

# Pokagon State Park Triathlon/Duathlon DUATHLON

## Overall Results

May 19, 2007

Results By Mattoon Beach Tri ([www.mattoonbeachtri.com](http://www.mattoonbeachtri.com))

Place	Name	Age	----- RUN 1 -----			----- BIKE -----			T2			----- RUN 2 -----			Total	
			Rnk	Time	Pace	Rnk	Time	Rate	Time	Rate	Rnk	Time	Pace	Time		
1	Greg Howard	25	1	38:08.45	6:09/M	1	1:07:29.80	22.1MPH	00:20.35	1	15:36.25	5:02/M	2:02:08.00			
2	Jeffrey Haney	43	2	42:00.75	6:46/M	1	1:05:47.40	22.7MPH	00:24.90	2	17:03.40	5:30/M	2:05:39.00			
3	Jeff Gray	45	4	44:25.55	7:10/M	3	1:15:29.65	19.8MPH	00:48.75	3	23:24.65	7:33/M	2:25:15.00			
4	Steven Stinchomb	42	5	45:25.45	7:20/M				1:17:50.40	4	24:17.00	7:50/M	2:26:46.00			
5	Tony Garrett	45	3	42:35.10	6:52/M	4	1:17:46.45	19.2MPH	00:26.80	5	25:25.75	8:12/M	2:26:59.00			
6	Adam Sanborn	22	6	46:29.30	7:30/M	5	1:19:59.90	18.7MPH	01:04.40	7	25:39.80	8:16/M	2:34:00.00			
7	Lisa McDonald	29	8	48:40.05	7:51/M	6	1:20:16.75	18.6MPH	00:21.50	10	28:28.80	9:11/M	2:38:16.00			
8	Monica Kiel	33	9	48:49.95	7:52/M	9	1:22:56.35	18.0MPH	00:35.85	6	25:31.60	8:14/M	2:38:37.00			
9	Joann Kennedy	41	10	54:00.85	8:43/M	8	1:22:10.75	18.2MPH	00:42.20	9	28:19.40	9:08/M	2:46:17.00			
10	Steven Smith	30	7	48:40.00	7:51/M	15	1:27:55.60	17.0MPH	01:10.20	8	27:06.50	8:45/M	2:46:29.00			
11	Mike Bassing	46	12	55:31.05	8:57/M	7	1:21:53.45	18.2MPH	01:04.70	13	31:21.50	10:07/M	2:50:45.00			
12	Chuck Schreiber	50	11	55:30.35	8:57/M	12	1:25:07.90	17.6MPH	01:26.85	11	30:48.45	9:56/M	2:54:04.00			
13	John Woods	41	14	55:48.45	9:00/M	14	1:27:16.45	17.1MPH	01:38.80	15	33:58.15	10:57/M	2:59:56.00			
14	Robert Stevens	39	16	56:33.25	9:07/M	16	1:29:59.15	16.6MPH	01:22.55	12	30:54.15	9:58/M	3:00:17.00			
15	Dale Moore	51	13	55:32.55	8:57/M	13	1:25:36.15	17.5MPH	02:14.55	19	36:04.30	11:38/M	3:01:18.00			
16	Kelly Summers	25	15	56:23.60	9:06/M	18	1:32:33.85	16.1MPH	00:58.40	14	32:02.60	10:20/M	3:02:43.00			
17	Laurie Ladow	40	23	1:04:29.25	10:24/M	10	1:23:02.55	18.0MPH	01:30.60	17	35:32.95	11:28/M	3:06:24.00			
18	Amanda Carey		20	58:31.40	9:26/M	17	1:30:50.60	16.4MPH	01:03.30	18	35:34.00	11:28/M	3:07:20.00			
19	Jim Hornabecher	58	22	1:03:32.70	10:15/M	11	1:23:51.15	17.8MPH	01:54.25	20	36:50.25	11:53/M	3:07:57.00			
20	Renee Howes	31	18	57:23.30	9:15/M	19	1:37:24.10	15.3MPH	02:14.60	22	38:15.60	12:20/M	3:16:48.00			
21	Rich Stephenson	61	24	1:06:06.40	10:40/M	20	1:38:14.70	15.2MPH	01:36.95	21	38:09.15	12:18/M	3:25:11.00			
22	Sarah Kern	26	19	58:29.70	9:26/M	21	1:51:05.20	13.4MPH	02:00.05	16	35:21.25	11:24/M	3:28:30.00			
23	Catherine Kruck	37	17	56:38.85	9:08/M	22	2:06:06.85	11.8MPH	01:58.20	23	44:45.55	14:26/M	3:54:06.00			