

SOLO

Results - Bracket ALL POST FALLS DUATH SOLO  
22th Annual Post Falls Duathlon

Report Date: 06/14/09

Rank Finish Time Age Bkt Number Name City St

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Overall Winners #####

##### MALE #####

1 01:29:51.00 26 D11 147 BANGS, Neil Post Falls ID  
SPLITS >>> LEG 1: 00:17:37.00 LEG 2: 00:54:13.00 LEG 3: 00:18:01.00

##### FEMALE #####

1 01:42:21.00 43 E21 171 ENDSLEY, Suzane Coeur d'Alene ID  
SPLITS >>> LEG 1: 00:20:57.00 LEG 2: 00:58:52.00 LEG 3: 00:22:32.00

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Bracket: C21 20 > 24 FEMALE

1 02:13:16.00 22 C21 114 MORTON, Nicole Post Falls ID  
SPLITS >>> LEG 1: 00:28:06.00 LEG 2: 01:14:43.00 LEG 3: 00:30:27.00

2 02:19:15.00 24 C21 132 EARLS, Merissa Spokane WA  
SPLITS >>> LEG 1: 00:29:14.00 LEG 2: 01:17:53.00 LEG 3: 00:32:08.00

3 02:29:05.00 24 C21 156 CHRONISTER, Heather Spokane WA  
SPLITS >>> LEG 1: 00:29:02.00 LEG 2: 01:29:04.00 LEG 3: 00:30:59.00

4 02:37:03.00 24 C21 167 SANDERS, Christy Post Falls ID  
SPLITS >>> LEG 1: 00:28:07.00 LEG 2: 01:14:46.00 LEG 3: 00:54:10.00

Total (4) Finishers: C21 20 > 24 FEMALE

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Bracket: D11 25 > 29 MALE

1 01:32:15.00 26 D11 134 DUNCAN, Nathan Spokane WA  
SPLITS >>> LEG 1: 00:18:28.00 LEG 2: 00:55:07.00 LEG 3: 00:18:40.00

2 01:33:04.00 28 D11 111 DEPEW, Bryan D Spokane Valley WA  
SPLITS >>> LEG 1: 00:19:55.00 LEG 2: 00:52:55.00 LEG 3: 00:20:14.00

3 01:45:46.00 28 D11 142 PROSLEK, Kevin Spokane WA  
SPLITS >>> LEG 1: 00:23:47.00 LEG 2: 01:00:26.00 LEG 3: 00:21:33.00

Total (3) Finishers: D11 25 > 29 MALE

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Bracket: E11 30 > 34 MALE

1 01:40:34.00 34 E11 172 MANGINI, Mike Coeur d'Alene ID  
SPLITS >>> LEG 1: 00:21:49.00 LEG 2: 00:56:38.00 LEG 3: 00:22:07.00

2 02:06:03.00 31 E11 122 HANKS, Dan Coeur d'Alene ID  
SPLITS >>> LEG 1: 00:31:12.00 LEG 2: 01:04:26.00 LEG 3: 00:30:25.00

Total (2) Finishers: E11 30 > 34 MALE

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Bracket: E21 30 > 34 FEMALE

1 01:50:07.00 30 E21 198 BURKE, Jennifer Spokane WA  
SPLITS >>> LEG 1: 00:22:46.00 LEG 2: 01:02:36.00 LEG 3: 00:24:45.00

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2	01:52:26.00	33	E21 170	LIEN, Sheila	Post Falls	ID
	SPLITS >>>		LEG 1: 00:24:05.00	LEG 2: 01:04:29.00	LEG 3: 00:23:52.00	
3	02:16:58.00	32	E21 183	ROUTH, Kim	Post Falls	ID
	SPLITS >>>		LEG 1: 00:28:09.00	LEG 2: 01:19:13.00	LEG 3: 00:29:36.00	
4	02:22:19.00	34	E21 120	HARVEY, Jill	Spokane Valley	WA
	SPLITS >>>		LEG 1: 00:28:13.00	LEG 2: 01:25:37.00	LEG 3: 00:28:29.00	

Total (4) Finishers: E21 30 > 34 FEMALE

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Bracket: F11 35 > 39 MALE

1	01:35:43.00	37	F11 187	ABRAMS, Russ L	Kellogg	ID
	SPLITS >>>		LEG 1: 00:19:12.00	LEG 2: 00:56:15.00	LEG 3: 00:20:16.00	
2	01:40:00.00	39	F11 188	WORDEN, Eric J	Spokane	WA
	SPLITS >>>		LEG 1: 00:19:58.00	LEG 2: 00:59:26.00	LEG 3: 00:20:36.00	
3	01:51:47.00	39	F11 180	ROUTH, Ray	Post Falls	ID
	SPLITS >>>		LEG 1: 00:24:07.00	LEG 2: 01:02:29.00	LEG 3: 00:25:11.00	
4	01:59:36.00	38	F11 133	MCKINSEY, Ira	Spokane	WA
	SPLITS >>>		LEG 1: 00:20:32.00	LEG 2: 01:16:33.00	LEG 3: 00:22:31.00	

Total (4) Finishers: F11 35 > 39 MALE

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Bracket: F21 35 > 39 FEMALE

1	02:03:02.00	38	F21 162	MCCOY, Tanya	Bonnars Ferry	ID
	SPLITS >>>		LEG 1: 00:25:41.00	LEG 2: 01:10:42.00	LEG 3: 00:26:39.00	
2	02:08:57.00	36	F21 184	NEWELL, Kelly	Pullman	WA
	SPLITS >>>		LEG 1: 00:29:11.00	LEG 2: 01:06:58.00	LEG 3: 00:32:48.00	
3	02:09:48.00	38	F21 182	RUBRIGHT, Tj	Liberty Lake	WA
	SPLITS >>>		LEG 1: 00:26:04.00	LEG 2: 01:16:25.00	LEG 3: 00:27:19.00	
4	02:17:39.00	39	F21 140	BENNETT, Kristin	Spokane	WA
	SPLITS >>>		LEG 1: 00:29:04.00	LEG 2: 01:19:20.00	LEG 3: 00:29:15.00	
5	02:24:32.00	37	F21 169	DIXON, Tiffany	Hayden	ID
	SPLITS >>>		LEG 1: 00:28:24.00	LEG 2: 01:24:30.00	LEG 3: 00:31:38.00	

Total (5) Finishers: F21 35 > 39 FEMALE

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Bracket: G11 40 > 44 MALE

1	01:32:44.00	44	G11 176	PROKOPIW, Steve	Osburn	
	SPLITS >>>		LEG 1: 00:19:53.00	LEG 2: 00:50:28.00	LEG 3: 00:22:23.00	
2	01:48:18.00	40	G11 128	BRADY, Eric	Liberty Lake	WA
	SPLITS >>>		LEG 1: 00:22:25.00	LEG 2: 01:03:45.00	LEG 3: 00:22:08.00	
3	02:11:55.00	42	G11 113	GARCIA, Frank	Post Falls	ID
	SPLITS >>>		LEG 1: 00:28:08.00	LEG 2: 01:12:16.00	LEG 3: 00:31:31.00	
4	02:31:32.00	43	G11 161	MILES, Jimmy	Rathdrum	ID
	SPLITS >>>		LEG 1: 00:29:10.00	LEG 2: 01:26:17.00	LEG 3: 00:36:05.00	

Total (4) Finishers: G11 40 > 44 MALE

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Bracket: G21 40 > 44 FEMALE

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1	01:48:53.00	40	G21 141	FLEMING, Anne	Colbert	WA
	SPLITS >>>		LEG 1: 00:23:46.00	LEG 2: 01:00:22.00	LEG 3: 00:24:45.00	
2	01:50:47.00	40	G21 127	ORR, Teri	Liberty Lake	WA
	SPLITS >>>		LEG 1: 00:22:17.00	LEG 2: 01:05:30.00	LEG 3: 00:23:00.00	
3	02:01:10.00	41	G21 129	BRADY, Stephanie	Liberty Lake	WA
	SPLITS >>>		LEG 1: 00:24:39.00	LEG 2: 01:10:29.00	LEG 3: 00:26:02.00	
4	02:05:13.00	44	G21 166	KUNTZ, Valerie	Coeur d'Alene	ID
	SPLITS >>>		LEG 1: 00:26:17.00	LEG 2: 01:13:37.00	LEG 3: 00:25:19.00	
5	02:06:21.00	41	G21 185	MARTIN, Beth	Coeur d'Alene	ID
	SPLITS >>>		LEG 1: 00:27:16.00	LEG 2: 01:10:32.00	LEG 3: 00:28:33.00	
6	02:07:53.00	40	G21 135	FESER, Angela	Spokane	WA
	SPLITS >>>		LEG 1: 00:28:08.00	LEG 2: 01:11:01.00	LEG 3: 00:28:44.00	
7	02:40:47.00	42	G21 116	GARCIA, Sarah	Post Falls	ID
	SPLITS >>>		LEG 1: 00:32:23.00	LEG 2: 01:31:28.00	LEG 3: 00:36:56.00	
8	03:33:15.00	40	G21 157	GREEN, Julisa	Spokane	WA
	SPLITS >>>		LEG 1: 00:46:44.00	LEG 2: 01:55:03.00	LEG 3: 00:51:28.00	

Total (8) Finishers: G21 40 > 44 FEMALE

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 Bracket: H11 45 > 49 MALE

1	01:32:13.00	46	H11 178	HOGUE, Royce	Spokane	WA
	SPLITS >>>		LEG 1: 00:19:01.00	LEG 2: 00:53:59.00	LEG 3: 00:19:13.00	
2	01:36:59.00	48	H11 121	COLE, Dave	Chewelah	WA
	SPLITS >>>		LEG 1: 00:20:39.00	LEG 2: 00:55:22.00	LEG 3: 00:20:58.00	
3	01:41:03.00	49	H11 126	HICKS, Don	Cocolalla	ID
	SPLITS >>>		LEG 1: 00:19:17.00	LEG 2: 01:01:35.00	LEG 3: 00:20:11.00	
4	01:45:16.00	47	H11 149	SMITH, Gary	Rathdrum	ID
	SPLITS >>>		LEG 1: 00:22:00.00	LEG 2: 01:00:17.00	LEG 3: 00:22:59.00	
5	01:52:49.00	48	H11 117	ENGEL, George	Post Falls	ID
	SPLITS >>>		LEG 1: 00:22:50.00	LEG 2: 01:05:07.00	LEG 3: 00:24:52.00	
6	01:56:45.00	49	H11 150	FULTON, James	Post Falls	ID
	SPLITS >>>		LEG 1: 00:26:00.00	LEG 2: 01:02:23.00	LEG 3: 00:28:22.00	
7	01:57:08.00	49	H11 181	DUFFUS, Dennis	Coeur d'Alene	ID
	SPLITS >>>		LEG 1: 00:23:00.00	LEG 2: 01:00:19.00	LEG 3: 00:33:49.00	
8	01:58:27.00	49	H11 193	STEVESON, Jerry L	Rathdrum	ID
	SPLITS >>>		LEG 1: 00:24:45.00	LEG 2: 01:08:08.00	LEG 3: 00:25:34.00	
9	02:06:58.00	45	H11 196	SCHOLES, Robert D	Pullman	WA
	SPLITS >>>		LEG 1: 00:25:33.00	LEG 2: 01:12:00.00	LEG 3: 00:29:25.00	
10	02:08:55.00	49	H11 139	MUNCH, Mark	Post Falls	ID
	SPLITS >>>		LEG 1: 00:26:04.00	LEG 2: 01:14:59.00	LEG 3: 00:27:52.00	

Total (10) Finishers: H11 45 > 49 MALE

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 Bracket: H21 45 > 49 FEMALE

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1	02:13:42.00	49	H21 102	DAVIS, Diane	Spokane	WA
	SPLITS >>>		LEG 1: 00:26:19.00	LEG 2: 01:20:38.00	LEG 3: 00:26:45.00	
2	02:15:42.00	47	H21 136	LEICHTY, Teri	Spokane Valley	WA
	SPLITS >>>		LEG 1: 00:27:24.00	LEG 2: 01:19:35.00	LEG 3: 00:28:43.00	

Total (2) Finishers: H21 45 > 49 FEMALE

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Bracket: I11 50 > 54 MALE

1	01:38:18.00	53	I11 118	MULLER, Steve	Kalispell	MT
	SPLITS >>>		LEG 1: 00:21:27.00	LEG 2: 00:53:51.00	LEG 3: 00:23:00.00	
2	01:44:57.00	50	I11 151	LAWRENCE, Russ	Spokane	WA
	SPLITS >>>		LEG 1: 00:21:22.00	LEG 2: 01:00:02.00	LEG 3: 00:23:33.00	
3	01:52:10.00	50	I11 109	RYAN, JR, Jim	Butte	MT
	SPLITS >>>		LEG 1: 00:24:05.00	LEG 2: 01:03:10.00	LEG 3: 00:24:55.00	
4	01:54:21.00	52	I11 173	HILL, Jerry	Spokane	WA
	SPLITS >>>		LEG 1: 00:22:53.00	LEG 2: 01:03:53.00	LEG 3: 00:27:35.00	
5	02:17:13.00	51	I11 186	BERBERICK, David R	Post Falls	ID
	SPLITS >>>		LEG 1: 00:23:11.00	LEG 2: 01:05:29.00	LEG 3: 00:48:33.00	

Total (5) Finishers: I11 50 > 54 MALE

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Bracket: I21 50 > 54 FEMALE

1	02:02:18.00	50	I21 160	BENNETT, Linda	Post Falls	ID
	SPLITS >>>		LEG 1: 00:26:00.00	LEG 2: 01:08:58.00	LEG 3: 00:27:20.00	
2	02:13:38.00	51	I21 115	BROWN, Barbara	Sandpoint	ID
	SPLITS >>>		LEG 1: 00:24:49.00	LEG 2: 01:22:58.00	LEG 3: 00:25:51.00	

Total (2) Finishers: I21 50 > 54 FEMALE

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Bracket: J11 55 > 59 MALE

1	01:38:17.00	57	J11 179	BENEDETTI, Robert	Spokane	WA
	SPLITS >>>		LEG 1: 00:19:30.00	LEG 2: 00:57:57.00	LEG 3: 00:20:50.00	
2	01:52:35.00	55	J11 190	CRAWFORD, Rodrick	Sandpoint	ID
	SPLITS >>>		LEG 1: 00:22:55.00	LEG 2: 01:07:23.00	LEG 3: 00:22:17.00	
3	01:54:23.00	57	J11 168	KUNTZ, Tom	Coeur d'Alene	ID
	SPLITS >>>		LEG 1: 00:22:06.00	LEG 2: 01:09:24.00	LEG 3: 00:22:53.00	
4	02:04:31.00	58	J11 143	LAFFERTY, Robert	Spokane	WA
	SPLITS >>>		LEG 1: 00:24:32.00	LEG 2: 01:14:07.00	LEG 3: 00:25:52.00	
5	02:21:26.00	57	J11 189	SHAMBERG, Bob	Hayden Lake	ID
	SPLITS >>>		LEG 1: 00:26:03.00	LEG 2: 01:28:43.00	LEG 3: 00:26:40.00	
6	02:25:38.00	58	J11 148	BANGS, Thomas	Post Falls	ID
	SPLITS >>>		LEG 1: 00:35:38.00	LEG 2: 01:14:01.00	LEG 3: 00:35:59.00	

Total (6) Finishers: J11 55 > 59 MALE

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Bracket: J21 55 > 59 FEMALE

1	02:06:03.00	55	J21 146	BREITENBACH, Sherry	Hayden Lake	ID
	SPLITS >>>		LEG 1: 00:25:40.00	LEG 2: 01:13:10.00	LEG 3: 00:27:13.00	

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2 02:14:07.00 55 J21 164 DALBERG, Kathy Post Falls ID  
 SPLITS >>> LEG 1: 00:28:21.00 LEG 2: 01:16:27.00 LEG 3: 00:29:19.00

Total (2) Finishers: J21 55 > 59 FEMALE

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 Bracket: K11 60 > 64 MALE

1 01:48:41.00 61 K11 154 MELVILLE, Scott Spokane WA  
 SPLITS >>> LEG 1: 00:20:59.00 LEG 2: 01:05:13.00 LEG 3: 00:22:29.00

2 02:04:00.00 61 K11 195 TRAVIS, Bill Coeur d'Alene ID  
 SPLITS >>> LEG 1: 00:24:59.00 LEG 2: 01:05:36.00 LEG 3: 00:33:25.00

Total (2) Finishers: K11 60 > 64 MALE

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 Bracket: L11 65 > 69 MALE

1 02:31:57.00 67 L11 163 CALDWELL, Richard Athol ID  
 SPLITS >>> LEG 1: 00:33:04.00 LEG 2: 01:23:57.00 LEG 3: 00:34:56.00

Total (1) Finishers: L11 65 > 69 MALE

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 Bracket: M11 70 > 74 MALE

1 01:58:51.00 70 M11 110 MASSIE, Robert D Spokane WA  
 SPLITS >>> LEG 1: 00:24:12.00 LEG 2: 01:11:22.00 LEG 3: 00:23:17.00

Total (1) Finishers: M11 70 > 74 MALE

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 Bracket: P11 HBH MALE

1 01:34:58.00 00 P11 197 MARTIN, Craig Spokane WA  
 SPLITS >>> LEG 1: 00:19:46.00 LEG 2: 00:53:55.00 LEG 3: 00:21:17.00

2 01:43:33.00 44 P11 145 FAY, Scott Liberty Lake WA  
 SPLITS >>> LEG 1: 00:20:21.00 LEG 2: 01:00:40.00 LEG 3: 00:22:32.00

3 01:55:35.00 00 P11 194 HARRINGTON SEAN, Sean Spokane WA  
 SPLITS >>> LEG 1: 00:23:58.00 LEG 2: 01:05:24.00 LEG 3: 00:26:13.00

4 02:07:22.00 45 P11 159 ANDERSON, Mark Liberty Lake WA  
 SPLITS >>> LEG 1: 00:27:08.00 LEG 2: 01:12:54.00 LEG 3: 00:27:20.00

5 02:08:37.00 00 P11 192 MANN, Isaac Coeur D Alene ID  
 SPLITS >>> LEG 1: 00:31:39.00 LEG 2: 01:01:25.00 LEG 3: 00:35:33.00

6 02:12:09.00 46 P11 158 STANTON, Gary Coeur d'Alene ID  
 SPLITS >>> LEG 1: 00:27:54.00 LEG 2: 01:15:57.00 LEG 3: 00:28:18.00

7 02:21:22.00 38 P11 191 BALL, Tony Coeur D Alene ID  
 SPLITS >>> LEG 1: - Mi ssed - LEG 2: - Mi ssed - LEG 3: 00:35:22.00

8 02:25:56.00 54 P11 175 WOLFE, Al an Post Falls ID  
 SPLITS >>> LEG 1: - Mi ssed - LEG 2: - Mi ssed - LEG 3: 00:39:38.00

9 02:29:34.00 48 P11 155 SPARBER, Mi chael Spokane WA  
 SPLITS >>> LEG 1: 00:32:11.00 LEG 2: 01:22:08.00 LEG 3: 00:35:15.00

Total (9) Finishers: P11 HBH MALE

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 Bracket: P21 HBH FEMALE

SOLO  
1 02:16:14.00 36 P21 104 SMITH, Kammi M Spokane WA  
SPLITS >>> LEG 1: 00:29:10.00 LEG 2: 01:14:23.00 LEG 3: 00:32:41.00  
2 02:18:24.00 50 P21 174 ZIBELL-WOLFE, Dani Post Falls ID  
SPLITS >>> LEG 1: 00:28:53.00 LEG 2: 01:18:13.00 LEG 3: 00:31:18.00

Total (2) Finishers: P21 HBH FEMALE

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Total Finishers printed: 78