

Frost Yer Fanny 2015 Duathlon

Race Date

February 01, 2015

Shreveport, Louisiana USA

Age Group Results

Open - Duathlon

Male Open Winners

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty		
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace		Time	
1	1	Kevin Cart	177	46	2	11:23.2	5:42	0:46.4	1	42:19.5	23.8	0:40.4	2	12:38.8	6:19	1:09:48.4	2:00
2	2	Seth Cooke	149	35	1	11:18.6	5:39	0:33.4	2	45:15.0	22.3	0:40.3	1	12:30.8	6:15	1:10:18.4	

Male Masters Winners

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty		
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace		Time	
1	4	Carlos Torres	34	42	1	12:34.6	6:17	0:45.6	1	44:35.7	22.6	0:42.2	1	14:00.4	7:00	1:12:38.5	

Male Grand Masters Winners

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty		
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace		Time	
1	8	Tom Rodgers	115	55	1	13:26.8	6:43	0:48.3	1	45:15.1	22.3	0:50.1	1	13:27.1	6:44	1:13:47.5	

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Age Group Results

Open - Duathlon

Male 17 and Under

Place			----- 2M -----			T1	----- 16.8M -----			T2	----- 2M -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	15	Patton Sims	140	15	1	12:53.6	6:27	1:08.2	1	48:33.4	20.8	0:52.4	2	14:59.0	7:30	1:18:26.8	
2 *	58	William Barham	102	17	2	15:15.3	7:38	1:07.0	2	58:42.8	17.2	2:22.4	1	13:37.9	6:49	1:31:05.6	

Male 18 to 24

Place			----- 2M -----			T1	----- 16.8M -----			T2	----- 2M -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	61	Haden Bernard	167	18	1	15:28.1	7:44	1:51.3	1	55:12.8	18.3	1:40.1	1	17:55.0	8:58	1:32:07.4	
2 *	106	Zachary West	159	21	2	15:32.5	7:46	1:30.5	2	1:09:57.2	14.4	1:18.6	2	21:29.4	10:45	1:49:48.4	

Male 25 to 29

Place			----- 2M -----			T1	----- 16.8M -----			T2	----- 2M -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	9	Jeffrey Mayhall	118	26	1	12:18.4	6:09	1:03.2	1	46:51.3	21.5	0:54.1	1	13:29.4	6:45	1:14:36.6	
2 *	32	Matt Morey	117	28	2	13:57.9	6:59	1:11.6	2	51:42.1	19.5	0:57.8	3	15:31.6	7:46	1:23:21.2	
3	34	Matt May	120	28	3	14:13.4	7:07	1:06.0	3	52:19.0	19.3	1:00.6	2	14:53.2	7:27	1:23:32.3	
4	136	Jonathan Hall	169	28	4	18:06.2	9:03	2:21.1	4	1:33:26.2	10.8	1:58.5	4	25:19.0	12:40	2:23:11.1	2:00

Male 30 to 34

Place			----- 2M -----			T1	----- 16.8M -----			T2	----- 2M -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	3	Chris Avery	15	31	1	11:31.7	5:46	0:43.1	2	45:54.1	22.0	0:41.9	1	12:37.1	6:19	1:11:28.1	

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Open - Duathlon

Male 30 to 34

Place			----- 2M -----			T1			----- 16.8M -----			T2			----- 2M -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>		
2 *	6	Brian Zahm	19	33	2	12:45.2	6:23	0:50.3	1	44:41.3	22.6	0:38.5	3	14:15.6	7:08	1:13:11.1			
3	16	Mark Nelson	163	31	3	12:51.9	6:26	1:21.1	3	48:55.3	20.6	1:12.4	4	14:23.6	7:12	1:18:44.5			
4	20	Erik Wright	147	30	4	13:09.5	6:35	0:53.9	4	51:08.7	19.7	0:47.5	5	14:25.9	7:13	1:20:25.6			
5	39	Chris Evans	32	33	6	14:12.0	7:06	0:54.0	5	55:24.7	18.2	0:51.3	2	13:46.8	6:53	1:25:09.0			
6	64	Daniel Eaves	148	30	5	14:03.7	7:02	1:30.4	8	1:00:27.0	16.7	1:11.3	6	16:02.0	8:01	1:33:14.6			
7	66	Josh Duet	92	32	8	15:13.4	7:37	1:29.9	7	57:57.4	17.4	1:46.6	7	16:56.8	8:28	1:33:24.3			
8	72	Joe Roussel	119	30	9	16:03.5	8:02	1:38.4	6	57:24.5	17.6	1:20.1	9	18:16.8	9:08	1:34:43.5			
9	90	Chris Tilley	22	30	7	14:54.4	7:27	1:20.4	9	1:06:26.7	15.2	0:55.4	8	17:06.9	8:33	1:40:44.0			

Male 35 to 39

Place			----- 2M -----			T1			----- 16.8M -----			T2			----- 2M -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>		
1 *	7	Jarod Wilson	161	35	1	11:22.6	5:41	0:41.9	1	47:53.1	21.1	0:45.2	1	12:51.0	6:26	1:13:34.0			
2 *	17	Chris Occhiuzzo	172	36	2	12:56.7	6:28	0:43.3	3	50:17.7	20.0	0:40.2	2	14:08.1	7:04	1:18:46.1			
3	19	Francis Oliver	23	35	6	14:22.8	7:11	0:50.3	2	49:34.6	20.3	0:49.4	3	14:26.5	7:13	1:20:03.8			
4	26	Jonathan Gunther	173	35	5	14:02.0	7:01	0:58.1	4	51:53.8	19.4	0:55.0	4	14:27.7	7:14	1:22:16.9			
5	52	Chris Kyzar	170	35	4	13:55.9	6:58	0:59.8	7	58:23.1	17.3	0:41.4	5	15:27.1	7:44	1:29:27.6			
6	57	John Kyzar	160	37	3	13:52.0	6:56	0:53.3	6	56:45.4	17.8	1:09.4	11	18:24.7	9:12	1:31:05.0			
7	59	Walker Coburn	90	35	9	15:30.3	7:45	1:06.3	5	56:31.0	17.8	1:34.0	6	16:23.9	8:12	1:31:05.6			
8	62	Scott Taylor	106	37	7	14:35.6	7:18	1:05.3	8	58:58.7	17.1	1:01.8	7	16:37.4	8:19	1:32:18.9			
9	75	Kevin Cox	28	39	8	15:10.2	7:35	1:08.9	9	59:59.9	16.8	1:21.8	9	17:47.9	8:54	1:35:28.8			
10	82	Jason Alexander	110	38	10	16:04.9	8:02	1:15.3	11	1:01:21.8	16.4	1:20.2	8	17:08.5	8:34	1:37:10.8			
11	96	Kevin McCrary	135	36	11	16:23.0	8:12	1:29.6	12	1:05:09.5	15.5	1:58.8	10	17:50.5	8:55	1:42:51.7			
12	102	Travis Allred	113	36	13	19:27.2	9:44	1:39.9	10	1:00:59.5	16.5	1:44.4	13	22:55.5	11:28	1:46:46.6			
13	110	Robert Manriquez	75	39	12	19:03.0	9:32	1:56.1	13	1:05:46.3	15.3	1:22.1	12	22:19.6	11:10	1:50:27.4			

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Age Group Results

Open - Duathlon

Male 40 to 44

Place				----- 2M -----		T1		----- 16.8M -----		T2		----- 2M -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	23	Steven Simonton	2	41	3	13:21.4	6:41	1:14.0	1	50:17.1	20.0	1:06.5	5	15:40.4	7:50	1:21:39.7	
2 *	24	Jeff Gaydos	72	41	2	13:19.9	6:40	0:51.9	4	52:05.8	19.4	0:40.2	4	15:15.9	7:38	1:22:13.8	
3	25	Trevor Smith	74	41	4	13:40.8	6:50	1:09.8	3	51:29.5	19.6	1:13.1	2	14:42.3	7:21	1:22:15.7	
4	30	Chris Elberson	68	44	1	13:14.6	6:37	1:09.7	2	50:25.2	20.0	1:07.2	3	15:11.0	7:36	1:23:07.9	2:00
5	33	Michael Puyear	162	43	5	13:44.5	6:52	1:09.9	5	53:06.8	19.0	1:00.2	1	14:19.8	7:10	1:23:21.4	
6	55	Edward Griffith	20	43	6	15:59.8	8:00	1:32.7	6	53:11.0	19.0	1:27.7	6	17:57.6	8:59	1:30:08.9	
7	63	Reggie Evans	166	41	7	18:14.5	9:07	1:39.9	7	53:25.7	18.9	1:02.5	7	18:10.9	9:05	1:32:33.8	
8	109	Matt Martin	26	40	9	20:20.4	10:10	2:58.0	8	59:54.2	16.8	3:31.9	9	23:38.5	11:49	1:50:23.1	
9	125	David Green	47	41	8	19:17.6	9:39	2:50.6	9	1:09:42.2	14.5	6:24.8	8	20:22.5	10:11	1:58:37.8	

Male 45 to 49

Place				----- 2M -----		T1		----- 16.8M -----		T2		----- 2M -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	5	Scott Oiden	111	45	1	11:18.8	5:39	0:32.3	1	47:24.2	21.3	0:43.7	1	12:56.5	6:28	1:12:55.7	
2 *	10	Todd Hink	156	45	2	11:33.9	5:47	0:52.2	2	48:25.8	20.8	0:47.0	2	13:40.2	6:50	1:15:19.3	
3	22	Cole Sims	179	47	6	13:46.2	6:53	0:51.0	3	51:02.4	19.8	0:51.8	3	14:58.3	7:29	1:21:29.8	
4	36	James Dillion	108	48	3	13:00.2	6:30	0:43.6	5	53:18.3	18.9	1:01.3	6	15:35.9	7:48	1:23:39.5	
5	47	Jeff Hensley	154	49	5	13:42.9	6:51	1:15.9	9	56:21.7	17.9	0:58.5	5	15:26.8	7:43	1:27:46.1	
6	48	Eric Sullivan	55	47	8	15:28.9	7:44	0:59.8	6	54:29.6	18.5	0:45.4	7	16:38.1	8:19	1:28:22.1	
7	51	Mike Kuhr	64	48	9	15:42.0	7:51	1:03.0	4	53:03.4	19.0	0:58.9	9	18:17.2	9:09	1:29:04.8	
8	67	Sam Benton	109	46	7	15:06.2	7:33	1:48.2	8	56:10.7	17.9	1:28.4	11	19:28.9	9:44	1:34:02.6	
9	68	Kent Carlisle	56	49	4	13:31.9	6:46	0:42.3	12	1:04:16.6	15.7	0:38.8	4	15:09.8	7:35	1:34:19.6	
10	73	Craig Travis	4	45	10	16:26.8	8:13	1:42.5	10	58:26.7	17.3	1:32.9	8	16:58.8	8:29	1:35:08.1	
11	77	Michael Nelson	76	46	12	19:01.8	9:31	1:32.1	7	55:16.4	18.2	1:27.2	10	18:36.8	9:18	1:35:54.6	
12	101	Mark Sullivan	24	47	11	18:12.6	9:06	2:17.1	11	1:01:26.3	16.4	2:25.6	12	21:51.0	10:56	1:46:12.8	

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Open - Duathlon

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Male 45 to 49

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty	
Overall					Rnk	Time		Pace	Rnk	Time		Rate	Time			Rnk
13	120	Dave Deffenbaugh	27	45	13	19:21.0	9:41	1:26.4	13	1:09:44.0	14.5	1:22.0	13	22:53.7	11:27	1:54:47.3

Male 50 to 54

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty	
Overall					Rnk	Time		Pace	Rnk	Time		Rate	Time			Rnk
1 *	12	William Jabour	165	51	1	12:26.2	6:13	0:50.4	2	48:25.2	20.8	0:47.5	1	13:34.6	6:47	1:16:04.1
2 *	21	Richard Cottrell	112	54	3	13:50.4	6:55	0:57.6	3	49:00.4	20.6	1:06.0	3	15:52.4	7:56	1:20:47.0
3	28	Glay Collier	175	53	2	13:15.3	6:38	0:50.8	4	52:09.8	19.3	0:51.3	2	15:44.8	7:52	1:22:52.2
4	42	Keith Kelley	12	53	11	17:41.5	8:51	1:02.5	1	48:10.5	20.9	0:56.0	10	18:55.4	9:28	1:26:46.1
5	53	Robert Reneau	60	50	7	16:12.7	8:06	0:59.8	5	53:08.9	19.0	1:09.2	7	18:04.1	9:02	1:29:34.9
6	79	Dan Hershberger	85	50	4	14:17.4	7:09	2:07.8	7	59:49.0	16.9	1:36.1	8	18:45.4	9:23	1:36:35.8
7	80	Stephen Robicheaux	79	54	9	16:45.5	8:23	1:22.6	6	58:37.5	17.2	2:09.6	6	17:55.7	8:58	1:36:51.1
8	87	John Fontaine	30	54	6	16:00.9	8:00	1:33.4	8	1:01:52.9	16.3	1:20.4	9	18:54.1	9:27	1:39:41.8
9	88	Randy Grace	53	53	5	15:35.0	7:48	1:11.3	10	1:04:39.5	15.6	1:02.3	4	17:45.6	8:53	1:40:13.9
10	93	Wilson Barham	101	51	10	17:16.2	8:38	1:40.2	9	1:03:12.9	15.9	1:56.6	5	17:49.4	8:55	1:41:55.5
11	119	Clint Morgan	116	52	12	17:57.6	8:59	2:57.3	11	1:10:34.5	14.3	2:07.4	11	20:48.6	10:24	1:54:25.7

Male 55 to 59

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty	
Overall					Rnk	Time		Pace	Rnk	Time		Rate	Time			Rnk
1 *	18	Stephen Oneil	5	56	1	13:26.7	6:43	0:47.8	1	49:06.3	20.5	0:54.0	1	14:57.2	7:29	1:19:12.1
2 *	65	Brian Willis	84	57	2	15:53.1	7:57	1:13.3	2	57:09.7	17.6	1:13.7	2	17:52.9	8:56	1:33:22.9

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Age Group Results

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Male 60 to 64

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty		
Overall					Rnk	Time		Pace	Rnk	Time		Rate	Rnk			Time	Pace
1 *	14	Jack Alexander	158	61	1	13:03.6	6:32	0:55.5	1	46:39.2	21.6	1:02.7	1	13:55.8	6:58	1:17:37.0	2:00
2 *	37	Jim Balfe	58	60	2	13:53.4	6:57	1:01.1	2	53:16.8	18.9	0:58.5	2	14:43.9	7:22	1:23:53.9	
3	44	John Ritter	80	60	4	14:52.2	7:26	1:12.7	3	54:00.2	18.7	1:13.0	3	15:49.1	7:55	1:27:07.5	
4	50	Alan Moore	133	60	3	14:44.1	7:22	1:07.5	4	55:15.3	18.2	0:53.8	5	16:59.6	8:30	1:29:00.4	
5	54	Bill Crow	63	63	5	15:17.7	7:39	1:03.2	5	55:26.4	18.2	1:10.5	4	16:46.6	8:23	1:29:44.6	
6	71	Allen Ellis	25	60	7	16:06.2	8:03	1:17.7	7	58:28.8	17.2	1:01.6	6	17:48.9	8:54	1:34:43.3	
7	76	Scott King	14	60	6	15:59.9	8:00	1:11.7	6	58:17.9	17.3	1:17.4	7	19:01.2	9:31	1:35:48.3	
8	94	Rick Allison	39	61	8	17:59.3	9:00	1:41.2	8	1:00:05.8	16.8	2:12.4	9	20:47.5	10:24	1:42:46.3	
9	100	Mark Platt	71	61	9	18:36.7	9:18	1:24.8	10	1:04:19.6	15.7	1:20.0	8	19:51.6	9:56	1:45:32.8	
10	113	Ron Green	123	61	10	19:14.5	9:37	2:27.1	9	1:03:37.5	15.8	1:54.4	11	24:10.7	12:05	1:51:24.3	
11	123	Steve Grayson	52	64	11	20:40.2	10:20	1:47.8	11	1:11:25.7	14.1	1:31.3	10	23:06.9	11:33	1:58:32.1	

Male 65 to 69

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty		
Overall					Rnk	Time		Pace	Rnk	Time		Rate	Rnk			Time	Pace
1 *	70	Steve Rains	44	66	1	16:02.0	8:01	1:16.4	2	58:45.0	17.2	1:16.8	1	17:21.0	8:41	1:34:41.4	
2 *	74	Leonard Hansen Hansen	155	69	2	17:18.6	8:39	1:48.6	1	53:17.3	18.9	1:26.3	3	21:19.0	10:40	1:35:10.1	
3	99	Lee Stevens	143	66	3	18:59.4	9:30	1:43.8	3	1:01:28.8	16.4	2:00.2	2	20:53.8	10:27	1:45:06.3	
4	129	Carl Perry	7	69	4	24:53.7	12:27	1:57.6	4	1:06:26.5	15.2	2:01.8	4	29:16.8	14:38	2:04:36.6	

Male 70 and Over

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty
Overall					Rnk	Time		Pace	Rnk	Time		Rate	Rnk		

Frost Yer Fanny 2015 Duathlon

Race Date
February 01, 2015

Age Group Results

Open - Duathlon

Male 70 and Over

Place			----- 2M -----		T1		----- 16.8M -----			T2		----- 2M -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	86	Jimmie Jones	50	72	1	16:13.7	8:07	1:11.2	2	1:02:26.0	16.1	1:03.3	1	18:16.2	9:08	1:39:10.6	
2 *	91	Joe Rivera	18	75	2	19:05.8	9:33	1:17.4	1	1:00:35.2	16.6	2:11.8	2	18:39.9	9:20	1:41:50.2	
3	92	Brian Cavern	49	72	3	19:32.8	9:46	1:19.8				1:00:20.7	3	20:40.0	10:20	1:41:53.3	
4	116	Horacio D'Agostino	59	71	4	19:39.1	9:50	3:14.0	3	1:03:32.7	15.9	2:26.6	4	23:15.7	11:38	1:52:08.4	

Frost Yer Fanny 2015 Duathlon

Race Date
February 01, 2015

Age Group Results

Open - Duathlon

Female Open Winners

Place					2M				T1	16.8M					T2	2M				Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>	
1	11	Rachel Olson	121	24	1	12:17.1	6:09		0:51.2	2	49:01.2	20.6	0:36.5	1	12:55.8	6:28		1:15:41.9		
2	13	Denise Joplin	16	28	2	12:30.6	6:15		0:55.3	1	48:20.4	20.9	0:36.9	2	14:06.1	7:03		1:16:29.6		

Female Masters Winners

Place					2M				T1	16.8M					T2	2M				Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>	
1	29	Anne Ekern	144	47	1	13:37.0	6:49		1:12.2	1	53:35.4	18.8	1:05.5	1	13:33.9	6:47		1:23:04.1		

Female Grand Masters Winners

Place					2M				T1	16.8M					T2	2M				Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>	
1	35	Gingr Spansel	17	54	1	14:13.8	7:07		0:51.1	1	51:55.0	19.4	0:56.2	1	15:37.4	7:49		1:23:33.6		

Frost Yer Fanny 2015 Duathlon

Age Group Results

Open - Duathlon

Race Date
February 01, 2015

Female 18 to 24

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time			Pace	Time
1 *	114	Anna Brown	171	19	1	18:09.7	9:05	0:57.8	2	1:13:12.6	13.8	1:12.4	1	18:22.8	9:11	1:51:55.5	
2 *	127	Claire Mosley	134	23	2	18:52.5	9:26	1:58.4	1	1:11:30.9	14.1	3:35.2	2	25:06.3	12:33	2:01:03.6	

Female 25 to 29

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time			Pace	Time
1 *	27	Sarah Hankia	178	26	1	12:43.3	6:22	1:26.2	1	54:18.1	18.6	0:44.1	1	13:32.6	6:46	1:22:44.3	
2 *	45	Annemarie Martin	139	27	2	14:13.8	7:07	1:07.4	2	55:26.0	18.2	0:54.3	2	15:27.4	7:44	1:27:09.0	
3	89	Courtney Hershberger	86	26	3	15:34.8	7:47	2:12.8	3	1:03:12.1	15.9	2:00.2	3	17:40.4	8:50	1:40:40.3	
4	130	Lauren Robertson	13	27	5	19:40.8	9:50	2:32.8	5	1:20:20.1	12.5	1:51.1	4	25:14.4	12:37	2:09:39.4	
5	135	Elise Fontenot	136	25	6	23:53.7	11:57	1:26.0	4	1:19:12.6	12.7	1:39.0	6	30:16.5	15:08	2:16:28.0	
6	137	Kathryn Cory	67	28	4	18:07.9	9:04	2:19.6	6	1:33:29.3	10.8	1:55.0	5	25:19.3	12:40	2:23:11.2	2:00

Female 30 to 34

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time			Pace	Time
1 *	38	Casey Poe	142	33	1	14:03.2	7:02	0:53.7	1	52:44.4	19.1	0:55.4	1	16:08.2	8:04	1:24:45.1	
2 *	69	Brandy Burnett	70	33	2	15:15.9	7:38	0:54.9	2	1:00:12.9	16.7	0:54.9	3	17:13.2	8:37	1:34:32.0	
3	83	Melissa Avery	99	34	3	15:47.0	7:54	0:53.4	3	1:03:15.9	15.9	0:57.4	2	16:48.6	8:24	1:37:42.5	
4	111	Sydney Elliott	131	31	4	15:57.7	7:59	1:02.3	4	1:14:35.8	13.5	1:35.0	4	17:29.6	8:45	1:50:40.6	

Frost Yer Fanny 2015 Duathlon

Age Group Results

Open - Duathlon

Race Date
February 01, 2015

Female 35 to 39

Place				----- 2M -----		T1		----- 16.8M -----			T2		----- 2M -----		Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	31	Emily Collins	152	35	1	13:25.4	6:43	1:15.0	1	52:54.5	19.1	1:09.0	1	14:32.2	7:16	1:23:16.2	
2 *	40	Heather Emory	33	38	2	14:15.4	7:08	1:10.6	2	53:28.5	18.9	1:11.3	2	15:16.3	7:38	1:25:22.4	
3	46	Rebecca Bradley	138	39	3	14:40.2	7:20	0:49.3	3	55:17.8	18.2	0:48.9	3	15:49.0	7:55	1:27:25.3	
4	60	Hallie Horne	82	38	4	15:45.4	7:53	0:56.5	4	57:10.2	17.6	1:11.3	4	17:02.7	8:31	1:32:06.2	
5	98	Stacey Holtzclaw	100	39	5	17:01.9	8:31	1:31.4	5	1:05:16.4	15.4	1:16.5	6	19:03.8	9:32	1:44:10.3	
6	107	Staci Brode	124	39	7	18:35.3	9:18	1:58.0	8	1:09:30.0	14.5	1:43.4	5	18:24.4	9:12	1:50:11.3	
7	108	Jamie Freeman	157	37	6	17:32.5	8:46	2:27.0	6	1:08:22.6	14.7	1:44.0	7	20:07.0	10:04	1:50:13.3	
8	118	Kristi Lofton	88	36	8	19:59.7	10:00	1:25.4	7	1:08:31.7	14.7	1:40.0	8	20:51.7	10:26	1:52:28.7	
9	128	Rolanda Myers	98	36	10	22:19.1	11:10	1:17.9	9	1:12:20.8	13.9	1:25.8	9	25:39.5	12:50	2:03:03.2	
10	133	Jamie Parker	1	37	9	21:17.3	10:39	3:01.6	10	1:20:47.5	12.5	2:34.3	10	25:54.0	12:57	2:13:34.8	

Female 40 to 44

Place				----- 2M -----		T1		----- 16.8M -----			T2		----- 2M -----		Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	49	Alison Harbin	38	44	1	16:13.8	8:07	1:00.8	1	52:55.2	19.0	1:07.1	1	17:13.7	8:37	1:28:30.7	
2 *	104	Shea Greer	77	42	2	16:29.8	8:15	1:59.7	3	1:08:02.2	14.8	1:35.8	3	19:24.2	9:42	1:47:31.9	
3	105	Laura Mayeux	3	42	4	20:24.5	10:12	1:52.0	2	1:05:48.3	15.3	1:36.0	2	18:22.2	9:11	1:48:03.1	
4	124	Angela Green	46	42	3	19:10.7	9:35	3:30.5	4	1:11:31.5	14.1	4:03.4	4	20:20.8	10:10	1:58:37.1	
5	131	Courtnei Saucier	107	42	5	20:31.5	10:16	2:58.5	6	1:20:31.3	12.5	2:36.5	5	23:14.7	11:37	2:09:52.7	
6	134	Carlye Abrams	132	41	6	24:13.2	12:07	2:06.9	5	1:18:14.0	12.9	1:47.6	6	29:33.2	14:47	2:15:55.1	

Frost Yer Fanny 2015 Duathlon

Age Group Results

Open - Duathlon

Race Date
February 01, 2015

Female 45 to 49

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty	
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time			Pace
1 *	43	Tanya Van Winkle	176	49	1	15:11.4	7:36	1:05.4	1	52:31.6	19.2	1:08.8	1	17:01.7	8:31	1:26:59.0
2 *	81	Susan Watts	174	47	2	15:50.1	7:55	1:16.3	2	1:01:12.6	16.5	1:03.4	2	17:47.2	8:54	1:37:09.7
3	115	Sandra Germany	62	49	4	18:38.6	9:19	1:22.1	4	1:10:55.2	14.2	1:18.7	3	19:47.3	9:54	1:52:02.1
4	117	Dedra Reneau	61	47	5	20:10.9	10:05	1:48.1	3	1:05:44.5	15.3	1:39.4	5	22:58.1	11:29	1:52:21.0
5	122	Cynthia Hensley	153	48	3	17:53.6	8:57	1:30.5	5	1:15:59.9	13.3	1:15.1	4	21:28.7	10:44	1:58:07.9
6	132	Miranda Henson	168	46	6	20:46.6	10:23	1:29.8	6	1:20:09.2	12.6	1:10.4	6	26:19.3	13:10	2:09:55.4

Female 50 to 54

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty	
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time			Pace
1 *	84	Cheryl Webb	21	53	1	17:30.7	8:45	1:38.2	1	57:45.3	17.5	1:37.3	1	19:19.8	9:40	1:37:51.6
2 *	103	Amy Green	122	51	3	18:57.9	9:29	1:27.6	2	1:04:02.8	15.7	1:37.1	2	21:18.6	10:39	1:47:24.2
3	112	Sylvia Rentz	137	54	2	18:02.9	9:01	2:42.1	3	1:07:17.7	15.0	1:33.2	3	21:39.6	10:50	1:51:15.7

Female 55 to 59

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty	
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time			Pace
1 *	41	Tracy Byrd	128	55	1	15:39.9	7:50	1:30.3	1	51:10.2	19.7	1:26.3	1	16:13.6	8:07	1:26:00.5
2 *	95	Teresa White	40	59	5	19:00.7	9:30	1:45.1	2	1:00:11.2	16.7	1:35.1	4	20:14.2	10:07	1:42:46.5
3	97	Tammy Rooney	45	58	2	16:15.1	8:08	1:21.5	3	1:05:20.8	15.4	1:12.1	2	19:25.6	9:43	1:43:35.3
4	121	Sheri Smith	141	55	4	18:38.4	9:19	1:23.7	5	1:16:12.7	13.2	1:22.5	3	20:06.9	10:03	1:57:44.4
5	126	Cathy Holder	54	58	3	18:28.8	9:14	2:13.4	4	1:12:30.2	13.9	2:28.9	5	23:34.1	11:47	1:59:15.5

Frost Yer Fanny 2015 Duathlon

Race Date
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Age Group Results

Open - Duathlon

Female 60 to 64

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>2M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>16.8M</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>2M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>	<u>Penalty</u>
1 *	56	Colleen Rebant	65	60	2	15:01.8	7:31	1:46.7	1	55:56.0	18.0	1:00.4	1	16:38.2	8:19	1:30:23.3	
2 *	78	Kathy Stevens	51	60	1	14:50.3	7:25	1:03.3	2	1:00:53.5	16.6	1:14.5	2	18:11.2	9:06	1:36:13.0	
3	85	Jerianne Davis	78	61	3	16:46.4	8:23	1:15.8	3	1:01:21.6	16.4	0:46.7	3	18:33.0	9:17	1:38:43.7	

Frost Yer Fanny 2015 Duathlon

Age Group Results

Clydesdale - Duathlon

Race Date
February 01, 2015

Male Open Winners

Place					2M				T1	16.8M				T2	2M				Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1	1	Sean Kwiatek	114	35	2	16:34.8	8:17		0:51.4	1	49:20.1	20.4		0:52.0	1	16:08.5	8:04		1:23:47.0	
2	2	Helge Haldorsen	145	61	1	13:14.0	6:37		2:24.9	2	54:23.2	18.5		0:59.0	2	17:01.4	8:31		1:28:02.7	

Frost Yer Fanny 2015 Duathlon

Age Group Results

Clydesdale - Duathlon

Race Date
February 01, 2015

Male 99 and Under

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace		Time
1 *	3	Jared Daley	103	30	3	19:45.1	9:53	1:17.4	1	59:02.6	17.1	1:25.5	2	20:05.8	10:03	1:41:36.7
2 *	4	Bill Doshier	105	54	1	17:06.8	8:33	2:02.9	2	1:01:34.9	16.4	1:49.9	3	20:15.1	10:08	1:42:49.7
3	5	Kris Jackson	37	36	2	17:28.9	8:44	2:34.7	5	1:12:03.4	14.0	2:30.7	1	19:53.8	9:57	1:54:31.7
4	6	Tom Nelson	95	50	4	20:06.2	10:03	2:23.6	4	1:10:44.9	14.3	2:21.1	4	24:11.5	12:06	1:59:47.5
5	7	Michael Susano	41	54	5	26:43.4	13:22	1:33.7	3	1:07:14.7	15.0	1:42.8	5	32:04.2	16:02	2:09:19.0

Frost Yer Fanny 2015 Duathlon

Race Date
February 01, 2015

Age Group Results

Team - All Male

Male 99 and Under

Place		Name	Bib No	Age	2M		T1	16.8M			T2	2M		Total	Penalty	
Overall	Place				Rnk	Time		Pace	Rnk	Time		Rate	Rnk			Time
1 *	1	The Ex In-Laws	130	52	1	13:18.4	6:39	0:47.6	1	54:23.9	18.5	0:35.3	1	14:03.3	7:02	1:23:08.7

Frost Yer Fanny 2015 Duathlon

Race Date
February 01, 2015

Age Group Results

Team - All Female

Female 99 and Under

Place						2M		T1		16.8M		T2		2M		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</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>	<u>Penalty</u>
1 *	1	Cobb Mobb	150	30	1	14:28.7	7:14	0:39.1	1	50:03.0	20.1	0:35.2	1	15:13.6	7:37	1:20:59.8	
2	2	Team Cates/Francis	164	52	2	15:23.3	7:42	0:54.9	2	1:09:14.3	14.6	1:05.0	2	16:15.6	8:08	1:42:53.3	
3	3	Eye Ball Kids	48	38	3	25:14.9	12:37	1:01.9	3	1:24:52.2	11.9	0:58.6	3	29:53.2	14:57	2:22:00.9	

Frost Yer Fanny 2015 Duathlon

Race Date
February 01, 2015

Age Group Results

Team - Coed

Mixed 0-99

Place			----- 2M -----		T1	----- 16.8M -----			T2	----- 2M -----		Total	Penalty	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1 *	1	Dycus Elite	89	45	1	18:46.0	9:23	1:20.0	19.7	0:49.0	1	20:37.4	10:19	1:32:41.9