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

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:11:06.61	07:26	8.1mph	00:11:06.61
		T #1	00:01:05.90	17:40	3.4mph	00:12:12.51
		Bike	00:35:37.44	03:49	15.7mph	00:47:49.94
		T #2	00:00:40.20	10:46	5.6mph	00:48:30.14
		Run #2	00:12:09.75	08:09	7.4mph	01:00:39.89

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
2	MATT HERRSCHAFT	BAYPORT, NY	M: 2	RUNNER	25	01:05:53.40	05:21	11.2mph	Male Individual Overall: 2

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:11:43.95	07:52	7.6mph	00:11:43.95
		T #1	00:00:56.01	15:01	4.0mph	00:12:39.95
		Bike	00:38:56.96	04:10	14.4mph	00:51:36.91
		T #2	00:00:50.02	13:24	4.5mph	00:52:26.93
		Run #2	00:13:26.47	09:00	6.7mph	01:05:53.40

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
3	FRITZ FLORES		M: 3	RUNNER	43	01:08:10.33	05:32	10.8mph	Male Individual Overall: 3

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:12:11.01	08:10	7.3mph	00:12:11.01
		T #1	00:00:32.75	08:47	6.8mph	00:12:43.76
		Bike	00:41:33.06	04:27	13.5mph	00:54:16.82
		T #2	00:00:32.24	08:38	6.9mph	00:54:49.05
		Run #2	00:13:21.28	08:57	6.7mph	01:08:10.33

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
4	TRISTAN BROWN-DEVIRGILIO	MIDDLE ISLAND, NY	M: 4	RUNNER	17	01:08:41.01	05:35	10.7mph	Male 20 - 24: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:09:35.28	06:25	9.3mph	00:09:35.28
		T #1	00:00:45.93	12:19	4.9mph	00:10:21.21
		Bike	00:47:19.10	05:04	11.8mph	00:57:40.30
		T #2	00:00:34.50	09:15	6.5mph	00:58:14.80
		Run #2	00:10:26.22	06:59	8.6mph	01:08:41.01

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
5	BRET STEVENSON	ROCKY POINT, NY	M: 5	RUNNER	40	01:08:54.79	05:36	10.7mph	Male 50 - 54: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:12:18.08	08:14	7.3mph	00:12:18.08
		T #1	00:00:44.72	11:59	5.0mph	00:13:02.79
		Bike	00:43:40.45	04:41	12.8mph	00:56:43.24
		T #2	00:00:26.08	06:59	8.6mph	00:57:09.32
		Run #2	00:11:45.48	07:53	7.6mph	01:08:54.79

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
6	CHRISTOPHER CLAPP	WESTHAMPTON BEACH, NY	M: 6	RUNNER	19	01:09:03.99	05:36	10.7mph	Male 45 - 49: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:12:28.48	08:21	7.2mph	00:12:28.48
		T #1	00:00:53.32	14:18	4.2mph	00:13:21.80
		Bike	00:40:39.62	04:21	13.8mph	00:54:01.41
		T #2	00:00:56.31	15:06	4.0mph	00:54:57.71
		Run #2	00:14:06.28	09:27	6.3mph	01:09:03.99

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
7	ERIC DOORYHEE	MANORVILLE, NY	M: 7	RUNNER	22	01:15:34.67	06:08	9.8mph	Male 60 - 64: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:12:59.70	08:42	6.9mph	00:12:59.70
		T #1	00:01:35.57	25:38	2.3mph	00:14:35.27
		Bike	00:45:47.56	04:54	12.2mph	01:00:22.83
		T #2	00:01:24.24	22:35	2.7mph	01:01:47.06
		Run #2	00:13:47.61	09:14	6.5mph	01:15:34.67

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
8	CAITLIN JANOSICK	BLUE POINT, NY	F: 1	RUNNER	26	01:16:55.79	06:15	9.6mph	Female Individual Overall: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:12:23.62	08:18	7.2mph	00:12:23.62
		T #1	00:00:48.47	12:59	4.6mph	00:13:12.08
		Bike	00:49:47.16	05:20	11.2mph	01:02:59.24
		T #2	00:00:39.49	10:35	5.7mph	01:03:38.72
		Run #2	00:13:17.07	08:54	6.7mph	01:16:55.79

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
9	CHRISTINE ALI	YAPHANKYAPHANK, NY	F: 2	RUNNER	12	01:23:27.20	06:47	8.8mph	Female Individual Overall: 2

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:13:23.08	08:58	6.7mph	00:13:23.08
		T #1	00:00:53.11	14:14	4.2mph	00:14:16.18
		Bike	00:52:30.82	05:38	10.6mph	01:06:47.00
		T #2	00:00:55.40	14:51	4.0mph	01:07:42.40
		Run #2	00:15:44.81	10:33	5.7mph	01:23:27.20

Individual Pine Barrens Trail Duathlon

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
10	DAVID BRIGHAM	GREENPORT, NY	M: 8	RUNNER	15	01:26:29.96	07:01	8.5mph	Male 50 - 54: 2

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:12:30.39	08:23	7.2mph	00:12:30.39
		T #1	00:00:38.10	10:13	5.9mph	00:13:08.48
		Bike	00:59:26.58	06:22	9.4mph	01:12:35.06
		T #2	00:00:26.48	07:06	8.4mph	01:13:01.53
		Run #2	00:13:28.43	09:02	6.6mph	01:26:29.96

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
11	GEORGE WOODHULL	RIVERHEAD, NY	M: 9	RUNNER	42	01:26:54.30	07:03	8.5mph	Male 65 - 69: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:14:54.93	10:00	6.0mph	00:14:54.93
		T #1	00:00:39.24	10:31	5.7mph	00:15:34.16
		Bike	00:52:43.32	05:39	10.6mph	01:08:17.48
		T #2	00:00:38.67	10:22	5.8mph	01:08:56.14
		Run #2	00:17:58.17	12:02	5.0mph	01:26:54.30

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
12	DENNIS JAMESON		M: 10	RUNNER	45	01:27:35.30	07:07	8.4mph	Male 55 - 59: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:14:58.69	10:02	6.0mph	00:14:58.69
		T #1	00:00:32.14	08:37	7.0mph	00:15:30.83
		Bike	00:54:23.29	05:50	10.3mph	01:09:54.11
		T #2	00:00:29.31	07:51	7.6mph	01:10:23.42
		Run #2	00:17:11.89	11:31	5.2mph	01:27:35.30

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

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:14:56.47	10:01	6.0mph	00:14:56.47
		T #1	00:00:40.13	10:45	5.6mph	00:15:36.60
		Bike	00:55:34.31	05:57	10.1mph	01:11:10.91
		T #2	00:00:49.73	13:20	4.5mph	01:12:00.63
		Run #2	00:17:06.29	11:28	5.2mph	01:29:06.92

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
14	KEVIN MARKLAND	AMITYVILLE, NY	M: 12	RUNNER	30	01:30:17.16	07:20	8.2mph	Male 35 - 39: 2

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:13:32.92	09:05	6.6mph	00:13:32.92
		T #1	00:00:54.57	14:38	4.1mph	00:14:27.48
		Bike	00:56:36.34	06:04	9.9mph	01:11:03.82
		T #2	00:00:52.92	14:11	4.2mph	01:11:56.74
		Run #2	00:18:20.42	12:17	4.9mph	01:30:17.16

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
15	PETER MCBRIDE	WILMINGTON, VT	M: 13	RUNNER	33	01:30:56.24	07:23	8.1mph	Male 40 - 44: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:13:20.21	08:56	6.7mph	00:13:20.21
		T #1	00:02:04.77	33:27	1.8mph	00:15:24.98
		Bike	00:55:00.72	05:54	10.2mph	01:10:25.69
		T #2	00:02:25.58	39:02	1.5mph	01:12:51.27
		Run #2	00:18:04.98	12:07	4.9mph	01:30:56.24

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
16	ANTHONY MARTIN	BAYPORT, NY	M: 14	RUNNER	31	01:34:27.58	07:40	7.8mph	Male 40 - 44: 2

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:14:38.35	09:48	6.1mph	00:14:38.35
		T #1	00:00:51.43	13:47	4.4mph	00:15:29.77
		Bike	01:00:17.93	06:28	9.3mph	01:15:47.70
		T #2	00:00:44.65	11:58	5.0mph	01:16:32.35
		Run #2	00:17:55.23	12:01	5.0mph	01:34:27.58

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
17	JAMES DOWD	MEDFORD, NY	M: 15	RUNNER	23	01:34:47.89	07:42	7.8mph	Male 65 - 69: 2

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:15:35.20	10:27	5.7mph	00:15:35.20
		T #1	00:01:53.92	30:33	2.0mph	00:17:29.12
		Bike	00:58:05.29	06:13	9.6mph	01:15:34.40
		T #2	00:01:05.49	17:33	3.4mph	01:16:39.88
		Run #2	00:18:08.01	12:09	4.9mph	01:34:47.89

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
18	ROGER MERCER	LINDENHURST, NY	M: 16	RUNNER	34	01:36:26.32	07:50	7.7mph	Male 55 - 59: 2

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:15:05.36	10:07	5.9mph	00:15:05.36
		T #1	00:01:00.49	16:13	3.7mph	00:16:05.84
		Bike	00:58:59.64	06:19	9.5mph	01:15:05.47
		T #2	00:00:48.68	13:03	4.6mph	01:15:54.15
		Run #2	00:20:32.18	13:46	4.4mph	01:36:26.32

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
19	GEORGE LIRA		M: 17	RUNNER	44	01:42:20.63	08:19	7.2mph	Male 70 - 100: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:17:33.67	11:46	5.1mph	00:17:33.67
		T #1	00:01:23.86	22:29	2.7mph	00:18:57.53
		Bike	01:02:03.06	06:39	9.0mph	01:21:00.59
		T #2	00:00:52.97	14:12	4.2mph	01:21:53.56
		Run #2	00:20:27.07	13:42	4.4mph	01:42:20.63

Individual Pine Barrens Trail Duathlon

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
20	JOHN POLIDORO	SMITHTOWN, NY	M: 18	RUNNER	37	01:45:30.46	08:34	7.0mph	Male 50 - 54: 3

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:19:15.60	12:54	4.6mph	00:19:15.60
		T #1	00:01:28.25	23:40	2.5mph	00:20:43.84
		Bike	01:00:52.38	06:31	9.2mph	01:21:36.21
		T #2	00:01:39.56	26:42	2.2mph	01:23:15.76
		Run #2	00:22:14.70	14:54	4.0mph	01:45:30.46

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
21	CHESSIA MCBRIDE	WILMINGTON, VT	F: 3	RUNNER	32	01:45:50.84	08:36	7.0mph	Female Individual Overall: 3

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:16:25.27	11:00	5.4mph	00:16:25.27
		T #1	00:02:06.51	33:55	1.8mph	00:18:31.77
		Bike	01:06:31.68	07:08	8.4mph	01:25:03.45
		T #2	00:01:42.17	27:24	2.2mph	01:26:45.62
		Run #2	00:19:05.23	12:47	4.7mph	01:45:50.84

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
22	KEVIN CONWAY	OCEANSIDE, NY	M: 19	RUNNER	20	01:48:02.97	08:47	6.8mph	Male 70 - 100: 2

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:16:35.53	11:07	5.4mph	00:16:35.53
		T #1	00:01:03.92	17:08	3.5mph	00:17:39.45
		Bike	01:09:28.49	07:27	8.0mph	01:27:07.93
		T #2	00:01:34.22	25:16	2.4mph	01:28:42.15
		Run #2	00:19:20.82	12:58	4.6mph	01:48:02.97

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
23	DAVID DEL FRANCO	RIDGE, NY	M: 20	RUNNER	21	01:50:26.11	08:58	6.7mph	Male 55 - 59: 3

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:24:08.69	16:11	3.7mph	00:24:08.69
		T #1	00:02:05.28	33:36	1.8mph	00:26:13.97
		Bike	00:59:42.79	06:24	9.4mph	01:25:56.75
		T #2	00:01:30.56	24:17	2.5mph	01:27:27.31
		Run #2	00:22:58.80	15:24	3.9mph	01:50:26.11

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
24	MELISSA NORONA	HAMDEN, CT	F: 4	RUNNER	36	01:50:30.33	08:59	6.7mph	Female 30 - 34: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:14:13.25	09:32	6.3mph	00:14:13.25
		T #1	00:00:54.61	14:38	4.1mph	00:15:07.85
		Bike	01:18:19.15	08:24	7.1mph	01:33:27.00
		T #2	00:00:33.69	09:02	6.6mph	01:34:00.68
		Run #2	00:16:29.66	11:03	5.4mph	01:50:30.33

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
25	CHRISTOPHER NORONA	HAMDEN, CT	M: 21	RUNNER	35	01:50:30.75	08:59	6.7mph	Male 30 - 34: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:14:16.00	09:33	6.3mph	00:14:16.00
		T #1	00:00:52.86	14:10	4.2mph	00:15:08.85
		Bike	01:18:20.57	08:24	7.1mph	01:33:29.41
		T #2	00:00:38.85	10:25	5.8mph	01:34:08.26
		Run #2	00:16:22.49	10:58	5.5mph	01:50:30.75

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

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:17:22.26	11:38	5.2mph	00:17:22.26
		T #1	00:01:09.71	18:41	3.2mph	00:18:31.96
		Bike	01:18:22.68	08:24	7.1mph	01:36:54.63
		T #2	00:00:53.81	14:25	4.2mph	01:37:48.44
		Run #2	00:24:23.94	16:21	3.7mph	02:02:12.37

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
27	MARTIN BROWN	MALVERNE, NY	M: 22	RUNNER	16	02:04:07.10	10:05	5.9mph	Male 65 - 69: 3

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:14:52.81	09:58	6.0mph	00:14:52.81
		T #1	00:01:41.83	27:18	2.2mph	00:16:34.63
		Bike	01:29:34.81	09:36	6.2mph	01:46:09.44
		T #2	00:00:54.00	14:28	4.1mph	01:47:03.44
		Run #2	00:17:03.67	11:26	5.2mph	02:04:07.10

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
28	JULIA TONER	MEDFORD, NY	F: 6	RUNNER	41	02:07:04.69	10:19	5.8mph	Female 30 - 34: 3

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:17:52.99	11:59	5.0mph	00:17:52.99
		T #1	00:02:11.15	35:10	1.7mph	00:20:04.13
		Bike	01:25:20.57	09:09	6.6mph	01:45:24.70
		T #2	00:00:46.26	12:24	4.8mph	01:46:10.95
		Run #2	00:20:53.75	14:00	4.3mph	02:07:04.69

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
29	KERA REED	SHOREHAM, NY	F: 7	RUNNER	38	02:13:26.38	10:50	5.5mph	Female 35 - 39: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:19:12.67	12:52	4.7mph	00:19:12.67
		T #1	00:01:36.23	25:48	2.3mph	00:20:48.90
		Bike	01:27:14.27	09:21	6.4mph	01:48:03.17
		T #2	00:01:45.80	28:22	2.1mph	01:49:48.97
		Run #2	00:23:37.42	15:50	3.8mph	02:13:26.38

Individual Pine Barrens Trail Duathlon

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
30	DEBRA BORCHARDT	CORTLANDT MANOR, NY	F: 8	RUNNER	13	02:16:35.04	11:06	5.4mph	Female 60 - 64: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:23:10.76	15:32	3.9mph	00:23:10.76
		T #1	00:01:26.59	23:13	2.6mph	00:24:37.35
		Bike	01:24:37.79	09:04	6.6mph	01:49:15.14
		T #2	00:01:15.79	20:19	3.0mph	01:50:30.92
		Run #2	00:26:04.13	17:28	3.4mph	02:16:35.04

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
31	DANA LEWIS	PLAINVIEW, NY	F: 9	RUNNER	29	02:34:06.22	12:31	4.8mph	Female 55 - 59: 1

		Split Description	Split Time	Pace	Speed	Cumulative
		Run #1	00:23:15.33	15:35	3.8mph	00:23:15.33
		T #1	00:01:03.86	17:07	3.5mph	00:24:19.19
		Bike	01:42:13.08	10:58	5.5mph	02:06:32.27
		T #2	00:00:54.56	14:38	4.1mph	02:07:26.83
		Run #2	00:26:39.40	17:52	3.4mph	02:34:06.22