

# 2006 East Fork Triathlon & Duathlon

## Overall Results

August 06, 2006

Results by HFPracing.com

Place	Name	Age	----- Swim1500m -----		TA1	----- Bike23.8mi -----			TA2	----- Run6.2mi -----		Total		
			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	Ryan Bates	26	2	22:38.68	24:20	00:49.44	2	1:00:23.94	23.6	00:50.45	4	41:28.69	6:41	2:06:11.20
2	Kyle Poland	26	7	23:32.32	25:18	01:10.78	1	59:08.84	24.1	00:42.48	10	44:27.97	7:10	2:09:02.39
3	Matthew Perkins	40	15	26:03.37	28:01	02:03.89	5	1:02:34.60	22.8	00:59.35	1	38:21.01	6:11	2:10:02.22
4	Lee Luiso	40	8	23:37.57	25:24	01:07.08	6	1:02:48.28	22.7	00:53.95	6	42:15.35	6:49	2:10:42.23
5	Jeff Coudron	36	13	25:57.27	27:54	01:04.70	9	1:03:44.04	22.4	00:47.76	3	40:28.86	6:32	2:12:02.63
6	David Ahlert	39	23	27:11.28	29:14	01:24.62	18	1:07:22.43	21.2	01:01.40	2	39:12.16	6:19	2:12:11.89
7	Justin Wolfenberg	32	5	23:14.79	24:59	01:34.49	13	1:05:24.76	21.8	00:52.34	13	45:11.83	7:17	2:16:18.21
8	Pj Arling	46	10	24:13.68	26:02	01:22.73	15	1:06:51.37	21.4	01:12.22	12	44:31.71	7:11	2:18:11.71
9	Ed Alyanak	27	11	25:07.58	27:00	01:27.20	3	1:02:04.49	23.0	00:58.43	30	48:37.25	7:50	2:18:14.95
10	Matt Combs	33	14	25:58.03	27:55	01:14.96	14	1:05:57.13	21.7	00:46.74	14	45:27.31	7:20	2:19:24.17
11	Roderick Sparks	40	30	28:03.85	30:10	01:49.95	4	1:02:15.23	22.9	01:48.31	15	45:48.66	7:23	2:19:46.00
12	Paul Harris	34	33	28:18.11	30:26	00:59.98	8	1:03:36.42	22.5	00:59.04	18	46:08.90	7:26	2:20:02.45
13	Steve Bable	45	32	28:13.56	30:20	00:57.88	11	1:04:34.11	22.1	00:54.93	17	46:01.89	7:25	2:20:42.37
14	Chris Cain	25	24	27:14.40	29:17	00:51.79	12	1:04:37.83	22.1	01:09.98	20	46:49.22	7:33	2:20:43.22
15	William Wilson	47	25	27:26.11	29:30	01:20.42	24	1:08:34.61	20.8	00:54.77	11	44:29.12	7:10	2:22:45.03
16	Neil Martin	49	12	25:39.53	27:35	01:43.78	22	1:08:25.21	20.9	00:58.42	27	48:23.61	7:48	2:25:10.55
17	Brian Collier	32	56	30:34.30	32:52	01:25.67	10	1:04:22.70	22.2	00:56.45	24	47:52.82	7:43	2:25:11.94
18	Justin Hiskey	22	6	23:26.33	25:12	01:04.31	33	1:10:49.32	20.2	00:59.44	33	49:03.97	7:55	2:25:23.37
19	Anton Arabia	31	16	26:06.31	28:04	01:41.29	23	1:08:32.18	20.8	00:40.65	29	48:32.70	7:50	2:25:33.13
20	Zach Steever	24	80	33:12.05	35:42	02:31.48	20	1:07:45.42	21.1	01:12.46	5	41:34.36	6:42	2:26:15.77
21	Don Baker	49	70	31:47.59	34:11	01:51.90	25	1:09:00.80	20.7	01:14.95	7	43:10.81	6:58	2:27:06.05
22	David Glass	50	59	30:38.34	32:56	02:04.24	7	1:03:22.46	22.5	01:34.18	34	49:40.04	8:01	2:27:19.26
23	Ken Wurtzler	42	50	30:18.20	32:35	02:24.38	32	1:10:08.45	20.4	01:21.24	8	43:24.97	7:00	2:27:37.24
24	Alison Johnson	36	49	30:12.07	32:28	01:14.07	17	1:07:00.98	21.3	00:55.38	26	48:16.01	7:47	2:27:38.51
25	Jason Mosbaugh	27	20	26:58.92	29:00	02:34.21	44	1:12:21.34	19.7	02:05.85	9	44:08.67	7:07	2:28:08.99

Place	Name	Age	----- Swim1500m -----		TA1	----- Bike23.8mi -----			TA2	----- Run6.2mi -----		Total		
			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
26	Brian Singstock	39	55	30:32.07	32:50	01:47.10	27	1:09:23.49	20.6	01:29.61	19	46:11.02	7:27	2:29:23.29
27	Lee Ransdell	44	37	29:03.69	31:14	01:43.69	31	1:10:01.36	20.4	01:00.52	23	47:39.80	7:41	2:29:29.06
28	Monica Foley	21	1	22:05.45	23:45	01:44.12	56	1:14:04.45	19.3	01:01.91	39	52:20.38	8:26	2:31:16.31
29	Bayard Closser	46	51	30:21.71	32:38	01:31.27	53	1:13:47.17	19.4	01:05.80	16	45:51.39	7:24	2:32:37.34
30	Tim Bowman	51	65	31:17.95	33:38	02:20.74	16	1:06:56.62	21.3	01:04.16	37	51:09.79	8:15	2:32:49.26
31	Marty McGrory	42	66	31:36.48	33:59	02:30.46	26	1:09:17.14	20.6	01:19.63	32	49:01.78	7:54	2:33:45.49
32	Matthew Ridgway	31	26	27:28.83	29:32	01:44.02	39	1:11:47.80	19.9	01:12.90	45	53:13.42	8:35	2:35:26.97
33	Greg Van_amerongen	18	38	29:06.90	31:17	00:53.07	36	1:10:54.04	20.1	00:53.06	48	53:58.53	8:42	2:35:45.60
34	David Campbell	38	43	29:48.79	32:03	02:01.16	49	1:13:14.20	19.5	01:02.44	35	50:05.53	8:05	2:36:12.12
35	Fred Courville	41	29	28:02.72	30:09	02:13.35	46	1:12:37.05	19.7	01:12.75	44	52:50.63	8:31	2:36:56.50
36	John Fronduti	34	36	28:44.90	30:54	02:42.26	64	1:15:48.30	18.8	01:43.80	25	48:00.43	7:45	2:36:59.69
37	Jason Womack	34	48	30:05.40	32:21	00:59.99	43	1:12:19.42	19.7	00:51.40	43	52:45.70	8:30	2:37:01.91
38	Michael Boone	38	76	32:00.15	34:25	01:48.81	34	1:10:50.23	20.2	01:29.07	41	52:30.95	8:28	2:38:39.21
39	Mary Mulcrone	51	68	31:40.25	34:03	01:47.96	72	1:16:25.05	18.7	01:24.05	22	47:25.49	7:39	2:38:42.80
40	Justin Jehn	40	21	27:03.34	29:05	02:53.93	38	1:11:30.87	20.0	01:21.39	62	56:02.02	9:02	2:38:51.55
41	Dave Combs	55	93	37:23.83	40:12	01:49.40	35	1:10:52.56	20.2	01:13.73	31	48:37.53	7:50	2:39:57.05
42	Garrett Dittmann	29	18	26:49.06	28:50	01:43.26	61	1:14:58.94	19.0	00:50.35	61	55:57.57	9:01	2:40:19.18
43	Steve Perry	35	58	30:36.54	32:54	01:39.43	48	1:12:51.38	19.6	01:05.48	52	54:36.46	8:48	2:40:49.29
44	Christopher Seeley	33	44	29:50.18	32:05	01:46.41	45	1:12:33.98	19.7	01:03.60	60	55:53.10	9:01	2:41:07.27
45	Wendy Tseng	28	35	28:42.96	30:52	01:03.52	73	1:16:28.40	18.7	00:52.17	50	54:10.62	8:44	2:41:17.67
46	Jon Scott	31	34	28:20.66	30:28	01:51.84	57	1:14:21.80	19.2	01:26.63	58	55:19.37	8:55	2:41:20.30

47	Mary Berta	37	45 29:52.79	32:07	02:11.80	70 1:16:16.19	18.7	01:10.64	40 52:25.32	8:27	2:41:56.74
48	Christopher Siderys	33	17 26:08.64	28:06	02:21.69	52 1:13:46.22	19.4	02:02.64	71 57:49.31	9:20	2:42:08.50
49	Karen Mattes	42	39 29:09.67	31:21	01:38.01	60 1:14:52.01	19.1	01:24.79	55 55:05.08	8:53	2:42:09.56
50	Mike Kelley	44	72 31:51.91	34:15	01:36.81	51 1:13:33.54	19.4	01:18.53	51 54:35.04	8:48	2:42:55.83

			----- Swim1500m -----			TA1	----- Bike23.8mi -----			TA2	----- Run6.2mi -----			Total
Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
51	Kathy Watern	47	74	31:54.95	34:18	01:46.58	66	1:16:04.08	18.8	01:35.11	38	51:41.38	8:20	2:43:02.10
52	Stephanie Perkins	34	75	31:58.75	34:22	01:55.32	62	1:15:14.14	19.0	01:08.70	47	53:45.74	8:40	2:44:02.65
53	Jeff Krumpelman	48	61	30:41.40	33:00	03:17.89	42	1:12:05.59	19.8	03:04.84	54	54:54.63	8:51	2:44:04.35
54	George Raihala	41	73	31:54.25	34:18	02:02.68	40	1:11:48.26	19.9	02:20.56	65	56:13.73	9:04	2:44:19.48
55	Richard Dammel	59	54	30:24.33	32:41	02:21.63	41	1:12:00.03	19.8	01:31.43	73	58:22.23	9:25	2:44:39.65
56	Eric Patterson	36	47	30:02.78	32:18	01:42.81	28	1:09:36.44	20.5	02:11.28	81	1:01:13.35	9:52	2:44:46.66
57	John Lynch	63	71	31:50.36	34:14	01:41.40	58	1:14:27.38	19.2	01:38.35	56	55:12.19	8:54	2:44:49.68
58	Jason Fischer	33	60	30:38.86	32:56	01:39.08	71	1:16:18.71	18.7	01:23.06	63	56:02.43	9:02	2:46:02.14
59	Jerry Funk	38	3	22:52.20	24:35	03:02.48	96	1:24:59.21	16.8	01:23.34	49	54:08.65	8:44	2:46:25.88
60	Maribeth Yost	24	22	27:06.42	29:08	01:17.93	74	1:17:24.10	18.4	01:15.15	76	59:22.42	9:35	2:46:26.02
61	Luke Chandler	39	42	29:41.25	31:55	05:51.48	59	1:14:30.05	19.2	01:33.85	57	55:14.13	8:55	2:46:50.76
62	Arnie Zucker	40	41	29:28.15	31:41	02:48.25	77	1:18:21.49	18.2	01:45.60	53	54:44.88	8:50	2:47:08.37
63	Glenn Proffit	42	82	33:42.72	36:14	02:39.87	50	1:13:27.08	19.4	01:42.50	59	55:45.73	9:00	2:47:17.90
64	Kevin Russell	39	77	32:57.28	35:26	01:53.60	29	1:09:43.93	20.5	01:41.49	79	1:01:03.09	9:51	2:47:19.39
65	Don Hummel	51	27	27:34.09	29:38	02:12.62	65	1:15:58.41	18.8	01:40.02	77	1:00:00.04	9:41	2:47:25.18
66	Sean McGrory	45	69	31:46.92	34:09	03:54.73	47	1:12:46.41	19.6	02:20.89	68	57:09.98	9:13	2:47:58.93
67	Jay Meyer	47	89	35:37.31	38:18	01:17.82	54	1:14:02.42	19.3	01:35.12	64	56:06.33	9:03	2:48:39.00
68	Andrew Hall	38	63	30:57.54	33:17	02:12.72	67	1:16:07.71	18.8	02:08.90	69	57:48.41	9:19	2:49:15.28
69	Kendall Swinson	30	98	40:16.94	43:18	01:59.86	80	1:19:16.67	18.0	00:41.35	21	47:22.42	7:38	2:49:37.24
70	Barry Luppert	42	19	26:51.71	28:52	02:28.11	37	1:11:23.31	20.0	01:33.48	94	1:07:42.37	10:55	2:49:58.98
71	Angelia Brossia	33	81	33:42.13	36:14	01:22.14	63	1:15:44.63	18.9	01:22.71	72	58:17.83	9:24	2:50:29.44
72	John Crabb	48	96	39:01.64	41:57	01:33.08	79	1:19:04.83	18.1	00:43.28	60	50:55.81	8:13	2:51:18.64
73	Mark Thompson	44	90	36:00.54	38:43	02:09.12	81	1:19:21.07	18.0	01:34.21	42	52:35.64	8:29	2:51:40.58
74	Mark Ernst	38	88	35:27.98	38:07	02:06.99	30	1:09:45.17	20.5	01:22.19	86	1:03:07.04	10:11	2:51:49.37
75	Chris Voda	40	67	31:39.75	34:02	03:20.60	76	1:17:40.80	18.4	02:06.72	70	57:48.78	9:19	2:52:36.65

			----- Swim1500m -----			TA1	----- Bike23.8mi -----			TA2	----- Run6.2mi -----			Total
Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
76	Jacquelyn Davis	21	31	28:11.59	30:18	01:54.47	86	1:21:13.11	17.6	00:48.13	85	1:02:48.39	10:08	2:54:55.69
77	Rick Eberly	45	95	38:38.73	41:32	02:50.22	75	1:17:33.82	18.4	02:21.26	46	53:31.77	8:38	2:54:55.80
78	Keenan Riordan	33	64	31:08.36	33:29	01:44.06	69	1:16:08.88	18.8	01:17.94	91	1:04:48.85	10:27	2:55:08.09
79	Sean Sloan	37	52	30:23.74	32:40	01:50.86	83	1:20:05.14	17.8	01:14.88	82	1:01:49.31	9:58	2:55:23.93
80	Chris Simon	35	83	34:09.70	36:43	02:13.36	55	1:14:04.43	19.3	01:49.76	88	1:03:31.78	10:15	2:55:49.03
81	Dennis Walker	40	28	27:35.69	29:40	02:46.12	85	1:21:10.45	17.6	00:56.57	89	1:04:41.99	10:26	2:57:10.82
82	Monica Widdig	41	79	33:10.09	35:40	01:57.12	82	1:19:45.65	17.9	01:13.64	83	1:01:51.81	9:59	2:57:58.31
83	Paul Kleintop	47	84	34:23.48	36:58	03:56.96	88	1:22:27.55	17.3	02:33.22	66	56:31.67	9:07	2:59:52.88
84	Lursek Team	49	53	30:24.00	32:41	01:11.88	105	1:39:15.31	14.4	00:49.74	28	48:24.67	7:48	3:00:05.60
85	David Bergan	26	9	23:54.71	25:42	02:38.17	100	1:27:25.66	16.3	00:51.96	95	1:08:32.37	11:03	3:03:22.87
86	Tim Burkhart	39	46	30:01.83	32:17	04:22.09	87	1:21:57.65	17.4	02:14.36	93	1:05:50.21	10:37	3:04:26.14
87	Adam Angione	27	91	36:01.19	38:44	04:09.00	68	1:16:08.29	18.8	03:34.22	92	1:05:49.10	10:37	3:05:41.80
88	Dale Mizener	45	104	44:59.49	48:22	04:30.60	78	1:18:28.46	18.2	01:36.10	74	58:31.14	9:26	3:08:05.79
89	Erin Kneil	29	94	38:17.31	41:10	02:21.65	91	1:23:06.01	17.2	01:58.63	87	1:03:22.59	10:13	3:09:06.19
90	Debbie Tighe	49	102	43:46.95	47:04	01:35.96	98	1:26:40.07	16.5	01:41.03	67	57:08.75	9:13	3:10:52.76
91	Robin Hayes	33	103	43:49.40	47:07	01:21.85	95	1:24:53.24	16.8	01:28.32	78	1:00:22.34	9:44	3:11:55.15
92	Trevor Soergel	35	87	35:03.04	37:41	02:30.68	90	1:23:04.24	17.2	01:14.38	98	1:10:08.24	11:19	3:12:00.58
93	Kirby Hayes	36	100	42:08.98	45:18	02:06.18	93	1:23:28.46	17.1	00:54.16	90	1:04:46.79	10:27	3:13:24.57
94	Ben Donham	29	97	39:01.67	41:57	02:31.41	84	1:20:19.20	17.8	01:28.06	99	1:10:30.43	11:22	3:13:50.77
95	Kevin Lefler	52	85	34:29.69	37:05	02:33.97	104	1:34:17.60	15.1	02:48.42	80	1:01:10.99	9:52	3:15:20.67
96	Allan Wallace	30	105	49:50.68	53:35	03:14.46	94	1:24:21.56	16.9	01:39.77	75	58:50.14	9:29	3:17:56.61
97	Karen Winter	51	62	30:48.65	33:07	02:12.73	92	1:23:20.95	17.1	02:40.42	103	1:21:30.79	13:09	3:20:33.54
98	Rob Lyons	52	57	30:35.31	32:53	02:33.10	97	1:26:35.10	16.5	03:05.07	102	1:21:01.91	13:04	3:23:50.49
99	David Clifford	42	101	42:45.12	45:58	02:39.77	101	1:28:54.86	16.1	02:07.93	96	1:09:35.01	11:13	3:26:02.69
100	Steven Emerson	42	107	51:33.53	55:26	03:43.91	99	1:26:45.59	16.5	03:01.41	84	1:01:59.51	10:00	3:27:03.95

			----- Swim1500m -----			TA1	----- Bike23.8mi -----			TA2	----- Run6.2mi -----			Total
Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
101	Thomas Murtaugh	44	99	40:34.11	43:37	02:05.31	103	1:32:56.59	15.4	01:30.84	100	1:12:21.19	11:40	3:29:28.04
102	Alicia Gielegem	31	86	34:49.56	37:26	06:02.83	106	1:39:33.33	14.3	02:17.28	97	1:09:35.51	11:13	3:32:18.51

103	Darlene James	40	108	53:49.92	57:52	02:37.06	102	1:31:49.83	15.6	01:42.28	101	1:14:04.02	11:57	3:44:03.11
104	Thomas Cunningham	41	106	51:32.85	55:25	07:13.16					104	2:57:30.83	28:38	3:56:16.84
___	Doug Baker	38												
___	Todd Benanzer	25												
___	Larry Cheng	44												
___	Steve Decker	44												
___	Brian Doering	21												
___	Robert Gorsline	34												
___	Amy Gravengaard	30												
___	Kevin Hall	36												
___	Robert Hiller	55												
___	Patrick Hollenbeck	38												
___	Michael Kreines	49												
___	Nathan Mortimer	39												
___	Jennifer Parks	30												
___	John Pospisil	38												
___	Perry Ralenkotter	41												
___	Diane Roller	45												
___	Robert Schock	21												
___	Nicole Simeus	31												
___	Robert Stephens	53												
___	Vicki Streng	25												
___	Jack Stubbs	47												

Place	Name	Age	----- Swim1500m -----		TA1	----- Bike23.8mi -----			TA2	----- Run6.2mi -----			Total
			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace
___	Guy Titler	34											
___	Patrick McDermott	41	4	23:09.81	24:54	01:18.97	19	1:07:26.96	21.2	01:09.97			
___	Steve Steller	48	78	33:02.98	35:31	02:54.28							
___	David Young	39	92	36:09.05	38:52	03:03.39	89	1:22:28.33	17.3	01:08.82			
___	Matthew Davidson	31	40	29:26.29	31:39	01:34.09	21	1:08:24.82	20.9	00:57.35			