

# Paddle, Pedal & Pound the Pavement VII Open

## Overall Results

June 03, 2006

Results By RunFAR; [www.run-far.com](http://www.run-far.com)

		----- 300yd Swim -----				T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	Coby Bullard	30	18	5:44.4	1:55/M	0:26.1	2	33:37.1	22.1MPH	0:28.0	1	18:57.5	5:05/M	59:13.1
2	Dana Merry	43	4	4:37.6	1:32/M	0:29.5	1	33:22.8	22.3MPH	0:26.1	2	22:03.3	5:55/M	1:00:59.4
3	Jason Corral	16	7	4:49.8	1:36/M	0:34.8	5	35:01.6	21.2MPH	0:33.7	3	22:14.4	5:58/M	1:03:14.5
4	Mike Corral	45	2	4:29.6	1:30/M	0:27.2	3	33:54.3	21.9MPH	0:38.1	17	25:06.7	6:44/M	1:04:36.0
5	Aaron Gingrich	22	10	5:11.0	1:44/M	0:46.0	9	36:25.1	20.4MPH	0:19.3	4	22:43.1	6:05/M	1:05:24.6
6	Ryan Patton	28	28	6:12.0	2:04/M	0:44.9	4	34:49.2	21.4MPH	0:39.0	5	23:07.9	6:12/M	1:05:33.2
7	Chris Pearson	49	14	5:24.5	1:48/M	0:21.1	6	35:28.3	21.0MPH	0:30.1	11	24:50.9	6:39/M	1:06:35.0
8	Ben Day	36	24	5:56.5	1:59/M	0:53.7	8	36:03.9	20.6MPH	0:37.6	9	24:02.3	6:27/M	1:07:34.0
9	Jonathan Walkup	45	11	5:14.4	1:45/M	1:02.7	7	35:52.6	20.7MPH	0:34.6	16	25:03.5	6:43/M	1:07:47.9
10	Zach Hall	19	13	5:22.8	1:47/M	0:54.8	12	37:57.9	19.6MPH	1:02.1	8	23:44.4	6:22/M	1:09:02.0
11	Leslie Wilkinson	43	50	6:53.7	2:18/M	0:47.2	10	36:57.6	20.1MPH	0:35.7	12	24:51.7	6:40/M	1:10:06.0
12	Carol Carpenter	41	20	5:51.4	1:57/M	0:47.8	24	39:40.0	18.8MPH	0:21.8	10	24:37.2	6:36/M	1:11:18.3
13	Edward Frazier	35	26	6:02.5	2:01/M	1:35.0	13	38:07.1	19.5MPH	0:55.5	13	24:52.5	6:40/M	1:11:32.7
14	Shane Wilbanks	30	27	6:11.0	2:04/M	1:19.3	17	38:37.7	19.3MPH	1:51.8	6	23:35.0	6:19/M	1:11:34.9
15	Sean Havas	16	6	4:45.6	1:35/M	1:18.6	11	37:34.7	19.8MPH	1:24.6	31	28:05.3	7:32/M	1:13:08.9
16	William James	38	53	7:00.8	2:20/M	0:42.6	19	39:09.9	19.0MPH	0:57.5	21	25:49.4	6:55/M	1:13:40.3
17	Tim Hartley	40	29	6:12.4	2:04/M	0:40.4	16	38:28.1	19.3MPH	0:47.0	29	27:39.4	7:25/M	1:13:47.3
18	Mark Nicholson	25	38	6:26.5	2:09/M	1:46.6	28	39:53.7	18.7MPH	0:44.6	15	24:59.6	6:42/M	1:13:51.1
19	Scott Freeman	38	16	5:36.8	1:52/M	0:59.9	22	39:28.3	18.9MPH	1:28.7	23	26:30.1	7:06/M	1:14:03.9
20	Noreen Henry	43	46	6:40.2	2:13/M	1:25.3	31	40:39.8	18.3MPH	0:36.6	14	24:52.6	6:40/M	1:14:14.6
21	Kirk Coleman	35	22	5:55.7	1:58/M	1:03.2	20	39:15.7	19.0MPH	0:37.2	27	27:22.9	7:20/M	1:14:14.8
22	Michele Schmidt	37	8	5:00.1	1:40/M	1:06.8	29	40:06.0	18.6MPH	0:56.0	28	27:33.5	7:23/M	1:14:42.5
23	Todd Yerkes	37	39	6:28.4	2:09/M	1:09.8	34	41:05.2	18.1MPH	0:28.1	19	25:31.9	6:50/M	1:14:43.5
24	Tim Lancaster	27	12	5:14.6	1:45/M	1:48.6	39	42:11.3	17.6MPH	0:54.7	20	25:37.9	6:52/M	1:15:47.3
25	Mike Sanders	27	33	6:21.4	2:07/M	2:29.0	14	38:13.9	19.5MPH	1:55.8	25	27:03.9	7:15/M	1:16:04.1

		----- 300yd Swim -----				T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
26	Jeff Barnhart	44	32	6:20.9	2:07/M	1:25.1	25	39:41.5	18.7MPH	0:46.9	30	27:56.7	7:29/M	1:16:11.2
27	Richard Sanford	40	45	6:40.2	2:13/M	1:41.7	52	43:53.6	17.0MPH	0:38.0	7	23:43.4	6:22/M	1:16:37.0
28	Ryan Lifferth	33	1	4:02.9	1:21/M	0:59.3	36	41:19.5	18.0MPH	0:32.0	39	29:43.4	7:58/M	1:16:37.2
29	Tim Floy	29	79	8:51.2	2:57/M	2:39.4	21	39:26.6	18.9MPH	0:26.0	22	25:58.7	6:58/M	1:17:22.1
30	Daniel Reilley	32	9	5:07.6	1:42/M	1:40.4	40	42:12.1	17.6MPH	1:03.2	26	27:19.3	7:19/M	1:17:22.8
31	Frank Menocal	45	31	6:17.7	2:06/M	1:52.8	47	43:09.7	17.2MPH	0:55.1	18	25:13.9	6:46/M	1:17:29.3
32	Kyle Morton	46	59	7:07.7	2:22/M	2:26.7	15	38:19.8	19.4MPH	1:26.0	32	28:21.8	7:36/M	1:17:42.2
33	Neal Billups	32	41	6:34.8	2:11/M	2:14.9	18	39:03.4	19.1MPH	1:11.7	34	28:41.2	7:41/M	1:17:46.1
34	Luke Meldrum	31	74	8:15.6	2:45/M	2:35.9	27	39:52.8	18.7MPH	0:44.3	33	28:23.7	7:37/M	1:19:52.3
35	Daniel Martinez	16	57	7:05.3	2:22/M	1:01.0	26	39:52.6	18.7MPH	0:59.8	45	30:58.9	8:18/M	1:19:57.7
36	Brad Liles	44	73	8:11.0	2:44/M	2:23.8	35	41:17.0	18.0MPH	1:21.6	24	26:49.6	7:11/M	1:20:03.1
37	Matt Hemberger	23	15	5:26.6	1:49/M	1:19.4	44	42:54.4	17.3MPH	1:14.9	37	29:15.6	7:51/M	1:20:11.0
38	Bob McCartney	42	64	7:35.6	2:32/M	1:31.8	33	40:58.2	18.2MPH	1:48.6	35	28:45.2	7:42/M	1:20:39.5

39	Sarah Reed	27	35	6:24.5	2:08/M	2:09.1	23	39:32.7	18.8MPH	1:32.0	46	31:04.7	8:20/M	1:20:43.1
40	Steve Rushton	46	67	7:43.7	2:34/M	1:54.2	41	42:28.4	17.5MPH	0:49.6	36	29:01.4	7:47/M	1:21:57.3
41	Angie Williams	41	61	7:12.9	2:24/M	0:52.8	32	40:49.4	18.2MPH	1:01.3	48	32:16.2	8:39/M	1:22:12.6
42	James Wolburg	52	23	5:55.9	1:58/M	1:18.3	42	42:45.8	17.4MPH	1:58.1	43	30:36.2	8:12/M	1:22:34.4
43	Ken Crow	31	3	4:30.3	1:30/M	2:18.5	48	43:25.5	17.1MPH	0:33.4	47	31:47.1	8:31/M	1:22:34.9
44	Ward Morton	29	47	6:42.1	2:14/M	2:15.0	57	44:46.4	16.6MPH	1:01.2	38	29:38.5	7:57/M	1:24:23.2
45	Eric Reed	31	36	6:25.0	2:08/M	1:52.5	37	41:24.4	18.0MPH	1:26.0	52	33:30.8	8:59/M	1:24:38.8
46	Michael Hofhiens	32	54	7:01.1	2:20/M	2:52.1	50	43:31.2	17.1MPH	0:54.1	44	30:50.6	8:16/M	1:25:09.3
47	David Bartel	43	49	6:52.6	2:17/M	2:59.0	30	40:33.6	18.3MPH	0:42.3	56	34:15.4	9:11/M	1:25:22.9
48	Sara Dunn	31	56	7:04.7	2:21/M	1:30.5	70	47:19.9	15.7MPH	1:02.9	40	29:47.5	7:59/M	1:26:45.6
49	Brandon Nielson	34	55	7:03.1	2:21/M	2:32.1	68	47:05.9	15.8MPH	0:50.7	42	30:22.9	8:08/M	1:27:54.8
50	Jim Smith	49	62	7:14.8	2:25/M	2:12.7	49	43:27.3	17.1MPH	0:46.8	57	34:32.3	9:15/M	1:28:14.0

		----- 300yd Swim -----				T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
51	Robin Sonderer	28	19	5:50.3	1:57/M	2:31.5	54	44:39.9	16.7MPH	2:09.9	51	33:15.5	8:55/M	1:28:27.2
52	Terri Cocanougher	46	34	6:22.9	2:07/M	1:29.3	58	44:53.8	16.6MPH	0:46.4	61	35:18.4	9:28/M	1:28:50.9
53	Jana Garcia	36	65	7:39.2	2:33/M	2:06.9	46	42:58.4	17.3MPH	1:00.8	62	35:35.6	9:32/M	1:29:20.9
54	Aaron Van Pelt	40	17	5:42.5	1:54/M	0:32.4	53	44:02.9	16.9MPH	1:14.5	75	37:52.1	10:09/M	1:29:24.5
55	Kristin McAfee	36	52	6:58.9	2:19/M	1:06.0	59	44:56.2	16.6MPH	0:50.0	66	35:59.1	9:39/M	1:29:50.3
56	Tim Dell	37	63	7:30.6	2:30/M	2:34.0	45	42:54.7	17.3MPH	2:27.1	60	34:55.1	9:22/M	1:30:21.6
57	Will Perkins	18	43	6:39.4	2:13/M	0:55.1	60	45:09.4	16.5MPH	1:04.4	71	36:33.9	9:48/M	1:30:22.3
58	Scott Maness	36	71	8:05.7	2:42/M	2:30.9	43	42:53.7	17.3MPH	3:17.4	53	33:35.1	9:00/M	1:30:22.9
59	Shelly Culbertson	44	66	7:41.8	2:34/M	1:57.0	56	44:42.4	16.6MPH	1:19.1	58	34:52.8	9:21/M	1:30:33.2
60	Gina Ballweg	43	80	8:52.1	2:57/M	2:48.0	61	45:16.3	16.4MPH	1:46.7	49	32:38.3	8:45/M	1:31:21.4
61	Lynn Mabe	39	44	6:40.1	2:13/M	1:50.8	69	47:14.9	15.8MPH	0:59.5	70	36:30.5	9:47/M	1:33:15.9
62	Deanne Vetter	43	70	7:50.6	2:37/M	3:07.2	62	45:38.4	16.3MPH	1:04.0	65	35:54.9	9:37/M	1:33:35.1
63	Jay C. Nelson	37	40	6:29.9	2:10/M	1:39.7	66	46:55.4	15.9MPH	1:20.5	74	37:10.0	9:58/M	1:33:35.5
64	Bryan Calvert	28	48	6:44.1	2:15/M	2:10.8	73	49:39.7	15.0MPH	1:07.4	54	33:58.3	9:06/M	1:33:40.4
65	Rhonda Harmon	36	88	10:17.9	3:26/M	1:24.8	55	44:40.7	16.7MPH	1:21.6	67	36:14.6	9:43/M	1:33:59.7
66	Beth Morton	28	58	7:06.4	2:22/M	1:07.9	77	50:48.6	14.6MPH	1:24.8	55	34:12.8	9:10/M	1:34:40.6
67	Kelly Hearn	38	25	5:58.0	1:59/M	2:48.2	75	50:21.7	14.8MPH	2:45.3	50	32:47.3	8:47/M	1:34:40.6
68	Earl Jandoc	27	85	9:38.7	3:13/M	2:54.5	51	43:41.5	17.0MPH	2:10.4	77	37:59.8	10:11/M	1:36:25.0
69	Cindy Dolezal	45	84	9:29.8	3:10/M	2:42.1	65	46:52.3	15.9MPH	0:48.7	72	36:36.2	9:49/M	1:36:29.3
70	Jeff Meadows	30	37	6:26.0	2:09/M	1:16.6	81	53:18.5	14.0MPH	0:25.3	63	35:37.1	9:33/M	1:37:03.6
71	Vince O'Connell	40	75	8:25.4	2:48/M	2:10.5	71	47:27.2	15.7MPH	0:40.2	78	38:23.2	10:17/M	1:37:06.6
72	Kenny Vernon	29	77	8:36.3	2:52/M	6:51.4	74	50:10.9	14.8MPH	2:55.3	41	30:16.5	8:07/M	1:38:50.6
73	Debbie Riddle	48	72	8:07.1	2:42/M	2:26.6	78	52:20.6	14.2MPH	1:50.8	64	35:45.0	9:35/M	1:40:30.2
74	Mark Tredennick	66	42	6:35.0	2:12/M	2:35.8	82	53:19.9	14.0MPH	1:41.8	68	36:19.4	9:44/M	1:40:32.1
75	Diann Bogus	38	21	5:52.3	1:57/M	2:50.7	84	54:43.5	13.6MPH	2:02.8	76	37:55.7	10:10/M	1:43:25.2

		----- 300yd Swim -----				T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
76	Maria Barron	55	83	9:17.9	3:06/M	1:59.9	83	53:45.7	13.8MPH	1:23.1	73	36:59.8	9:55/M	1:43:26.4
77	Beth Paul	46	51	6:55.5	2:18/M	2:30.2	76	50:46.2	14.7MPH	1:50.2	79	41:48.1	11:12/M	1:43:50.3
78	Dominique Haris	30	82	9:16.3	3:05/M	3:01.1	63	45:56.9	16.2MPH	0:24.5	84	46:13.3	12:23/M	1:44:52.2
79	Peter Tredennick	32	5	4:40.2	1:33/M	8:50.7	38	41:39.7	17.9MPH	13:23.6	69	36:19.4	9:44/M	1:44:53.7
80	Bridgette Bednarz	38	69	7:47.9	2:36/M	1:50.3	87	59:09.7	12.6MPH	1:34.2	59	34:52.9	9:21/M	1:45:15.1
81	Dennis Glenn	56	81	9:09.9	3:03/M	3:04.4	72	47:37.8	15.6MPH	2:35.4	81	44:24.3	11:54/M	1:46:51.8
82	Levi Glenn	28	78	8:38.7	2:53/M	1:27.6	67	47:04.3	15.8MPH	1:47.8	86	49:06.3	13:10/M	1:48:04.9
83	Angie Raines	37	76	8:35.8	2:52/M	1:41.0	80	52:56.0	14.1MPH	1:47.7	83	45:33.2	12:13/M	1:50:33.7
84	David Horton	51	87	9:53.8	3:18/M	3:43.7	79	52:42.2	14.1MPH	1:29.9	82	44:57.5	12:03/M	1:52:47.2
85	Joanna Weakley	31	30	6:12.7	2:04/M	2:52.8	85	55:25.4	13.4MPH	1:42.3	85	48:00.8	12:52/M	1:54:14.1
86	Mark Eichenberger	51	68	7:46.7	2:35/M	2:37.7	64	46:38.2	16.0MPH	2:34.6	88	54:51.1	14:42/M	1:54:28.4

87	Blake Bogus	37	60	7:07.8	2:22/M					89	1:48:13.0	29:01/M	1:55:20.8	
88	Kris Terrell	29	86	9:42.0	3:14/M	2:52.3	88	1:03:43.1	11.7MPH	1:03.2	80	42:51.5	11:29/M	2:00:12.2
89	Sherri Colby	32	89	12:10.2	4:03/M	3:03.1	86	59:03.7	12.6MPH	1:04.0	87	49:59.9	13:24/M	2:05:21.0

---