

3rd Annual Bronda's Run/Bike Duathlon (2010), Fort Worth, November 14, 2010

Results By RunFAR Racing Services, Inc.

Overall Female Open Winners																
	Overall				----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	33	Cindy Woods	280	22	1	13:39.9	6:30	1:02.9	1	45:56.9	20.9	0:49.7	1	14:58.9	7:08	1:16:28.4

Overall Female Masters Winners																
	Overall				----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	42	Jennifer Kepke	247	41	1	14:02.4	6:41	1:09.1	1	47:39.3	20.1	0:56.9	1	15:04.6	7:10	1:18:52.4

Overall Female Grand Masters Winners																
	Overall				----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	57	Iris Stagner	295	53	1	14:41.2	7:00	1:18.9	1	48:56.5	19.6	0:50.0	1	15:33.0	7:24	1:21:19.7

Girls 7 to 12																
	Overall				----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	106	Lauren Garriques	411	10	2	14:48.7	7:03	0:32.9	1	56:37.0	17.0	0:36.3	2	17:07.7	8:09	1:29:42.9*
2	118	Gabriella Knox	330	12	1	13:49.3	6:35	1:01.8	2	1:01:38.3	15.6	0:49.5	1	15:43.2	7:29	1:33:02.3
3	148	Ariana Luterman	303	11	4	17:26.2	8:18	0:48.0	3	1:03:02.6	15.2	0:47.8	4	19:20.1	9:12	1:41:25.0

Women 16 to 19

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	39	Karyn Stern	436	19	1	13:51.4	6:36	1:05.8	1	48:06.2	20.0	1:05.5	1	14:28.1	6:53	1:18:37.1

Women 20 to 24

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	47	Jessica Ralph	352	21	2	15:08.9	7:12	1:01.9	2	47:37.5	20.2	0:44.3	1	15:20.1	7:18	1:19:52.8
2	52	Sarah Whitehurst	209	20	4	16:12.1	7:43	0:55.0	1	46:08.0	20.8	0:50.6	3	16:28.1	7:50	1:20:34.1
3	132	Camille Ayoub	404	20	3	16:11.2	7:42	1:56.2	3	1:00:29.9	15.9	1:27.0	2	15:45.1	7:30	1:35:49.6

Women 25 to 29

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	76	Kari Standerfer	384	28	1	13:32.7	6:27	1:34.5	1	51:35.9	18.6	1:28.1	1	15:25.5	7:20	1:23:36.8
2	119	Missy Hardeman	417	28	2	17:11.6	8:11	1:05.6	2	57:35.5	16.7	0:37.3	2	16:36.7	7:54	1:33:06.9
3	155	Jenna Vineyard	296	26	3	17:59.6	8:34	2:02.5	3	1:01:34.2	15.6	1:46.8	3	20:33.3	9:47	1:43:56.6

Women 30 to 34

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	117	Holly Bell	369	32	1	13:52.7	6:36	1:14.8	4	1:02:02.4	15.5	0:56.8	1	14:44.9	7:01	1:32:51.7
2	126	Amy Manuel	333	32	3	17:04.7	8:08	1:16.8	1	56:03.0	17.1	1:06.1	4	18:52.8	8:59	1:34:23.6
3	128	Michelle Deisch	230	31	2	16:21.9	7:47	2:04.1	2	56:26.0	17.0	1:26.0	3	18:32.4	8:50	1:34:50.5

Women 35 to 39

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	50	Jennifer Bodnar	265	38	2	14:12.4	6:46	1:18.1	1	49:06.2	19.6	0:54.3	2	14:37.3	6:58	1:20:08.5
2	67	Camille Riggins	334	35	1	13:34.9	6:28	1:14.5	4	53:37.2	17.9	1:10.3	1	13:27.5	6:24	1:23:04.6
3	73	Rachel Pearlman	439	38	4	14:39.9	6:59	1:08.1	2	50:25.4	19.0	0:55.5	6	16:13.1	7:43	1:23:22.2

Women 40 to 44

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	54	Christina Wilson	428	42	1	15:16.6	7:16	1:12.8	1	47:52.4	20.1	1:08.7	1	15:39.7	7:27	1:21:10.4
2	93	Stacy Taylor	385	44	4	16:35.5	7:54	1:29.5	2	49:41.1	19.3	1:27.1	4	17:36.3	8:23	1:26:49.7
3	95	Serena Lambiase	331	41	5	16:41.2	7:57	1:09.6	3	50:32.0	19.0	1:07.5	5	17:44.3	8:27	1:27:14.7

Women 45 to 49

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	83	Ana Stull	358	46	1	15:22.4	7:19	1:27.6	2	50:54.4	18.9	1:03.5	1	16:04.7	7:39	1:24:52.8
2	99	Christy Householter	391	47	2	16:25.9	7:49	1:22.9	1	50:13.7	19.1	1:19.7	4	18:09.3	8:39	1:27:31.8
3	107	Mirjam Morris	421	45	5	17:43.4	8:26	1:23.9	3	51:23.9	18.7	1:12.0	3	18:01.0	8:35	1:29:44.4

Women 50 to 54

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	69	Vicki Ralph	206	52	1	13:54.7	6:37	0:43.5	5	53:06.6	18.1	0:42.4	1	14:41.6	7:00	1:23:08.9
2	75	Teresa Cox	357	51	5	16:16.4	7:45	1:13.1	2	48:20.0	19.9	0:55.3	4	16:46.3	7:59	1:23:31.3
3	77	Beverly Dehart	219	54	4	15:39.3	7:27	1:20.5	1	48:01.2	20.0	1:34.8	5	17:03.6	8:07	1:23:39.5

Women 55 to 59

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	89	Jerianne Davis	410	56	1	15:45.3	7:30	1:01.2	1	51:42.3	18.6	0:58.5	1	16:35.7	7:54	1:26:03.2

Women 65 to 69

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	189	Nancy Lowden	250	68	2	22:29.7	10:42	1:03.9	1	1:12:10.2	13.3	1:24.4	2	24:52.3	11:50	2:02:00.8
2	191	Nancy Cole	371	69	1	20:51.1	9:56	1:39.8	2	1:20:39.4	11.9	1:45.0	1	24:49.3	11:49	2:09:44.6

Overall Male Open Winners

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	1	Derek Yorek	429	27	1	9:33.6	4:33	0:33.8	1	38:38.6	24.8	0:32.1	1	10:09.0	4:50	59:27.2

Overall Male Masters Winners

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	8	David Jones	203	47	1	11:28.6	5:28	0:41.8	1	39:33.7	24.3	0:44.2	1	14:07.1	6:43	1:06:35.6*

Overall Male Grand Masters Winners

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	27	Robert Friberg	431	58	1	13:34.8	6:28	1:03.4	1	45:32.0	21.1	0:51.4	1	13:55.0	6:38	1:14:56.7

Boys 7 to 12

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	96	Hunter Cochran	387	10	1	14:54.3	7:06	0:48.9	1	55:25.8	17.3	0:38.8	1	15:32.8	7:24	1:27:20.8
2	140	Davis Whitaker	322	8	2	16:59.6	8:05	1:15.6	2	1:03:40.4	15.1	0:42.5	2	16:29.3	7:51	1:39:07.6

Boys 13 to 15

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	66	Zachary Terrell	261	13	1	12:25.9	5:55	1:12.2	1	54:50.4	17.5	0:51.0	1	13:43.3	6:32	1:23:02.8
2	169	Logan Weems	213	14	2	17:56.6	8:32	1:24.0	2	1:00:59.6	15.7	1:36.1	2	24:33.1	11:41	1:46:29.6

Men 20 to 24

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	6	Andrew Montes	401	23	1	9:45.4	4:39	0:32.1	1	42:50.5	22.4	0:30.6	1	11:03.6	5:16	1:04:42.3
2	22	Brian Salin	433	24	2	11:20.7	5:24	1:00.0	3	46:11.5	20.8	0:34.9	2	12:56.3	6:10	1:12:03.5
3	25	Nicholas Kennedy	435	22	3	12:22.2	5:53	1:25.5	2	43:32.0	22.1	1:00.5	4	14:11.3	6:45	1:12:31.6

Men 25 to 29

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	4	Philip Dudley	270	26	2	10:59.4	5:14	0:33.8	1	39:12.2	24.5	0:29.1	2	11:47.4	5:37	1:03:02.0
2	9	Bryce Fluker	222	25	1	10:37.3	5:03	0:41.7	2	43:06.5	22.3	0:31.0	1	11:39.3	5:33	1:06:36.0
3	19	Tj Boulware	366	25	3	12:14.6	5:50	1:06.0	4	43:51.1	21.9	0:52.9	3	13:19.4	6:20	1:11:24.1

Men 30 to 34

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	5	Harold Wilson	264	33	1	11:04.5	5:16	0:36.4	1	38:58.4	24.6	0:36.7	1	11:58.3	5:42	1:03:14.5
2	13	Geoff Godsey	462	34	2	12:23.5	5:54	1:18.6	2	40:25.4	23.8	1:20.4	2	14:18.9	6:49	1:09:47.0
3	29	Matt Pearson	440	33	3	13:16.8	6:19	1:23.6	4	45:00.5	21.3	1:02.0	3	14:49.8	7:03	1:15:32.8

Men 35 to 39

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	2	Patrick Schuster	202	38	3	10:59.9	5:14	0:29.4	1	37:17.7	25.7	0:32.6	2	11:37.4	5:32	1:00:57.3
2	3	Austin Saylor	449	36	1	10:58.8	5:13	0:33.0	2	38:28.9	25.0	0:30.5	1	11:10.5	5:19	1:01:41.8
3	7	Ben Drezek	210	35	2	10:58.8	5:13	0:35.6	3	41:49.4	23.0	0:49.0	3	11:56.3	5:41	1:06:09.3

Men 40 to 44

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	21	Anthony Wilson	216	43	1	12:23.5	5:54	0:54.3	3	45:05.1	21.3	0:39.3	1	12:58.9	6:10	1:12:01.4
2	23	Todd Brinkley	407	43	3	12:31.7	5:58	0:57.6	2	44:24.5	21.6	0:44.7	2	13:27.7	6:24	1:12:06.5
3	30	Sean Grady	241	43	2	12:26.9	5:55	0:37.3	7	47:21.8	20.3	0:58.9	3	14:28.2	6:53	1:15:53.3

Men 45 to 49

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	12	Brian Maas	251	49	2	11:42.9	5:34	1:13.5	3	43:02.2	22.3	1:04.7	2	12:24.7	5:54	1:09:28.2
2	15	James Newsom	356	47	1	11:25.0	5:26	1:04.7	5	45:15.8	21.2	1:07.4	1	12:01.7	5:43	1:10:54.8
3	16	Mark Whittier	350	46	6	13:09.3	6:16	1:07.5	1	42:10.6	22.8	1:03.6	4	13:37.1	6:29	1:11:08.4

Men 50 to 54

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	18	Greg Simmons	396	50	2	12:54.8	6:09	0:42.7	1	42:15.0	22.7	0:33.9	3	14:50.9	7:04	1:11:17.5
2	40	B D Parker	388	51	4	14:59.3	7:08	1:09.7	2	46:20.6	20.7	1:19.9	2	14:49.0	7:03	1:18:38.7
3	61	Gabriel Sapein	307	50	1	12:16.6	5:50	1:29.5	7	53:41.0	17.9	0:57.7	1	13:15.9	6:19	1:21:40.8

Men 55 to 59

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	55	Bill Crow	409	58	1	14:38.8	6:58	0:53.0	3	48:51.5	19.7	0:48.2	1	16:01.6	7:38	1:21:13.3
2	63	Tim Carroll	221	55	2	15:53.7	7:34	0:43.0	2	48:33.8	19.8	0:49.2	2	16:17.9	7:45	1:22:17.8
3	68	Frank Van Ryn	425	57	3	15:58.7	7:36	1:19.9	1	46:56.5	20.5	1:56.8	3	16:56.0	8:04	1:23:08.0

Men 60 to 64

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	71	Richard Smith	218	60	1	14:52.4	7:05	0:46.9	1	50:55.9	18.9	0:53.7	1	15:47.9	7:31	1:23:17.1
2	100	John Ricca	208	61	2	16:19.9	7:46	0:49.2	3	53:48.4	17.8	0:38.4	2	16:02.2	7:38	1:27:38.3
3	104	Phil Massie	325	63	3	16:33.2	7:53	1:45.0	2	51:58.1	18.5	2:02.8	3	16:55.1	8:03	1:29:14.4

Men 65 to 69

Overall					----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	141	Glen Mace	360	65	2	18:41.6	8:54	2:36.7	1	53:41.4	17.9	2:57.1	2	21:18.3	10:09	1:39:15.3
2	146	Alan Davis	229	65	1	18:11.1	8:40	1:29.2				1:00:30.1	1	20:59.2	10:00	1:41:09.8
3	183	Keith Whitsel	309	65	3	18:44.7	8:55	3:55.0	2	59:36.7	16.1	4:10.8	3	26:14.8	12:30	1:52:42.2

Men 70 to 74

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	143	Tommy Farrar	312	70	2	19:06.4	9:06	1:23.4	1	56:20.1	17.0	1:18.7	1	22:17.2	10:37	1:40:26.1
2	192	Chuck Altman	394	70	1	18:55.1	9:00	2:24.6	2	1:27:20.8	11.0		2	23:52.7	11:22	2:12:33.4

Men 75 to 79

Overall		----- Run 1 -----			T1	----- 16 M Bike -----			T2	----- Run 2 -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	184	Dewey Fambry	236	78	1	19:50.6	9:27	1:05.8	2	1:05:54.8	14.6	1:06.7	1	25:54.6	12:20	1:53:52.7
2	188	Ole Lorenzetti	294	75	2	27:43.8	13:12	2:02.4	1	57:27.5	16.7	2:32.7	2	30:43.6	14:38	2:00:30.2