

Pedal and Plod

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	DAVIS LIPKA		M: 1	2 Person Mixed	286	01:15:34.60	02:51	21.0mph	Mixed 18-Under: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:26:40.497	06:03	9.9mph	00:26:40.497
				Bike		00:48:54.112	02:13	27.0mph	01:15:34.609
2	WILLIAMS NORDELL		M: 2	2 Person Team	274	01:25:35.47	03:14	18.5mph	Male 31 - 40: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:27:24.421	06:13	9.6mph	00:27:24.421
				Bike		00:58:11.050	02:38	22.7mph	01:25:35.471
3	ANELLO TUCKER		F: 1	2 Person Mixed	287	01:29:45.02	03:23	17.6mph	Mixed 31 - 40: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:30:08.420	06:51	8.8mph	00:30:08.420
				Bike		00:59:36.604	02:42	22.1mph	01:29:45.024
4	RABASCO KUEHNEL		M: 3	2 Person Team	280	01:29:46.06	03:24	17.6mph	Male 19 - 30: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:24:49.631	05:38	10.6mph	00:24:49.631
				Bike		01:04:56.432	02:57	20.3mph	01:29:46.063
5	WRIGHT PIGOTT		M: 4	2 Person Mixed	294	01:30:06.82	03:24	17.6mph	Mixed 19 - 30: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:27:27.544	06:14	9.6mph	00:27:27.544
				Bike		01:02:39.281	02:50	21.1mph	01:30:06.825
6	LEMME LEMME		M: 5	2 Person Mixed	282	01:33:35.95	03:32	16.9mph	Mixed 51 - 60: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:35:32.635	08:04	7.4mph	00:35:32.635
				Bike		00:58:03.321	02:38	22.7mph	01:33:35.956
7	VARELLAS LEBEAU		F: 2	2 Person Mixed	264	01:34:43.96	03:35	16.7mph	Mixed 31 - 40: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:30:52.062	07:00	8.6mph	00:30:52.062
				Bike		01:03:51.903	02:54	20.7mph	01:34:43.965
8	GUILLIAN BANACH		M: 6	2 Person Team	262	01:35:31.55	03:37	16.6mph	Male 31 - 40: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:31:07.033	07:04	8.5mph	00:31:07.033
				Bike		01:04:24.524	02:55	20.5mph	01:35:31.557
9	LEVESQUE LEVESQUE		M: 7	2 Person Team	279	01:35:54.55	03:37	16.5mph	Male 0 - 18: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:27:22.735	06:13	9.6mph	00:27:22.735
				Bike		01:08:31.822	03:06	19.3mph	01:35:54.557
10	NICK MARSHALL		M: 8	Iron Person	285	01:37:25.21	03:41	16.3mph	Overall Iron Person: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:30:22.722	06:54	8.7mph	00:30:22.722
				Bike		01:07:02.488	03:02	19.7mph	01:37:25.210
11	CAMPBELL KOLODZIEJCZYK		F: 3	2 Person Mixed	275	01:38:18.16	03:43	16.1mph	Mixed 31 - 40: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:35:55.250	08:09	7.3mph	00:35:55.250
				Bike		01:02:22.914	02:50	21.2mph	01:38:18.164
12	RAY RAY		F: 4	2 Person Mixed	268	01:38:18.43	03:43	16.1mph	Mixed 31 - 40: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:33:29.930	07:36	7.9mph	00:33:29.930
				Bike		01:04:48.504	02:56	20.4mph	01:38:18.434
13	WILLIAMS BACZEK		F: 5	2 Person Mixed	256	01:38:35.60	03:44	16.1mph	Mixed 31 - 40: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:33:20.445	07:34	7.9mph	00:33:20.445
				Bike		01:05:15.162	02:57	20.2mph	01:38:35.607
14	KELLY DOOLEY		F: 6	2 Person Mixed	298	01:40:32.13	03:48	15.8mph	Mixed 18-Under: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:37:48.440	08:35	7.0mph	00:37:48.440
				Bike		01:02:43.698	02:51	21.0mph	01:40:32.138

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
15	ARACE GELLER		F: 7	2 Person Mixed	273	01:40:38.01	03:48	15.7mph	Mixed 41 - 50: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:31:39.938	07:11	8.3mph	00:31:39.938
						Bike	01:08:58.079	03:08	19.1mph	01:40:38.017
16	BIRD MORRIS-SIEGEL		F: 8	2 Person Mixed	272	01:40:44.71	03:48	15.7mph	Mixed 19 - 30: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:31:53.849	07:14	8.3mph	00:31:53.849
						Bike	01:08:50.864	03:07	19.2mph	01:40:44.713
17	THOMAS LEWIS		M: 9	Iron Person	283	01:41:03.37	03:49	15.7mph	Overall Iron Person: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:31:29.016	07:09	8.4mph	00:31:29.016
						Bike	01:09:34.363	03:09	19.0mph	01:41:03.379
18	JASON CANDEE		M: 10	Iron Person	290	01:42:08.65	03:52	15.5mph	Overall Iron Person: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:33:16.201	07:33	7.9mph	00:33:16.201
						Bike	01:08:52.451	03:07	19.2mph	01:42:08.652
19	KUPERNIK KUPERNIK		F: 9	2 Person Mixed	270	01:43:20.84	03:54	15.3mph	Mixed 31 - 40: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:41:07.931	09:20	6.4mph	00:41:07.931
						Bike	01:02:12.913	02:49	21.2mph	01:43:20.844
20	TUCKER GARCIA		M: 11	2 Person Team	278	01:44:07.86	03:56	15.2mph	Male 51 - 60: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:30:31.555	06:56	8.6mph	00:30:31.555
						Bike	01:13:36.309	03:20	17.9mph	01:44:07.864
21	GERO TIMPANE		F: 10	2 Person Team	276	01:44:30.42	03:57	15.2mph	Female 31 - 40: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:33:20.305	07:34	7.9mph	00:33:20.305
						Bike	01:11:10.115	03:14	18.5mph	01:44:30.420
22	MATT VOISIN		M: 12	Iron Person	289	01:44:53.46	03:58	15.1mph	Overall Iron Person: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:31:01.989	07:03	8.5mph	00:31:01.989
						Bike	01:13:51.476	03:21	17.9mph	01:44:53.465
23	KURT SINGER		M: 13	Iron Person	255	01:46:12.60	04:01	14.9mph	Overall Iron Person: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:32:18.016	07:20	8.2mph	00:32:18.016
						Bike	01:13:54.587	03:21	17.9mph	01:46:12.603
24	AMEEN MOORE		F: 11	2 Person Mixed	258	01:47:06.97	04:03	14.8mph	Mixed 19 - 30: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:37:42.465	08:34	7.0mph	00:37:42.465
						Bike	01:09:24.505	03:09	19.0mph	01:47:06.970
25	ALLEN BATES		M: 14	Iron Person	277	01:48:56.10	04:07	14.5mph	Overall Iron Person: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:32:31.976	07:23	8.1mph	00:32:31.976
						Bike	01:16:24.129	03:28	17.3mph	01:48:56.105
26	SHEEHAN WILLIAMS		M: 15	2 Person Mixed	284	01:49:15.78	04:08	14.5mph	Mixed 51 - 60: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:33:09.080	07:32	8.0mph	00:33:09.080
						Bike	01:16:06.706	03:27	17.3mph	01:49:15.786
27	BOB BENNER		M: 16	Iron Person	293	01:50:53.78	04:12	14.3mph	Overall Iron Person: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:36:42.949	08:20	7.2mph	00:36:42.949
						Bike	01:14:10.836	03:22	17.8mph	01:50:53.785
28	MORIN GAJDA		F: 12	2 Person Team	296	01:52:29.04	04:15	14.1mph	Female 19 - 30: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:41:52.817	09:31	6.3mph	00:41:52.817
						Bike	01:10:36.225	03:12	18.7mph	01:52:29.042
29	JOSH CHITTENDEN		M: 17	Iron Person	288	01:52:45.37	04:16	14.0mph	Overall Iron Person: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:39:31.589	08:59	6.7mph	00:39:31.589
						Bike	01:13:13.789	03:19	18.0mph	01:52:45.378

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
30	HALL MARTIN		M: 18	2 Person Team	295	01:52:58.66	04:16	14.0mph	Male 51 - 60: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:34:54.905	07:56	7.6mph	00:34:54.905
						Bike	01:18:03.764	03:32	16.9mph	01:52:58.669
31	CROSIER MCNAMARA		F: 13	2 Person Mixed	261	01:53:03.96	04:16	14.0mph	Mixed 19 - 30: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:33:32.863	07:37	7.9mph	00:33:32.863
						Bike	01:19:31.104	03:36	16.6mph	01:53:03.967
32	SOPER MARSH		M: 19	2 Person Team	259	01:58:32.02	04:29	13.4mph	Male 51 - 60: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:40:37.826	09:14	6.5mph	00:40:37.826
						Bike	01:17:54.195	03:32	16.9mph	01:58:32.021
33	RIELLO DEGON		M: 20	2 Person Team	265	01:58:44.35	04:29	13.3mph	Male 31 - 40: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:42:11.687	09:35	6.3mph	00:42:11.687
						Bike	01:16:32.667	03:28	17.2mph	01:58:44.354
34	DIANE TALAVERA		F: 14	Iron Person	281	01:58:54.03	04:30	13.3mph	Overall Iron Person: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:34:36.402	07:51	7.6mph	00:34:36.402
						Bike	01:24:17.634	03:49	15.7mph	01:58:54.036
35	PETERSON MCCULLOUGH		M: 21	2 Person Team	266	01:59:10.93	04:30	13.3mph	Male 31 - 40: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:35:25.946	08:03	7.5mph	00:35:25.946
						Bike	01:23:44.991	03:48	15.8mph	01:59:10.937
36	BURDICK BURDICK		M: 22	2 Person Team	271	02:00:22.69	04:33	13.2mph	Male 19 - 30: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:33:21.732	07:34	7.9mph	00:33:21.732
						Bike	01:27:00.963	03:57	15.2mph	02:00:22.695
37	DEREK POWELL		M: 23	Iron Person	269	02:00:51.46	04:34	13.1mph	Overall Iron Person: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:33:00.229	07:30	8.0mph	00:33:00.229
						Bike	01:27:51.240	03:59	15.0mph	02:00:51.469
38	NICOLETTE ENHORNING-PICTON		F: 15	Iron Person	292	02:03:11.73	04:39	12.9mph	Overall Iron Person: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:38:33.538	08:45	6.8mph	00:38:33.538
						Bike	01:24:38.199	03:50	15.6mph	02:03:11.737
39	PASSERINI SPINA		F: 16	2 Person Team	260	02:08:04.12	04:51	12.4mph	Female 61 - 70: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:40:47.994	09:16	6.5mph	00:40:47.994
						Bike	01:27:16.131	03:58	15.1mph	02:08:04.125
40	MATTHEW MOULTON		M: 24	Iron Person	291	02:08:42.08	04:52	12.3mph	Overall Iron Person: 10	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:35:11.494	07:59	7.5mph	00:35:11.494
						Bike	01:33:30.592	04:15	14.1mph	02:08:42.086
41	LARA DENMARK		F: 17	Iron Person	267	02:09:09.28	04:53	12.3mph	Overall Iron Person: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:39:10.731	08:54	6.7mph	00:39:10.731
						Bike	01:29:58.555	04:05	14.7mph	02:09:09.286
42	KELLY HECK		F: 18	Iron Person	263	02:18:53.39	05:15	11.4mph	Overall Iron Person: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:42:34.663	09:40	6.2mph	00:42:34.663
						Bike	01:36:18.728	04:22	13.7mph	02:18:53.391
43	RYAN DIGNARD		M: 25	Iron Person	254	02:19:11.40	05:16	11.4mph	Overall Iron Person: 11	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:40:48.408	09:16	6.5mph	00:40:48.408
						Bike	01:38:22.999	04:28	13.4mph	02:19:11.407
44	HNATONKO VARELLAS		M: 26	2 Person Mixed	297	02:19:44.95	05:17	11.3mph	Mixed 31 - 40: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run	00:53:15.846	12:06	5.0mph	00:53:15.846
						Bike	01:26:29.106	03:55	15.3mph	02:19:44.952