

Lake Junaluska Duathlon 2009  
Overall Results  
4-Apr-09

Place	Name	Bib No	Age	Run Rank	Run Time	Run Pace	Bike Rank	Bike Time	Bike Pace	Run Rank	Run Time	Run Pace	Tot Time
1	Gail Kattouf	185	36	3	13:43.0	6:14/M	1	56:18.0	2:49/M	1	15:11.0	6:54/M	1:25:12.0
2	Jeremy Campbell	174	32	1	12:50.0	5:50/M	4	1:01:06.0	3:03/M	2	14:14.0	6:28/M	1:28:10.0
3	Dale Mosher	182	57	13	16:02.0	7:17/M	2	56:42.0	2:50/M	3	16:57.0	7:42/M	1:29:41.0
4	Brandon Anderson	114	32	18	16:23.0	7:27/M	3	56:37.0	2:50/M	4	19:36.0	8:55/M	1:32:36.0
5	John Cash	120	57	8	15:25.0	7:00/M	6	59:38.0	2:59/M	5	17:54.0	8:08/M	1:32:57.0
6	Bill Branson	125	51	9	15:27.0	7:01/M	8	1:01:00.0	3:03/M	6	17:02.0	7:45/M	1:33:29.0
7	Greg Isaacs	153	26	4	13:56.0	6:20/M	14	1:04:59.0	3:15/M	7	15:19.0	6:58/M	1:34:14.0
8	Jeffrey Timm	172	57	14	16:08.0	7:20/M	7	1:00:14.0	3:01/M	8	18:10.0	8:15/M	1:34:32.0
9	Nicole Crane	145	42	12	15:51.0	7:12/M	10	1:00:47.0	3:02/M	9	18:18.0	8:19/M	1:34:56.0
10	William McCracken	139	41	20	16:38.0	7:34/M	9	59:52.0	3:00/M	10	19:29.0	8:51/M	1:35:59.0
11	Lowell Ball	151	42	6	14:48.0	6:44/M	13	1:03:38.0	3:11/M	11	17:38.0	8:01/M	1:36:04.0
12	Douglas Fisher	154	43	42	18:06.0	8:14/M	5	56:48.0	2:50/M	12	21:32.0	9:47/M	1:36:26.0
13	John Stover	183	34	16	16:16.0	7:24/M	11	1:00:58.0	3:03/M	13	20:04.0	9:07/M	1:37:18.0
14	Thomas Howell	126	39	5	14:30.0	6:35/M	18	1:07:31.0	3:23/M	14	16:13.0	7:22/M	1:38:14.0
15	Don Sinyard	142	45	43	18:09.0	8:15/M	12	1:00:02.0	3:00/M	15	20:47.0	9:27/M	1:38:58.0
16	Pam Jezik	194	45	10	15:36.0	7:05/M	20	1:06:39.0	3:20/M	16	17:05.0	7:46/M	1:39:20.0
17	Randall Maddox	140	60	39	17:57.0	8:10/M	15	1:01:50.0	3:06/M	17	20:07.0	9:09/M	1:39:54.0
18	Jim Humble	180	52	17	16:19.0	7:25/M	16	1:05:04.0	3:15/M	18	19:50.0	9:01/M	1:41:13.0
19	Geoffrey Rollins	111	37	24	16:56.0	7:42/M	17	1:05:01.0	3:15/M	19	19:59.0	9:05/M	1:41:56.0
20	William Sauber	117	61	66	19:51.0	9:01/M	24	1:03:25.0	3:10/M	20	18:44.0	8:31/M	1:42:00.0
21	Kelly Anderson	113	37	29	17:04.0	7:45/M	19	1:05:02.0	3:15/M	21	20:15.0	9:12/M	1:42:21.0
22	Christina Maddox	141	52	33	17:31.0	7:58/M	23	1:05:39.0	3:17/M	22	19:46.0	8:59/M	1:42:56.0
23	Brian Danielian	131	34	11	15:39.0	7:07/M	29	1:09:33.0	3:29/M	23	17:52.0	8:07/M	1:43:04.0
24	Terry Jones	191	47	21	16:43.0	7:36/M	22	1:06:25.0	3:19/M	24	20:21.0	9:15/M	1:43:29.0
25	Richard Wildasin	164	56	30	17:10.0	7:48/M	25	1:07:00.0	3:21/M	25	19:41.0	8:57/M	1:43:51.0
26	Kristofer Thompson	101	31	15	16:12.0	7:22/M	27	1:08:26.0	3:25/M	26	19:37.0	8:55/M	1:44:15.0
27	Danny Passarelli	133	52	45	18:16.0	8:18/M	21	1:04:43.0	3:14/M	27	21:32.0	9:47/M	1:44:31.0
28	Joshua Garrison	107	25	32	17:27.0	7:56/M	28	1:07:26.0	3:22/M	28	20:17.0	9:13/M	1:45:10.0
29	Stephanie Grant	190	30	7	15:21.0	6:59/M	42	1:13:20.0	3:40/M	29	17:10.0	7:48/M	1:45:51.0
30	Pat Burgon	200	53	47	18:26.0	8:23/M	26	1:06:04.0	3:18/M	30	21:31.0	9:47/M	1:46:01.0
31	Debbie Appleman	138	46	27	17:01.0	7:44/M	36	1:09:54.0	3:30/M	31	19:09.0	8:42/M	1:46:04.0
32	Joseph Sorrells	171	33	23	16:55.0	7:41/M	34	1:09:46.0	3:29/M	32	19:25.0	8:50/M	1:46:06.0
33	Patricia Alcivar	130	33	25	16:57.0	7:42/M	38	1:10:28.0	3:31/M	33	18:53.0	8:35/M	1:46:18.0
34	Greg Warren	100	48	31	17:12.0	7:49/M	39	1:10:53.0	3:33/M	34	19:47.0	9:00/M	1:47:52.0
35	Ariane Kjellquist	124	35	52	18:50.0	8:34/M	31	1:07:28.0	3:22/M	35	22:06.0	10:03/M	1:48:24.0
36	Jd Lanning	165	29	40	18:00.0	8:11/M	33	1:08:35.0	3:26/M	36	22:01.0	10:00/M	1:48:36.0
37	Willie Mejia	169	56	61	19:27.0	8:50/M	30	1:06:49.0	3:20/M	37	22:39.0	10:18/M	1:48:55.0
38	Robert Allen	134	42	69	20:24.0	9:16/M	40	1:07:57.0	3:24/M	38	20:53.0	9:30/M	1:49:14.0
39	Jesse Turk	110	28	57	19:07.0	8:41/M	32	1:07:23.0	3:22/M	39	23:06.0	10:30/M	1:49:36.0
40	Julian Sobers	122	38	54	18:59.0	8:38/M	35	1:07:46.0	3:23/M	40	23:10.0	10:32/M	1:49:55.0
41	Julia Hicks	167	33	59	19:12.0	8:44/M	41	1:09:17.0	3:28/M	41	21:31.0	9:47/M	1:50:00.0
42	Tracey Drews	137	50	70	20:26.0	9:17/M	37	1:06:51.0	3:21/M	42	24:10.0	10:59/M	1:51:27.0
43	Joseph Branson	152	40	46	18:19.0	8:20/M	48	1:12:38.0	3:38/M	43	20:40.0	9:24/M	1:51:37.0
44	Paul Costigan	188	19	19	16:26.0	7:28/M	44	1:14:01.0	3:42/M	44	22:02.0	10:01/M	1:52:29.0
45	Brenda Sears	104	49	35	17:46.0	8:05/M	49	1:13:15.0	3:40/M	45	21:31.0	9:47/M	1:52:32.0
46	Tj Bristh	196	32	22	16:55.0	7:41/M	53	1:15:37.0	3:47/M	46	20:17.0	9:13/M	1:52:49.0
47	Tom Bzotte	192	46	26	16:59.0	7:43/M	47	1:13:50.0	3:42/M	47	22:04.0	10:02/M	1:52:53.0
48	Kathleen Nuzzi	116	26	37	17:51.0	8:07/M	50	1:13:58.0	3:42/M	48	21:26.0	9:45/M	1:53:15.0
49	Keith Ray	193	52	49	18:38.0	8:28/M	52	1:13:40.0	3:41/M	49	21:50.0	9:55/M	1:54:08.0
50	Tracy Hudson	199	25	64	19:37.0	8:55/M	45	1:11:05.0	3:33/M	50	23:52.0	10:51/M	1:54:34.0
51	Steve Henson	198	47	65	19:39.0	8:56/M	46	1:11:08.0	3:33/M	51	23:53.0	10:51/M	1:54:40.0
52	John Patterson	197	46	63	19:34.0	8:54/M	43	1:09:56.0	3:30/M	52	26:45.0	12:10/M	1:56:15.0
53	Kathy Hogan	155	32	36	17:48.0	8:05/M	57	1:18:27.0	3:55/M	53	20:06.0	9:08/M	1:56:21.0
54	Yong Lee	127	45	50	18:42.0	8:30/M	55	1:16:48.0	3:50/M	54	20:55.0	9:30/M	1:56:25.0
55	Tim Phelan	143	67	55	19:01.0	8:39/M	54	1:13:33.0	3:41/M	55	24:01.0	10:55/M	1:56:35.0
56	Laurie Neubert	162	39	75	21:17.0	9:40/M	51	1:10:55.0	3:33/M	56	24:25.0	11:06/M	1:56:37.0
57	Lisa Cook	150	42	38	17:54.0	8:08/M	56	1:17:57.0	3:54/M	57	21:00.0	9:33/M	1:56:51.0
58	Kevin Dale	179	37	41	18:03.0	8:12/M	58	1:18:20.0	3:55/M	58	21:46.0	9:54/M	1:58:09.0
59	Doug Branch	105	34	60	19:15.0	8:45/M	60	1:18:09.0	3:54/M	59	21:49.0	9:55/M	1:59:13.0
60	Dominique Benson	176	29	34	17:35.0	8:00/M	62	1:20:05.0	4:00/M	60	21:40.0	9:51/M	1:59:20.0
61	Michelle Knight	132	43	67	20:19.0	9:14/M	61	1:17:11.0	3:52/M	61	24:01.0	10:55/M	2:01:31.0
62	Lou Hipps	128	52	56	19:04.0	8:40/M	64	1:20:19.0	4:01/M	62	22:12.0	10:05/M	2:01:35.0
63	Jennifer Elmore	173	32	53	18:56.0	8:36/M	66	1:22:09.0	4:06/M	63	20:53.0	9:30/M	2:01:58.0
64	Carol Mosher	181	56	58	19:09.0	8:42/M	67	1:22:24.0	4:07/M	64	20:30.0	9:19/M	2:02:03.0
65	Mary Burton	187	46	74	21:13.0	9:39/M	59	1:15:17.0	3:46/M	65	25:48.0	11:44/M	2:02:18.0
66	Cathleen Higgins	156	40	51	18:47.0	8:32/M	69	1:23:39.0	4:11/M	66	21:27.0	9:45/M	2:03:53.0
67	Andy White	195	56	76	21:33.0	9:48/M	63	1:17:32.0	3:53/M	67	25:19.0	11:30/M	2:04:24.0
68	April Barker	123	29	28	17:01.0	7:44/M	72	1:28:51.0	4:27/M	68	19:07.0	8:41/M	2:04:59.0
69	Pam Anderson	144	52	71	20:35.0	9:21/M	65	1:19:33.0	3:59/M	69	25:05.0	11:24/M	2:05:13.0
70	Jose Alfaro	177	30	68	20:21.0	9:15/M	68	1:21:36.0	4:05/M	70	23:50.0	10:50/M	2:05:47.0
71	Vonda Stringfellow	157	32	73	20:59.0	9:32/M	70	1:22:05.0	4:06/M	71	25:09.0	11:26/M	2:08:13.0
72	Heather Ellis	163	26	48	18:35.0	8:27/M	73	1:27:22.0	4:22/M	72	24:19.0	11:03/M	2:10:16.0
73	Katherine Reeves	148	32	44	18:13.0	8:17/M	74	1:30:32.0	4:32/M	73	23:00.0	10:27/M	2:11:45.0
74	Eva Chazo	129	43	77	21:50.0	9:55/M	&nbsp;	&nbsp;	&nbsp;	74	1:50:59.0	50:27/M	2:12:49.0
75	Dennis Fleetwood	136	57	78	22:13.0	10:06/M	71	1:23:21.0	4:10/M	75	28:09.0	12:48/M	2:13:43.0
76	Elizabeth Lamy	184	24	72	20:52.0	9:29/M	75	1:29:42.0	4:29/M	76	24:54.0	11:19/M	2:15:28.0
77	Dallas Reeves	147	36	62	19:30.0	8:52/M	80	1:36:22.0	4:49/M	77	25:37.0	11:39/M	2:21:29.0
78	Lindy Alfaro	178	30	86	24:40.0	11:13/M	76	1:27:52.0	4:24/M	78	29:29.0	13:24/M	2:22:01.0
79	Anne Page	161	60	84	24:23.0	11:05/M	77	1:28:24.0	4:25/M	79	29:19.0	13:20/M	2:22:06.0
80	Miles Hyman	158	72	82	24:16.0	11:02/M	78	1:30:05.0	4:30/M	80	28:11.0	12:49/M	2:22:32.0
81	Eileen McConville	118	53	85	24:34.0	11:10/M	79	1:30:17.0	4:31/M	81	29:30.0	13:25/M	2:24:21.0
82	Jasmin Delgado	121	35	81	23:40.0	10:45/M	81	1:33:10.0	4:40/M	82	29:44.0	13:31/M	2:26:34.0
83	Dawn McGuire	135	36	79	22:38.0	10:17/M	83	1:39:34.0	4:59/M	83	25:51.0	11:45/M	2:28:03.0

84	Judy Rippetoe	159	62	83	24:19.0	11:03/M	82	1:34:33.0	4:44/M	84	29:35.0	13:27/M	2:28:27.0
85	Katie McConville	119	24	80	22:55.0	10:25/M	85	1:43:15.0	5:10/M	85	25:41.0	11:40/M	2:31:51.0
86	Reagan Mason	160	31	87	24:50.0	11:17/M	84	1:39:44.0	4:59/M	86	32:17.0	14:40/M	2:36:51.0
87	Leann Hibbs	115	30	88	26:35.0	12:05/M	86	1:47:06.0	5:21/M	87	34:52.0	15:51/M	2:48:33.0
88	David Hibbs	146	31	89	26:38.0	12:06/M	87	1:47:09.0	5:21/M	88	34:50.0	15:50/M	2:48:37.0
DNF	Rick Kattouf	186	38	2	13:23.0	6:05/M		&nbsp;			&nbsp;		