mph	01:20:48.68
				Run #2		00:20:18.47	13:37	4.4mph	01:41:07.14
15	KATHLEEN BAUMANN	WADING RIVER, NY	F: 2	RUNNER	3	01:43:06.25	08:22	7.2mph	Overall Individual Female: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:16:32.14	11:05	5.4mph	00:16:32.14
				Bike		01:08:19.00	07:19	8.2mph	01:24:51.14
				Run #2		00:18:15.12	12:14	4.9mph	01:43:06.25
16	GENE NIGHTINGALE	DEER PARK, NY	M: 14	RUNNER	26	01:44:59.63	08:32	7.0mph	Male 50 - 54: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:17:17.54	11:35	5.2mph	00:17:17.54
				Bike		01:04:37.65	06:56	8.7mph	01:21:55.18
				Run #2		00:23:04.45	15:28	3.9mph	01:44:59.63
17	OCTAVIO MENDEZ	SOUTH SETAUKET, NY	M: 15	RUNNER	22	01:45:08.64	08:32	7.0mph	Male 45 - 49: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:16:16.23	10:54	5.5mph	00:16:16.23
				Bike		01:10:26.85	07:33	7.9mph	01:26:43.07
				Run #2		00:18:25.58	12:21	4.9mph	01:45:08.64
18	KENNETH ARROYO	PORT JEFFERSON STATION, NY	M: 16	RUNNER	2	01:45:12.34	08:33	7.0mph	Male 50 - 54: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:13:15.28	08:53	6.8mph	00:13:15.28
				Bike		01:15:50.17	08:08	7.4mph	01:29:05.45
				Run #2		00:16:06.89	10:48	5.6mph	01:45:12.34
19	KATIE TRADITI	SOUTH ORANGE, NJ	F: 3	RUNNER	37	01:45:45.25	08:35	7.0mph	Overall Individual Female: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:13:35.72	09:06	6.6mph	00:13:35.72
				Bike		01:16:34.63	08:12	7.3mph	01:30:10.34
				Run #2		00:15:34.91	10:26	5.7mph	01:45:45.25
20	JOSEPH TITONE	ROCKY POINT, NY	M: 17	RUNNER	35	01:46:38.10	08:40	6.9mph	Male 50 - 54: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:16:22.24	10:58	5.5mph	00:16:22.24
				Bike		01:08:03.63	07:18	8.2mph	01:24:25.86
				Run #2		00:22:12.25	14:53	4.0mph	01:46:38.10
21	NICOLE CASAGRANDE	HOLBROOK, NY	F: 4	RUNNER	8	01:48:29.17	08:49	6.8mph	Female 25 - 29: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:16:49.22	11:16	5.3mph	00:16:49.22
				Bike		01:09:28.08	07:27	8.1mph	01:26:17.29
				Run #2		00:22:11.89	14:53	4.0mph	01:48:29.17
22	DAVID BRIGHAM	GREENPORT, NY	M: 18	RUNNER	5	01:50:00.95	08:56	6.7mph	Male 50 - 54: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:56.29	08:40	6.9mph	00:12:56.29
				Bike		01:20:47.24	08:40	6.9mph	01:33:43.52
				Run #2		00:16:17.43	10:55	5.5mph	01:50:00.95
23	MEREDITH TRANI	BROOKHAVEN, NY	F: 5	RUNNER	38	01:52:25.29	09:08	6.6mph	Female 45 - 49: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:15:53.69	10:39	5.6mph	00:15:53.69
				Bike		01:18:17.74	08:24	7.1mph	01:34:11.42
				Run #2		00:18:13.88	12:13	4.9mph	01:52:25.29
24	LIUDMILA KVASHINA	COPIAGUE, NY	F: 6	RUNNER	16	01:53:38.47	09:14	6.5mph	Female 30 - 34: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:14:56.00	10:00	6.0mph	00:14:56.00
				Bike		01:22:04.62	08:48	6.8mph	01:37:00.61
				Run #2		00:16:37.86	11:09	5.4mph	01:53:38.47
25	TINA TITONE	ROCKY POINT, NY	F: 7	RUNNER	36	01:57:12.93	09:31	6.3mph	Female 50 - 54: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:17:12.37	11:32	5.2mph	00:17:12.37
				Bike		01:18:07.58	08:22	7.2mph	01:35:19.95
				Run #2		00:21:52.98	14:40	4.1mph	01:57:12.93

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
26	MICHAEL SCALES	PATCHOGUE, NY	M: 19	RUNNER	28	01:57:13.84	09:31	6.3mph	Male 30 - 34: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:16:29.52	11:03	5.4mph	00:16:29.52
						Bike	01:18:36.28	08:26	7.1mph	01:35:05.79
						Run #2	00:22:08.05	14:50	4.0mph	01:57:13.84
27	RYAN SCOTT	PATCHOGUE, NY	M: 20	RUNNER	30	01:57:14.60	09:31	6.3mph	Male 30 - 34: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:16:29.82	11:03	5.4mph	00:16:29.82
						Bike	01:18:39.29	08:26	7.1mph	01:35:09.10
						Run #2	00:22:05.51	14:48	4.1mph	01:57:14.60
28	JACLYN DAGNALL	ROCKY POINT, NY	F: 8	RUNNER	10	01:58:37.86	09:38	6.2mph	Female 30 - 34: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:17:15.28	11:34	5.2mph	00:17:15.28
						Bike	01:20:51.53	08:40	6.9mph	01:38:06.80
						Run #2	00:20:31.06	13:45	4.4mph	01:58:37.86
29	PAMELA LAZARAKIS	EAST ISLIP, NY	F: 9	RUNNER	19	01:59:35.65	09:43	6.2mph	Female 35 - 39: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:14:56.39	10:01	6.0mph	00:14:56.39
						Bike	01:26:48.52	09:18	6.4mph	01:41:44.91
						Run #2	00:17:50.74	11:57	5.0mph	01:59:35.65
30	MELISSA GROENEVELD	SOUTHOLD, NY	F: 10	RUNNER	12	02:05:34.18	10:12	5.9mph	Female 45 - 49: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:20:27.45	13:43	4.4mph	00:20:27.45
						Bike	01:21:19.26	08:43	6.9mph	01:41:46.71
						Run #2	00:23:47.48	15:57	3.8mph	02:05:34.18
31	MEGAN LAFRANCE	WEST BABYLON, NY	F: 11	RUNNER	17	02:07:24.01	10:21	5.8mph	Female 45 - 49: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:20:30.02	13:44	4.4mph	00:20:30.02
						Bike	01:21:34.09	08:45	6.9mph	01:42:04.11
						Run #2	00:25:19.90	16:59	3.5mph	02:07:24.01
32	MIKE HENDERSON	YAPHANK, NY	M: 21	RUNNER	13	02:10:00.18	10:34	5.7mph	Male 45 - 49: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:19:00.66	12:44	4.7mph	00:19:00.66
						Bike	01:22:47.50	08:52	6.8mph	01:41:48.16
						Run #2	00:28:12.03	18:54	3.2mph	02:10:00.18
33	MICHELLE WARD	MILLER PLACE, NY	F: 12	RUNNER	40	02:12:33.37	10:46	5.6mph	Female 20 - 24: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:16:04.61	10:46	5.6mph	00:16:04.61
						Bike	01:34:23.75	10:07	5.9mph	01:50:28.35
						Run #2	00:22:05.03	14:48	4.1mph	02:12:33.37
34	EMMILY SMITH	STONY BROOK, NY	F: 13	RUNNER	31	02:15:40.72	11:01	5.4mph	Female 30 - 34: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:19:51.23	13:18	4.5mph	00:19:51.23
						Bike	01:29:41.02	09:37	6.2mph	01:49:32.25
						Run #2	00:26:08.48	17:31	3.4mph	02:15:40.72
35	MICHAEL KAUFMANN	PATCHOGUE, NY	M: 22	RUNNER	14	02:27:32.84	11:59	5.0mph	Male 60 - 64: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:20:50.67	13:58	4.3mph	00:20:50.67
						Bike	01:34:26.79	10:07	5.9mph	01:55:17.45
						Run #2	00:32:15.39	21:37	2.8mph	02:27:32.84