

# Individual Pine Barrens Trail Duathlon

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	ROBERT CAMPOS	RONKONKOMA, NY	M: 1	RUNNER	18	01:00:39.89	04:55	12.2mph	Male Individual Overall: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:11:06.61	07:26	8.1mph	00:11:06.61
				Bike		00:36:43.33	03:56	15.2mph	00:47:49.94
				Run #2		00:12:49.95	08:36	7.0mph	01:00:39.89
2	MATT HERRSCHAFT	BAYPORT, NY	M: 2	RUNNER	25	01:05:53.40	05:21	11.2mph	Male Individual Overall: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:11:43.95	07:52	7.6mph	00:11:43.95
				Bike		00:39:52.96	04:16	14.0mph	00:51:36.91
				Run #2		00:14:16.49	09:34	6.3mph	01:05:53.40
3	FRITZ FLORES		M: 3	RUNNER	43	01:08:10.33	05:32	10.8mph	Male Individual Overall: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:11.01	08:10	7.3mph	00:12:11.01
				Bike		00:42:05.81	04:30	13.3mph	00:54:16.82
				Run #2		00:13:53.52	09:18	6.4mph	01:08:10.33
4	TRISTAN BROWN-DEVIRGILIO	MIDDLE ISLAND, NY	M: 4	RUNNER	17	01:08:41.01	05:35	10.7mph	Male 20 - 24: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:09:35.28	06:25	9.3mph	00:09:35.28
				Bike		00:48:05.03	05:09	11.6mph	00:57:40.30
				Run #2		00:11:00.71	07:23	8.1mph	01:08:41.01
5	BRET STEVENSON	ROCKY POINT, NY	M: 5	RUNNER	40	01:08:54.79	05:36	10.7mph	Male 50 - 54: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:18.08	08:14	7.3mph	00:12:18.08
				Bike		00:44:25.17	04:45	12.6mph	00:56:43.24
				Run #2		00:12:11.55	08:10	7.3mph	01:08:54.79
6	CHRISTOPHER CLAPP	WESTHAMPTON BEACH, NY	M: 6	RUNNER	19	01:09:03.99	05:36	10.7mph	Male 45 - 49: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:28.48	08:21	7.2mph	00:12:28.48
				Bike		00:41:32.94	04:27	13.5mph	00:54:01.41
				Run #2		00:15:02.58	10:05	5.9mph	01:09:03.99
7	ERIC DOORYHEE	MANORVILLE, NY	M: 7	RUNNER	22	01:15:34.67	06:08	9.8mph	Male 60 - 64: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:59.70	08:42	6.9mph	00:12:59.70
				Bike		00:47:23.13	05:05	11.8mph	01:00:22.83
				Run #2		00:15:11.85	10:11	5.9mph	01:15:34.67
8	CAITLIN JANOSICK	BLUE POINT, NY	F: 1	RUNNER	26	01:16:55.79	06:15	9.6mph	Female Individual Overall: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:23.62	08:18	7.2mph	00:12:23.62
				Bike		00:50:35.62	05:25	11.1mph	01:02:59.24
				Run #2		00:13:56.55	09:20	6.4mph	01:16:55.79
9	CHRISTINE ALI	YAPHANKYAPHANK, NY	F: 2	RUNNER	12	01:23:27.20	06:47	8.8mph	Female Individual Overall: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:13:23.08	08:58	6.7mph	00:13:23.08
				Bike		00:53:23.93	05:43	10.5mph	01:06:47.00
				Run #2		00:16:40.21	11:10	5.4mph	01:23:27.20
10	DAVID BRIGHAM	GREENPORT, NY	M: 8	RUNNER	15	01:26:29.96	07:01	8.5mph	Male 50 - 54: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:12:30.39	08:23	7.2mph	00:12:30.39
				Bike		01:00:04.67	06:26	9.3mph	01:12:35.06
				Run #2		00:13:54.90	09:19	6.4mph	01:26:29.96
11	GEORGE WOODHULL	RIVERHEAD, NY	M: 9	RUNNER	42	01:26:54.30	07:03	8.5mph	Male 65 - 69: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:14:54.93	10:00	6.0mph	00:14:54.93
				Bike		00:53:22.55	05:43	10.5mph	01:08:17.48
				Run #2		00:18:36.83	12:28	4.8mph	01:26:54.30
12	DENNIS JAMESON		M: 10	RUNNER	45	01:27:35.30	07:07	8.4mph	Male 55 - 59: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:14:58.69	10:02	6.0mph	00:14:58.69
				Bike		00:54:55.42	05:53	10.2mph	01:09:54.11
				Run #2		00:17:41.19	11:51	5.1mph	01:27:35.30

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
13	ROBERT DUNN	SOUND BEACH, NY	M: 11	RUNNER	24	01:29:06.92	07:14	8.3mph	Male 35 - 39: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:14:56.47	10:01	6.0mph	00:14:56.47
						Bike	00:56:14.44	06:02	9.9mph	01:11:10.91
						Run #2	00:17:56.02	12:01	5.0mph	01:29:06.92
14	KEVIN MARKLAND	AMITYVILLE, NY	M: 12	RUNNER	30	01:30:17.16	07:20	8.2mph	Male 35 - 39: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:13:32.92	09:05	6.6mph	00:13:32.92
						Bike	00:57:30.91	06:10	9.7mph	01:11:03.82
						Run #2	00:19:13.34	12:53	4.7mph	01:30:17.16
15	PETER MCBRIDE	WILMINGTON, VT	M: 13	RUNNER	33	01:30:56.24	07:23	8.1mph	Male 40 - 44: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:13:20.21	08:56	6.7mph	00:13:20.21
						Bike	00:57:05.48	06:07	9.8mph	01:10:25.69
						Run #2	00:20:30.56	13:45	4.4mph	01:30:56.24
16	ANTHONY MARTIN	BAYPORT, NY	M: 14	RUNNER	31	01:34:27.58	07:40	7.8mph	Male 40 - 44: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:14:38.35	09:48	6.1mph	00:14:38.35
						Bike	01:01:09.36	06:33	9.1mph	01:15:47.70
						Run #2	00:18:39.88	12:30	4.8mph	01:34:27.58
17	JAMES DOWD	MEDFORD, NY	M: 15	RUNNER	23	01:34:47.89	07:42	7.8mph	Male 65 - 69: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:15:35.20	10:27	5.7mph	00:15:35.20
						Bike	00:59:59.20	06:26	9.3mph	01:15:34.40
						Run #2	00:19:13.50	12:53	4.7mph	01:34:47.89
18	ROGER MERCER	LINDENHURST, NY	M: 16	RUNNER	34	01:36:26.32	07:50	7.7mph	Male 55 - 59: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:15:05.36	10:07	5.9mph	00:15:05.36
						Bike	01:00:00.12	06:26	9.3mph	01:15:05.47
						Run #2	00:21:20.86	14:18	4.2mph	01:36:26.32
19	GEORGE LIRA		M: 17	RUNNER	44	01:42:20.63	08:19	7.2mph	Male 70 - 100: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:17:33.67	11:46	5.1mph	00:17:33.67
						Bike	01:03:26.92	06:48	8.8mph	01:21:00.59
						Run #2	00:21:20.04	14:18	4.2mph	01:42:20.63
20	JOHN POLIDORO	SMITHTOWN, NY	M: 18	RUNNER	37	01:45:30.46	08:34	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	00:19:15.60	12:54	4.6mph	00:19:15.60
						Bike	01:02:20.62	06:41	9.0mph	01:21:36.21
						Run #2	00:23:54.25	16:01	3.7mph	01:45:30.46
21	CHESSIA MCBRIDE	WILMINGTON, VT	F: 3	RUNNER	32	01:45:50.84	08:36	7.0mph	Female Individual Overall: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:16:25.27	11:00	5.4mph	00:16:25.27
						Bike	01:08:38.19	07:21	8.1mph	01:25:03.45
						Run #2	00:20:47.40	13:56	4.3mph	01:45:50.84
22	KEVIN CONWAY	OCEANSIDE, NY	M: 19	RUNNER	20	01:48:02.97	08:47	6.8mph	Male 70 - 100: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:16:35.53	11:07	5.4mph	00:16:35.53
						Bike	01:10:32.41	07:34	7.9mph	01:27:07.93
						Run #2	00:20:55.04	14:01	4.3mph	01:48:02.97
23	DAVID DEL FRANCO	RIDGE, NY	M: 20	RUNNER	21	01:50:26.11	08:58	6.7mph	Male 55 - 59: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:24:08.69	16:11	3.7mph	00:24:08.69
						Bike	01:01:48.06	06:37	9.0mph	01:25:56.75
						Run #2	00:24:29.36	16:25	3.7mph	01:50:26.11
24	MELISSA NORONA	HAMDEN, CT	F: 4	RUNNER	36	01:50:30.33	08:59	6.7mph	Female 30 - 34: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:14:13.25	09:32	6.3mph	00:14:13.25
						Bike	01:19:13.75	08:30	7.1mph	01:33:27.00
						Run #2	00:17:03.34	11:26	5.2mph	01:50:30.33
25	CHRISTOPHER NORONA	HAMDEN, CT	M: 21	RUNNER	35	01:50:30.75	08:59	6.7mph	Male 30 - 34: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run #1	00:14:16.00	09:33	6.3mph	00:14:16.00
						Bike	01:19:13.42	08:29	7.1mph	01:33:29.41
						Run #2	00:17:01.34	11:24	5.3mph	01:50:30.75

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
26	ASHLEY KRAUSE	SELDEN, NY	F: 5	RUNNER	28	02:02:12.37	09:56	6.0mph	Female 30 - 34: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:17:22.26	11:38	5.2mph	00:17:22.26
				Bike		01:19:32.38	08:32	7.0mph	01:36:54.63
				Run #2		00:25:17.75	16:57	3.5mph	02:02:12.37
27	MARTIN BROWN	MALVERNE, NY	M: 22	RUNNER	16	02:04:07.10	10:05	5.9mph	Male 65 - 69: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:14:52.81	09:58	6.0mph	00:14:52.81
				Bike		01:31:16.63	09:47	6.1mph	01:46:09.44
				Run #2		00:17:57.66	12:02	5.0mph	02:04:07.10
28	JULIA TONER	MEDFORD, NY	F: 6	RUNNER	41	02:07:04.69	10:19	5.8mph	Female 30 - 34: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:17:52.99	11:59	5.0mph	00:17:52.99
				Bike		01:27:31.72	09:23	6.4mph	01:45:24.70
				Run #2		00:21:40.00	14:31	4.1mph	02:07:04.69
29	KERA REED	SHOREHAM, NY	F: 7	RUNNER	38	02:13:26.38	10:50	5.5mph	Female 35 - 39: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:19:12.67	12:52	4.7mph	00:19:12.67
				Bike		01:28:50.50	09:31	6.3mph	01:48:03.17
				Run #2		00:25:23.21	17:01	3.5mph	02:13:26.38
30	DEBRA BORCHARDT	CORTLANDT MANOR, NY	F: 8	RUNNER	13	02:16:35.04	11:06	5.4mph	Female 60 - 64: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:23:10.76	15:32	3.9mph	00:23:10.76
				Bike		01:26:04.38	09:14	6.5mph	01:49:15.14
				Run #2		00:27:19.91	18:19	3.3mph	02:16:35.04
31	DANA LEWIS	PLAINVIEW, NY	F: 9	RUNNER	29	02:34:06.22	12:31	4.8mph	Female 55 - 59: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run #1		00:23:15.33	15:35	3.8mph	00:23:15.33
				Bike		01:43:16.94	11:04	5.4mph	02:06:32.27
				Run #2		00:27:33.96	18:29	3.2mph	02:34:06.22