

9th Annual	Overall	June 04, 2011			Results By NOVA Timing System											
Pocomoke	Results															
Triathlon																
Place	Bib Number	Name	Age	Swim Rnk	Swim Time	T1 Time	Bike Rnk	Bike Time	T2 Time	Run Rnk	Run Time	Run Pace	Gun Time			
1	124	Team Owen	0	3	9:55.5	0:17.9	3	37:53.0	0:33.8	1	18:15.7	5:13	1:06:56.1			
2	75	Dean Pierson	46	6	10:12.8	0:46.1	1	34:35.6	0:31.3	5	23:11.2	6:37	1:09:17.1			
3	72	Patrick Beebe	41	2	9:54.5	0:25.4	5	38:33.5	0:16.3	3	22:01.1	6:17	1:11:11.0			
4	61	Chris Rambo	42	5	10:08.0	1:00.9	2	36:30.1	0:31.4	7	25:00.9	7:09	1:13:11.5			
5	58	Robert Spath	42	31	13:18.8	0:40.9	8	39:21.3	0:24.8	4	22:56.2	6:33	1:16:42.2			
6	64	Patrick Leonard	43	13	11:43.1	1:08.1	4	38:16.7	0:49.2	10	25:21.6	7:15	1:17:19.0			
7	49	Thomas Mercer	40	15	11:53.8	0:50.9	10	40:23.5	0:39.2	8	25:14.3	7:13	1:19:01.8			
8	34	Reggie Hall	35	19	12:18.3	1:17.2	9	39:56.7	0:31.8	14	26:08.2	7:28	1:20:12.4			
9	5	Kevin Morrison	22	8	10:57.8	2:31.7	22	44:20.0	0:25.9	2	22:00.6	6:17	1:20:16.2			
10	37	Eliana Leonard	37	16	11:55.7	1:08.3	7	39:19.7	0:36.6	18	27:40.4	7:54	1:20:40.9			
11	28	Kyle Milleman	25	4	10:06.8	0:36.1	20	42:50.9	0:38.8	15	26:39.0	7:37	1:20:51.7			
12	50	Chuck Potter	40	18	12:14.9	1:07.4	6	38:33.6	0:27.1	25	28:55.2	8:16	1:21:18.4			
13	92	Ginger Watkins	53	9	11:16.0	0:56.4	12	41:44.6	0:39.7	22	28:15.0	8:04	1:22:51.8			
14	36	Jennie Novak	37	35	13:36.6	1:31.8	18	42:39.8	0:57.9	11	25:37.9	7:19	1:24:24.2			
15	71	Mark Tobin	35	25	12:45.9	0:29.0	19	42:43.8	1:01.5	21	28:07.2	8:02	1:25:07.6			
16	66	Melissa Denault	44	20	12:22.6	1:05.8	32	45:44.0	0:48.2	9	25:17.3	7:13	1:25:18.1			
17	38	Matthew Olsen	37	28	12:53.9	1:18.8	15	42:23.4	0:34.5	26	29:02.7	8:18	1:26:13.7			
18	20	Crystal Kelly	29	39	13:50.6	0:34.5	11	41:24.9	0:25.5	37	30:56.7	8:50	1:27:12.4			
19	79	Margaret Colvin	49	26	12:51.0	0:21.0	36	46:24.7	0:45.2	17	27:29.1	7:51	1:27:51.2			
20	86	Jeffrey Benner	51	12	11:23.9	1:08.3	37	45:35.3	0:49.5	45	32:15.8	9:13	1:28:06.4			
21	18	Nathan Shepard	28	53	15:05.9	2:21.9	17	42:38.3	1:09.9	16	27:07.3	7:45	1:28:23.5			
22	43	Tony Bonacuse	39	1	9:44.3	1:35.3	27	44:57.6	1:06.0	40	31:12.9	8:55	1:28:36.3			
23	11	Ashley Hepburn	26	40	13:51.7	2:17.8	29	45:35.3	1:23.0	13	25:51.7	7:23	1:28:59.7			
24	59	Marc Custodio	42	14	11:52.6	0:59.8	25	44:40.6	0:51.0	35	30:38.9	8:45	1:29:03.1			
25	85	Matthew Treuth	51	55	15:08.6	2:21.8	14	42:15.9	1:22.4	23	28:28.0	8:08	1:29:36.9			
26	13	Adam Howard	27	29	12:55.7		47	47:29.8	0:45.6	27	29:11.7	8:20	1:30:22.9			
27	62	Carolyn Turner	43	34	13:35.8	2:12.0	24	44:31.3	1:20.3	28	29:17.1	8:22	1:30:56.7			
28	74	Trisha Frick	46	62	15:44.9	1:49.3	16	42:30.9	0:57.2	33	30:03.5	8:35	1:31:05.9			
29	16	Eric Harrison	28	30	13:05.6	3:08.1	30	45:37.4	1:15.3	20	28:00.7	8:00	1:31:07.2			
30	10	Tracy McConnell	26	22	12:31.1	1:35.0	54	48:38.9	1:21.7	19	27:41.0	7:55	1:31:47.9			
31	105	Terry Arvidson	55	54	15:08.4	0:50.6	41	46:57.6	1:24.5	24	28:36.8	8:10	1:32:58.0			
32	110	Dell Pearson	61	67	16:03.8	2:00.2	21	43:50.1	1:36.9	29	29:27.9	8:25	1:32:59.2			
33	12	Jeffrey Hale	26	47	14:31.8	1:57.1	13	42:12.6	0:35.9	51	33:48.5	9:39	1:33:06.1			

34	17	Sean Clifford	28	43	13:57.8	2:49.0	39	46:33.2	0:54.1	32	29:53.9	8:32	1:34:08.2
35	82	Beth Walsh	50	21	12:25.0	0:53.9	52	48:10.4	0:57.9	43	31:48.2	9:05	1:34:15.7
36	26	John Sturm	33	52	14:54.7	1:21.6	69	51:55.9	0:40.5	12	25:41.1	7:20	1:34:33.9
37	4	Will Parker	20	37	13:44.4	2:00.3	78	54:14.8	0:24.9	6	24:14.0	6:55	1:34:38.7
38	40	Danielle Green	38	50	14:52.8	1:33.5	34	46:00.0	0:31.7	42	31:45.8	9:04	1:34:44.1
39	78	Catherine Coffman	48	33	13:29.8	1:37.5	43	47:08.4	0:19.7	44	32:14.9	9:13	1:34:50.6
40	47	Kristin Urban	40	65	16:02.7	1:20.8	35	46:02.3	0:57.4	38	31:00.4	8:51	1:35:23.9
41	76	John MacKall	46	57	15:25.4	2:00.5	23	44:24.8	0:26.6	48	33:21.2	9:32	1:35:38.6
42	44	Curtis Carlton	39	79	17:01.5	2:12.8	28	45:01.2	0:52.4	36	30:43.7	8:47	1:35:51.8
43	96	Ellen Waters	54	23	12:31.6	1:53.8	38	46:32.2	1:18.8	55	34:09.1	9:45	1:36:25.8
44	113	Sam Hamner	63	36	13:43.4	2:17.1	33	45:44.0	1:01.8	56	34:11.6	9:46	1:36:58.1
45	60	Martin Weinstein	42	46	14:28.7	1:57.0	57	49:23.5	0:26.5	39	31:02.2	8:52	1:37:18.1
46	101	Nora Meaks	49	32	13:21.6	1:25.4	49	47:56.1	1:24.3	50	33:36.8	9:36	1:37:44.5
47	91	Anita Johnson	53	60	15:39.4		42	47:07.2	1:48.6	53	34:02.0	9:43	1:38:37.3
48	63	Charles Cho	43	17	12:05.2	1:23.3	40	46:44.5	1:44.8	65	36:52.8	10:32	1:38:50.9
49	15	Colin Ogrady	28	87	18:23.8	2:35.5	46	47:29.3	1:11.0	30	29:38.1	8:28	1:39:17.9
50	27	Maria Morita	34	69	16:15.5	2:23.9	51	47:59.3	1:11.6	41	31:45.8	9:04	1:39:36.2
51	56	Steven Muchow	41	7	10:30.2	2:39.9	56	49:13.2	0:46.5	64	36:31.3	10:26	1:39:41.2
52	41	Mary Chamberlain	38	48	14:33.8	1:26.8	53	48:17.1	0:19.6	58	35:07.6	10:02	1:39:45.1
53	53	Linda Stanley	41	70	16:16.5	1:25.7	48	47:30.5	0:27.3	57	34:14.0	9:47	1:39:54.2
54	2	Amanda Frick	19	86	18:19.5	1:49.5	62	49:53.2	0:58.3	31	29:52.0	8:32	1:40:52.7
55	94	David Warrington	53	72	16:29.8	2:20.8	63	50:03.3	1:29.2	34	30:32.7	8:43	1:40:56.1
56	99	Emil Svetahor	54	71	16:27.3	1:20.9	60	49:36.4	1:00.2	49	33:25.2	9:33	1:41:50.1
57	118	Deborah Lowry	55	61	15:41.3	1:33.1	44	47:09.9	1:23.8	62	36:08.8	10:19	1:41:57.0
58	69	Jon Bartkovich	38	68	16:13.7	2:40.2	59	49:25.2	0:38.1	47	33:15.8	9:30	1:42:13.2
59	42	Dawn Lowe	39	44	14:04.1	1:10.1	58	49:25.0	0:44.9	68	37:14.5	10:38	1:42:38.7
60	89	Eric Glaeser	52	82	17:29.4	1:47.6	26	44:41.1	0:59.7	72	38:12.7	10:55	1:43:10.8
61	39	Shane Mathers	37	51	14:54.5	1:49.4	65	50:19.1	1:10.3	60	35:28.9	10:08	1:43:42.4
62	33	Kimberly Day	35	56	15:25.3	1:07.4	68	51:52.0	1:29.7	52	33:51.9	9:40	1:43:46.5
63	107	Kathryn Gray	56	88	19:22.1	1:46.5	31	45:42.2	1:33.0	59	35:27.4	10:08	1:43:51.4
64	57	Michael Boyer	41	77	16:55.7	2:17.3	45	47:27.5	0:54.5	66	37:01.1	10:35	1:44:36.1
65	109	Hob Mason	61	66	16:03.5	3:19.7	66	50:43.9	0:25.6	54	34:05.8	9:44	1:44:38.8
66	29	Christian Castaneda	22	11	11:19.8	1:47.4	84	55:39.5	0:24.3	67	37:11.2	10:37	1:46:22.5
67	87	Patty Devanny	52	24	12:41.0	1:37.4	70	51:56.8	1:17.0	76	39:31.0	11:17	1:47:03.5
68	68	Scott Frater	44	27	12:52.1	2:39.6	64	50:16.4	1:46.1	79	39:47.6	11:22	1:47:21.9
69	95	Mark McGeever	53	63	15:45.8	2:54.8	61	49:45.4	1:03.4	71	38:08.8	10:54	1:47:38.4
70	19	Meredith Clifford	29	41	13:52.1	1:58.5	80	55:09.5	0:32.4	63	36:27.3	10:25	1:47:59.9
71	14	Megan Chambers	28	38	13:50.5	2:48.0	87	58:11.4	0:26.9	46	32:43.0	9:21	1:48:00.1
72	3	Rachel Ludema	20	10	11:18.3	3:32.1	71	51:57.8	2:43.9	73	38:35.6	11:01	1:48:07.8
73	84	Gail Blazer	51	59	15:32.6	2:20.0	50	47:57.0	1:30.7	84	41:39.4	11:54	1:48:59.8

74	116	John Mulflur	72	64	15:47.5	4:01.9	55	48:58.9	2:46.6	74	38:52.0	11:06	1:50:27.1
75	30	Megan Eby	24	84	17:51.3	1:34.9	77	53:28.9	0:30.5	75	39:01.5	11:09	1:52:27.4
76	8	Daniel McKay	24	91	21:25.7	1:57.4	67	51:15.1	0:21.5	69	37:28.5	10:42	1:52:28.5
77	46	Courtney Bonacuse	40	42	13:53.2	2:12.1	85	56:25.2	0:42.4	77	39:39.1	11:20	1:52:52.3
78	24	Emily Chipman	32	76	16:51.5	2:06.1	81	55:26.7	1:36.1	70	37:28.6	10:42	1:53:29.2
79	81	Rodney Ludema	49	74	16:37.6	2:48.2	74	52:14.0	1:29.4	83	40:36.2	11:36	1:53:45.6
80	22	Marianne Peterson	31	75	16:50.0	1:30.4	79	54:26.5	1:34.8	80	39:52.4	11:23	1:54:14.2
81	123	Team Williams	0	78	16:58.7	1:09.9	91	1:00:25.3	0:28.0	61	35:36.3	10:10	1:54:38.4
82	90	Cal Lubben	52	81	17:28.5	1:51.0	73	52:11.5	0:50.8	85	42:18.0	12:05	1:54:40.0
83	117	Len Leshem	74		19:16.3		72	51:59.1	1:49.5	86	43:18.0	12:22	1:56:23.1
84	106	Jeffrey Hilovsky	55	49	14:35.0	3:54.9	90	59:01.7	1:38.0	78	39:44.6	11:21	1:58:54.5
85	112	Milt Warren	62	45	14:26.5	2:25.9	92	1:00:40.6	1:34.7	81	39:55.3	11:24	1:59:03.2
86	102	Dawn Brandstrom	51	80	17:04.8	3:19.6	88	58:19.7	0:42.4	82	39:57.1	11:25	1:59:23.8
87	54	Carin Ganjon	41	58	15:27.8	1:27.7	76	52:51.5	1:47.0	90	48:59.2	14:00	2:00:33.4
88	97	Leah Zabarenko	54	90	19:45.5	1:56.9	83	55:38.7	1:16.7	87	45:04.7	12:53	2:03:42.7
89	70	Stacy Wiggins	42	83	17:33.9	2:30.7	82	55:35.8	1:49.8	88	47:21.9	13:32	2:04:52.2
90	65	Janet Pilchard	44	89	19:30.5	2:38.5	75	52:51.2	2:25.9	91	49:02.7	14:01	2:06:29.0
91	115	Margaret Northam	66	92	23:07.2	2:49.4	86	57:24.5	2:12.0	89	47:58.6	13:42	2:13:31.9
92	98	Joel Mitchell	54	85	17:51.8	2:37.7	89	58:31.0	1:41.7	94	53:10.8	15:11	2:13:53.1
93	108	Deborah Bourke	56	93	24:56.7	1:40.1	93	1:02:36.2	1:07.7	92	49:06.4	14:02	2:19:27.2
94	88	Marianne Simko	52	73	16:36.5	3:29.1	94	1:07:17.3	1:48.6	93	52:24.7	14:58	2:21:36.4