

Official Results for the 2010 Go! Off Road Duathlon

Male 12-19 Solo

<u>Place</u>	<u>Bib #</u>	<u>Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>Age</u>	<u>City</u>
1	191	Jordan Thomas	0:12:29	8:19	0:55:13	8.91	0:20:22	9:15	1:28:04	12	Prescott

Male 20-29 Solo

<u>Place</u>	<u>Bib #</u>	<u>Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>Age</u>	<u>City</u>
1	136	Cody Rients	0:12:32	8:21	0:43:02	11.43	0:19:17	8:46	1:14:51	27	Tempe
2	133	Mike Norris	0:13:21	8:54	0:47:30	10.36	0:18:25	8:22	1:19:16	29	Scottsdale
3	159	Kyle Clonts	0:12:48	8:32	0:55:51	8.81	0:18:58	8:37	1:27:37	28	Gilbert
4	152	Jonathan Goit	0:15:46	10:31	0:50:53	9.67	0:22:12	10:05	1:28:51	27	Queen Creek
5	174	Derek Burr	0:14:17	9:31	0:53:06	9.27	0:22:07	10:03	1:29:30	22	Phoenix
6	148	David Miller	0:21:09	14:06	1:01:44	7.97	0:22:26	10:12	1:45:19	25	Scottsdale

Male 30-39 Solo

<u>Place</u>	<u>Bib #</u>	<u>Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>Age</u>	<u>City</u>
1	180	Jason Lohman	0:12:31	8:21	0:36:15	13.57	0:17:12	7:49	1:05:58	38	Prescott Valley
2	177	Christopher Brandon	0:11:30	7:40	0:41:53	11.75	0:16:07	7:20	1:09:30	37	Phoenix
3	153	Mauricio De los Santos	0:11:02	7:21	0:42:28	11.59	0:16:29	7:30	1:09:59	33	Grand Terrace CA
4	173	Jared Burr	0:12:38	8:25	0:41:03	11.99	0:16:49	7:39	1:10:30	31	Phoenix
5	139	Brian Stinson	0:11:41	7:49	0:43:04	11.42	0:15:48	7:11	1:10:36	38	Chandler
6	176	Matt Leal	0:11:59	7:59	0:46:11	10.65	0:16:55	7:41	1:15:05	37	Chandler
7	178	Kevin Richardson	0:14:24	9:36	0:45:14	10.88	0:17:47	8:05	1:17:25	34	Queen Creek
8	154	Jeff Strom	0:12:23	8:15	0:47:53	10.27	0:17:18	7:52	1:17:34	31	Buckeye
9	158	Jason Pusheck	0:12:50	8:33	0:52:45	9.33	0:14:23	6:32	1:19:58	36	Gilbert
10	179	Dylan Power	0:15:10	10:07	0:47:09	10.43	0:22:05	10:02	1:24:24	37	Phoenix
11	142	David DeLorenzon	0:12:57	8:38	0:55:29	8.87	0:18:37	8:28	1:27:03	36	Phoenix
12	175	Jay Crawford	0:13:31	9:01	0:53:50	9.14	0:19:58	9:05	1:27:19	32	Gilbert
13	103	Fabian Carballo	0:14:46	9:51	0:52:45	9.33	0:21:09	9:37	1:28:40	32	Colton CA
14	114	Jeffrey Knight	0:15:08	10:05	0:52:01	9.46	0:22:01	10:00	1:29:10	38	Queen Creek
15	107	Tony Principato	0:15:14	10:09	0:55:41	8.84	0:19:39	8:56	1:30:34	31	Las Vegas
16	105	Matt Ashcraft	0:14:04	9:23	1:01:06	8.05	0:19:25	8:50	1:34:35	37	Gilbert
17	132	Ken Skinner	0:15:14	10:09	0:56:24	8.72	0:23:04	10:29	1:34:42	37	Prescott
18	106	Gary Sharp	0:17:29	11:39	0:54:03	9.1	0:26:58	12:15	1:38:30	33	Las Vegas

19	165	Shane Phelps	0:13:48	9:12	1:05:49	7.48	0:22:26	10:12	1:42:03	30	Scottsdale
20	181	Matthew Simon	0:18:12	12:08	0:57:01	8.63	0:27:33	12:31	1:42:46	37	Phoenix
21	143	James Charles	0:18:02	12:01	1:02:03	7.93	0:27:42	12:35	1:47:47	39	Goodyear
22	166	Shawn Barricklow	0:17:32	11:41	1:11:12	6.91	0:24:59	11:21	1:53:43	37	Queen Creek

Male 40-49 Solo

<u>Place</u>	<u>Bib #</u>	<u>Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>Age</u>	<u>City</u>
1	119	Dave Marks	0:10:19	6:53	0:34:03	14.45	0:13:53	6:19	0:58:15	45	Phoenix
2	188	Chris Bray	0:10:20	6:53	0:40:11	12.24	0:13:16	6:02	1:03:47	41	Prescott
3	187	John Shumaker	0:12:22	8:15	0:36:18	13.55	0:17:25	7:55	1:06:05	40	Prescott
4	184	John Nadeau	0:12:27	8:18	0:41:46	11.78	0:16:11	7:21	1:10:24	40	Scottsdale
5	125	Kent Keegan	0:12:14	8:09	0:40:35	12.12	0:17:57	8:10	1:10:46	47	Prescott
6	145	Hollon Kinney	0:12:18	8:12	0:40:33	12.13	0:18:23	8:21	1:11:14	47	Phoenix
7	194	Kevin Perlak	0:12:19	8:13	0:43:40	11.27	0:17:24	7:55	1:13:23	41	Prescott
8	150	Mark Heisler	0:12:46	8:31	0:44:14	11.12	0:16:30	7:30	1:13:30	44	Phoenix
9	163	Michael Cruylo	0:14:24	9:36	0:55:26	8.88	0:22:05	10:02	1:31:55	44	Shaumburg IL
10	169	Joel Medrano	0:13:34	9:03	0:56:45	8.67	0:21:39	9:50	1:31:58	41	Buckeye
11	182	Rex Stepp	0:16:06	10:44	0:55:01	8.94	0:22:40	10:18	1:33:47	46	Phoenix
12	162	Russell Homewood	0:17:41	11:47	0:54:28	9.03	0:23:43	10:47	1:35:52	45	Mesa
13	104	Greg Stephens	0:15:36	10:24	0:55:46	8.82	0:25:59	11:49	1:37:21	40	Phoenix
14	185	Mark Lieber	0:16:40	11:07	0:58:04	8.47	0:23:24	10:38	1:38:08	40	Fountain Hills
15	167	Brad Jaffe	0:17:45	11:50	0:56:57	8.64	0:25:47	11:43	1:40:29	42	Phoenix
16	101	Brendt Tuttle	0:14:34	9:43	1:04:10	7.67	0:22:16	10:07	1:41:00	45	Tempe
17	172	Brent Orm	0:16:22	10:55	1:04:12	7.66	0:24:23	11:05	1:44:57	42	Scottsdale
18	138	Robin Grenko	0:18:36	12:24	1:04:08	7.67	0:25:18	11:30	1:48:02	49	Phoenix
19	117	Dan Munsell	0:15:02	10:01	1:13:38	6.68	0:23:38	10:45	1:52:18	48	Prescott Valley

Male 50 and Over Solo

<u>Place</u>	<u>Bib #</u>	<u>Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>Age</u>	<u>City</u>
1	164	Brian Rens	0:12:28	8:19	0:45:43	10.76	0:17:28	7:56	1:15:39	54	Prescott
2	183	Harry Zulch	0:12:35	8:23	0:44:58	10.94	0:18:59	8:38	1:16:32	50	Phoenix
3	134	Robert Coombs	0:14:00	9:20	0:44:08	11.15	0:20:48	9:27	1:18:56	54	Prescott
4	130	Mike Culver	0:15:29	10:19	0:50:48	9.69	0:23:03	10:29	1:29:20	53	Mesa
5	170	Larry Phillips Sr.	0:15:48	10:32	1:01:32	8	0:19:48	9:00	1:37:08	60	Waddell
6	128	Gary Ford	0:17:33	11:42	0:58:16	8.44	0:26:13	11:55	1:42:02	53	Cave Creek
7	124	Daniel Ford	0:24:10	16:07	1:23:20	5.9	0:30:13	13:44	2:17:43	51	Rio Verde

Female 20-29 Solo

<u>Place</u>	<u>Bib #</u>	<u>Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>Age</u>	<u>City</u>
1	116	Josie Allenn	0:13:40	9:07	0:48:41	10.11	0:18:38	8:28	1:20:59	29	Flagstaff
2	135	Rachel Williams	0:16:46	11:11	0:53:04	9.27	0:24:17	11:02	1:34:07	25	Phoenix

Female 30-39 Solo

<u>Place</u>	<u>Bib #</u>	<u>Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>Age</u>	<u>City</u>
1	120	Windy Marks	0:11:43	7:49	0:38:11	12.89	0:16:20	7:25	1:06:14	35	Phoenix
2	111	Vicky Maes	0:12:46	8:31	0:47:23	10.38	0:16:24	7:27	1:16:33	36	Tucson
3	186	Emily Streeter	0:12:29	8:19	0:48:22	10.17	0:16:57	7:42	1:17:48	34	Prescott
4	109	Brigid O'Neil	0:13:41	9:07	0:46:25	10.6	0:20:22	9:15	1:20:28	39	Phoenix
5	168	Tina Ooley	0:16:25	10:57	0:44:15	11.12	0:21:40	9:51	1:22:20	37	Prescott
6	149	Shawna Yost	0:16:52	11:15	0:48:03	10.24	0:24:26	11:06	1:29:21	36	Queen Creek
7	195	Catherine Metz	0:13:11	8:47	0:59:39	8.25	0:17:21	7:53	1:30:11	34	Chino Valley
8	156	Kristie Dodge	0:15:12	10:08	0:58:44	8.38	0:19:50	9:01	1:33:46	36	Prescott Valley
9	190	Rachel McClellan	0:14:26	9:37	0:58:07	8.47	0:21:51	9:56	1:34:24	34	Prescott
10	192	Lynette Unger	0:14:13	9:29	1:00:41	8.11	0:19:34	8:54	1:34:28	37	Prescott
11	110	Laureen Maurer	0:15:58	10:39	1:02:36	7.86	0:21:07	9:36	1:39:41	38	Scottsdale
12	121	Jennifer Ford	0:16:00	10:40	1:01:57	7.94	0:24:07	10:58	1:42:04	32	Scottsdale
13	137	Elizabeth Hamilton	0:17:34	11:43	1:04:26	7.64	0:22:18	10:08	1:44:18	31	Phoenix
14	141	Jill Kyle	0:17:51	11:54	1:03:04	7.8	0:25:28	11:35	1:46:23	37	Phoenix
15	161	Melissa Homewood	0:17:40	11:47	1:09:49	7.05	0:22:39	10:18	1:50:08	34	Mesa
16	193	Amy Suttles	0:18:11	12:07	1:16:44	6.41	0:23:55	10:52	1:58:50	36	Lubbock TX
17	157	Lisa Reed	0:28:22	18:55	1:09:43	7.06	0:34:27	15:40	2:12:32	38	Gilbert

Female 40-49 Solo

<u>Place</u>	<u>Bib #</u>	<u>Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>Age</u>	<u>City</u>
1	129	Vickie Nelson	0:12:09	8:06	0:42:03	11.7	0:16:59	7:43	1:11:11	40	Phoenix
2	140	Sandy Scrimgeor	0:14:30	9:40	0:42:20	11.62	0:19:17	8:46	1:16:07	45	Prescott
3	146	Rhea Stinemetz	0:14:09	9:26	0:53:27	9.2	0:20:37	9:22	1:28:13	43	Phoenix
4	144	Robin Ryer	0:15:56	10:37	0:54:25	9.04	0:20:49	9:28	1:31:10	48	Prescott
5	189	Shelly Klein	0:13:32	9:01	0:59:29	8.27	0:19:50	9:01	1:32:51	43	Prescott
6	108	Dana Hogan	0:16:57	11:18	0:57:19	8.58	0:22:28	10:13	1:36:44	46	Sierra Vista

7	155	Pam Lusk	0:16:56	11:17	0:57:40	8.53	0:24:55	11:20	1:39:31	43	Sedona
8	147	Charla Paynter	0:21:09	14:06	1:01:22	8.02	0:22:47	10:21	1:45:18	45	Scottsdale
9	151	Jennifer Heisler	0:16:17	10:51	0:59:46	8.23	0:30:58	14:05	1:47:01	46	Phoenix
10	102	Patricia Tuttle	0:19:31	13:01	1:06:07	7.44	0:28:40	13:02	1:54:18	45	Tempe
11	171	Wendy Orm	0:19:51	13:14	1:07:47	7.26	0:28:01	12:44	1:55:39	43	Scottsdale
12	123	Sharon Brown	0:25:17	16:51	1:22:11	5.99	0:30:14	13:45	2:17:42	46	Rio Verde
13	118	Tonya Wilkinson	0:19:56	13:17	1:36:53	5.08	0:32:37	14:50	2:29:26	40	Gilbert

Female 50 and Over Solo

<u>Place</u>	<u>Bib #</u>	<u>Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>Age</u>	<u>City</u>
1	131	Kathy Culver	0:15:37	10:25	0:58:21	8.43	0:22:18	10:08	1:36:16	50	Mesa

2 Person Relay Division

<u>Place</u>	<u>Bib #</u>	<u>Team Name</u>	<u>1.5m Run</u>	<u>Pace</u>	<u>8.2m MTB</u>	<u>MPH</u>	<u>2.2m Run</u>	<u>Pace</u>	<u>Total Time</u>	<u>City</u>
1	72	Blood Sweat & No Gears	0:12:05	8:03	0:37:39	13.07	0:16:43	7:36	1:06:27	Flagstaff
2	81	Lust for Becker	0:12:48	8:32	0:36:21	13.54	0:17:44	8:04	1:06:53	Prescott
3	73	BFC Racing	0:12:00	8:00	0:40:06	12.27	0:17:26	7:55	1:09:32	Phoenix
4	66	Cuz I Tri (or Du)	0:12:33	8:22	0:40:45	12.07	0:18:24	8:22	1:11:42	Mesa
5	71	Bowell & Borries	0:12:51	8:34	0:43:13	11.38	0:16:46	7:37	1:12:50	Prescott
6	78	FreakFactor/Save Pluto	0:11:53	7:55	0:51:41	9.52	0:16:04	7:18	1:19:38	Tempe
7	82	Cabo Dom	0:13:31	9:01	0:46:15	10.64	0:20:14	9:12	1:20:00	Phoenix
8	80	Bradley & Olding	0:13:43	9:09	0:49:57	9.85	0:19:21	8:48	1:23:01	Glendale
9	76	The Pwntato Chips	0:10:33	7:02	0:58:17	8.44	0:14:44	6:42	1:23:34	Scottsdale
10	79	JOnnyMo	0:14:05	9:23	0:52:42	9.34	0:18:15	8:18	1:25:02	Prescott
11	74	CB Performance	0:15:28	10:19	0:53:07	9.26	0:20:48	9:27	1:29:23	Prescott
12	68	Adams Family	0:18:05	12:03	0:49:27	9.95	0:24:39	11:12	1:32:11	Maricopa
13	67	Minivans are Awesome	0:16:22	10:55	0:59:50	8.22	0:23:18	10:35	1:39:30	Chino Valley
14	69	The Fearless Wonders	0:13:37	9:05	1:40:18	4.91	0:18:50	8:34	2:12:45	Prescott