

Overall Results, 2005 B&GC of the Magic Valley Fun Run Duathlon

Saturday, May 07, 2005
Twin Falls, ID

5K Run

Pl.	Bib	Name		Location		Overall	Age Group/Pl.	Finish Time	Penalty
Men									
1	2	CHARD	BERNDT	FILER	ID	1	M30-39 1	17:34.051	-
2	48	LOUIS	FILAS	TWIN FALLS	ID	2	M30-39 2	22:00.306	-
3	57	RAMON	LARA	BOISE	ID	3	M40-49 1	22:46.970	-
Women									
1	41	VICKIE	LESLIE	POCATELLO	ID	4	F50+ 1	23:29.502	-
2	60	TERRI	MCSPADDEN	TWIN FALLS	ID	5	F15-29 1	24:20.701	-
3	1	CARRIE	BERNDT	FILER	ID	6	F30-39 1	28:11.043	-

5K Walk

PL	Bib	Name		Location		Overall	Age Group/PL	Finish Time	Penalty
Men									
1	42	ANDY	MORRIS	GOODING	ID	6	M40-49 1	1:00:16.872	-
2	46	DALE	SPRONG	TWIN FALLS	ID	9	M50+ 1	1:30:37.405	-
Women									
1	38	CRYSTAL	GREENE	TWIN FALLS	ID	1	F40-49 1	35:32.936	-
2	40	MARY JANE	KOHNTOPP	JEROME	ID	2	F50+ 1	36:03.767	-
3	36	TAMI	CHARLTON	TWIN FALLS	ID	3	F40-49 2	37:42.989	-

Duathlon

PL	Bib	Name		Location	Overall	Age Group/PL	Finish Time	Run	Pace	R2B	Bike	Pace	B2R	Run	Pace	Penalty	
Men																	
1	12	LIAM	DOLAN	TWIN FALLS	ID	1	Men 1	1:35:08.195	20:05.787	6:28.105	1:05.906	52:19.738	2:36.987	51.227	20:45.537	6:40.899	-
2	13	RICK	GREENAWALD	TWIN FALLS	ID	2	Men 2	1:35:20.149	19:15.261	6:11.842	1:20.285	52:49.171	2:38.459	57.991	20:57.441	6:44.731	-
3	51	DAVE	KNOTTS	BOISE	ID	3	Men 3	1:43:11.556	20:28.458	6:35.402	1:17.696	58:40.644	2:56.032	49.739	21:55.019	7:03.264	-

Women

1	58	KATHY	MORELL	KETCHUM	ID	4	Women 1	1:50:15.873	23:27.437	7:33.010	57.201	1:00:09.654	3:00.483	43.595	24:57.986	8:02.155	-
2	49	KARRN	GUSTAFSON	MOUNTAIN HOME	ID	5	Women 2	1:52:08.957	23:01.147	7:24.548	58.523	1:03:47.106	3:11.355	37.502	23:44.679	7:38.560	-
3	16	HEATHER	RAMSDELL	TWIN FALLS	ID	6	Women 3	2:04:08.745	23:53.522	7:41.406	1:33.529	1:10:44.820	3:32.241	1:07.230	26:49.644	8:38.094	-

Duathlon Teams

PL	Bib	Name	Location	Overall	Age Group/PL	Finish Time	Run	Pace	R2B	Bike	Pace	B2R	Run	Pace	Penalty	
Co-ed																
1	31	JERRY CROZIER / HOLLY FLEMING		-	4	Co-ed 1	1:42:54.104	20:18.070	6:32.059	35.683	1:01:07.405	3:03.370	24.773	20:28.173	6:35.311	-
2	62	MARTINEZ/MASON		-	5	Co-ed 2	1:49:49.857	23:15.409	7:29.139	34.204	-	-	-	1:26:00.244	3:43.321	-
3	29	HAMMOND/RICHARDSON		-	6	Co-ed 3	1:54:39.327	22:34.402	7:15.940	38.487	1:07:37.219	3:22.861	24.522	23:24.697	7:32.128	-
Men																
1	21	BARKER/BRAVENDER		-	1	Men 1	1:34:41.496	17:46.576	5:43.298	25.769	58:16.389	2:54.819	22.172	17:50.590	5:44.590	-
2	33	NIELSON/PATTERSON		-	2	Men 2	1:35:49.638	18:50.124	6:03.752	27.918	56:06.419	2:48.321	35.943	19:49.234	6:22.777	-
3	56	STONE/MCCARTHY		-	3	Men 3	1:42:43.937	19:57.959	6:25.586	35.677	1:00:10.728	3:00.536	25.614	21:33.959	6:56.485	-
Women																
1	27	ELLIS/SEASTROM		-	14	Women 1	2:04:56.259	24:26.621	7:52.060	35.587	1:13:30.623	3:40.531	25.946	25:57.482	8:21.305	-
2	34	NORTON/ANDERSON		-	18	Women 2	2:13:22.430	25:34.471	8:13.898	1:32.837	1:19:23.851	3:58.193	32.524	26:18.747	8:28.149	-

Age Group Results, 2005 B&GC of the Magic Valley Fun Run Du

5K Run

Pl.	Bib	Name		Location	Gender/Pl.			Gun Time	Chip Time	Pace	Diff
BOYS 14 AND UNDER											
1	5	SYBRAND	CNOSSEN	WENDELL	ID	M	5	37:20.389	-	12:01.111	-
MEN 30 - 39											
1	2	CHARD	BERNDT	FILER	ID	M	1	17:34.051	-	5:39.266	-
2	48	LOUIS	FILAS	TWIN FALLS	ID	M	2	22:00.306	-	7:04.965	-
MEN 40 - 49											
1	57	RAMON	LARA	BOISE	ID	M	3	22:46.970	-	7:19.985	-
-	7	ROGER	MOORE	TWIN FALLS	ID	M	-	-	-	-	-
MEN 50 AND UP											
1	6	DOUG	LESLIE	POCATELLO	ID	M	4	28:42.879	-	9:14.541	-

Age Group Results, 2005 B&GC of the Magic Valley Fun Run Du

5K Run

Pl.	Bib	Name		Location	Gender/Pl.			Gun Time	Chip Time	Pace	Diff
GIRLS 14 AND UNDER											
1	4	ARIAAN	CNOSSEN	WENDELL	ID	F	6	37:19.498	-	12:00.825	-
GIRLS 15 - 29											
1	60	TERRI	MCSPADDEN	TWIN FALLS	ID	F	2	24:20.701	-	7:50.154	-
WOMEN 30 - 39											
1	1	CARRIE	BERNDT	FILER	ID	F	3	28:11.043	-	9:04.294	-
2	55	KRISTINE	SCHOLES	TWIN FALLS	ID	F	4	31:28.286	-	10:07.780	-
3	8	AMY	PACKHAM	TWIN FALLS	ID	F	5	35:07.525	-	11:18.347	-
4	9	AMBER	WELTY-CNOSSEN	WENDELL	ID	F	7	37:20.934	-	12:01.287	-
WOMEN 40 - 49											
-	3	BECKY	BROWN	TWIN FALLS	ID	F	-	-	-	-	-
WOMEN 50 AND UP											
1	41	VICKIE	LESLIE	POCATELLO	ID	F	1	23:29.502	-	7:33.675	-

Age Group Results, 2005 B&GC of the Magic Valley Fun Run Du

5K Walk

Pl.	Bib	Name		Location	Gender/Pl.			Gun Time	Chip Time	Pace	Diff
MEN 40 - 49											
1	42	ANDY	MORRIS	GOODING	ID	M	1	1:00:16.872	-	19:24.158	-
MEN 50 AND UP											
1	46	DALE	SPRONG	TWIN FALLS	ID	M	2	1:30:37.405	-	29:10.131	-

Age Group Results, 2005 B&GC of the Magic Valley Fun Run Du

5K Walk

Pl.	Bib	Name		Location	Gender/Pl.			Gun Time	Chip Time	Pace	Diff
WOMEN 30 - 39											
1	37	PAGE	GESKE	TWIN FALLS	ID	F	4	39:23.089	-	12:40.605	-
2	59	JERRI	LEVINE	TWIN FALLS	ID	F	5	46:27.380	-	14:57.171	-
-	45	LISA	RITTER	SHOSHONE	ID	F	-	-	-	-	-
WOMEN 40 - 49											
1	38	CRYSTAL	GREENE	TWIN FALLS	ID	F	1	35:32.936	-	11:26.526	-
2	36	TAMI	CHARLTON	TWIN FALLS	ID	F	3	37:42.989	-	12:08.386	-
3	43	DEBBIE	MORRIS	GOODING	ID	F	6	1:00:17.941	-	19:24.502	-
WOMEN 50 AND UP											
1	40	MARY JANE	KOHNTOPP	JEROME	ID	F	2	36:03.767	-	11:36.449	-
2	39	NANCY	HUGHBANKS	GOODING	ID	F	7	1:00:18.158	-	19:24.572	-
3	47	KAT	SPRONG	TWIN FALLS	ID	F	8	1:30:49.403	-	29:13.993	-
-	44	LINDA	RITTER	RICHFIELD	ID	F	-	-	-	-	-

Full Results, 2005 B&GC of the Magic Valley Fun Run Duathlon

Saturday, May 07, 2005
Twin Falls, ID

5K Run

Pl.	Bib	Name	Location	Gender/Pl.	Age Group/Pl.	Finish Time	Penalty
1	2	CHARD	BERNDT	FILER	ID M 1 M30-39 1	17:34.051	-
2	48	LOUIS	FILAS	TWIN FALLS	ID M 2 M30-39 2	22:00.306	-
3	57	RAMON	LARA	BOISE	ID M 3 M40-49 1	22:46.970	-
4	41	VICKIE	LESLIE	POCATELLO	ID F 1 F50+	23:29.502	-
5	60	TERRI	MCSPADDEN	TWIN FALLS	ID F 2 F15-29 1	24:20.701	-
6	1	CARRIE	BERNDT	FILER	ID F 3 F30-39 1	28:11.043	-
7	6	DOUG	LESLIE	POCATELLO	ID M 4 M50+	28:42.879	-
8	55	KRISTINE	SCHOLES	TWIN FALLS	ID F 4 F30-39 2	31:28.286	-
9	8	AMY	PACKHAM	TWIN FALLS	ID F 5 F30-39 3	35:07.525	-
10	4	ARIAAN	CNOSSEN	WENDELL	ID F 6 F14-	37:19.498	-
11	5	SYBRAND	CNOSSEN	WENDELL	ID M 5 M14-	37:20.389	-
12	9	AMBER	WELTY-CNOSSEN	WENDELL	ID F 7 F30-39 4	37:20.934	-
-	3	BECKY	BROWN	TWIN FALLS	ID F - F40-49 -	-	DNF
-	7	ROGER	MOORE	TWIN FALLS	ID M - M40-49 -	-	DNF

5K Walk

Pl.	Bib	Name	Location	Gender/Pl.	Age Group/Pl.	Finish Time	Penalty
1	38	CRYSTAL	GREENE	TWIN FALLS	ID F 1 F40-49 1	35:32.936	-
2	40	MARY JANE	KOHNTOPP	JEROME	ID F 2 F50+ 1	36:03.767	-
3	36	TAMI	CHARLTON	TWIN FALLS	ID F 3 F40-49 2	37:42.989	-
4	37	PAGE	GESKE	TWIN FALLS	ID F 4 F30-39 1	39:23.089	-
5	59	JERRI	LEVINE	TWIN FALLS	ID F 5 F30-39 2	46:27.380	-
6	42	ANDY	MORRIS	GOODING	ID M 1 M40-49 1	1:00:16.872	-
7	43	DEBBIE	MORRIS	GOODING	ID F 6 F40-49 3	1:00:17.941	-
8	39	NANCY	HUGHBANKS	GOODING	ID F 7 F50+ 2	1:00:18.158	-
9	46	DALE	SPRONG	TWIN FALLS	ID M 2 M50+ 1	1:30:37.405	-
10	47	KAT	SPRONG	TWIN FALLS	ID F 8 F50+ 3	1:30:49.403	-
-	45	LISA	RITTER	SHOSHONE	ID F - F30-39 -	-	DNF
-	44	LINDA	RITTER	RICHFIELD	ID F - F50+ -	-	DNF

Duathlon

Pl.	Bib	Name		Location	Gender/Pl.	Age Group/Pl.	Finish Time	Run	Pace	R2B	Bike	Pace	B2R	Run	Pace	Penalty
1	12	LIAM	DOLAN	TWIN FALLS	ID M	1 Men	1 1:35:08.195	20:05.787	6:28.105	1:05.906	52:19.738	2:36.987	51.227	20:45.537	6:40.899	-
2	13	RICK	GREENAWALD	TWIN FALLS	ID M	2 Men	2 1:35:20.149	19:15.261	6:11.842	1:20.285	52:49.171	2:38.459	57.991	20:57.441	6:44.731	-
3	51	DAVE	KNOTTS	BOISE	ID M	3 Men	3 1:43:11.556	20:28.458	6:35.402	1:17.696	58:40.644	2:56.032	49.739	21:55.019	7:03.264	-
4	58	KATHY	MORELL	KETCHUM	ID F	1 Women	1 1:50:15.873	23:27.437	7:33.010	57.201	1:00:09.654	3:00.483	43.595	24:57.986	8:02.155	-
5	49	KARRN	GUSTAFSON	MOUNTAIN HOME	ID F	2 Women	2 1:52:08.957	23:01.147	7:24.548	58.523	1:03:47.106	3:11.355	37.502	23:44.679	7:38.560	-
6	16	HEATHER	RAMSDELL	TWIN FALLS	ID F	3 Women	3 2:04:08.745	23:53.522	7:41.406	1:33.529	1:10:44.820	3:32.241	1:07.230	26:49.644	8:38.094	-
7	53	LESLEY	HOLLISTER	TWIN FALLS	ID F	4 Women	4 2:04:53.053	23:53.828	7:41.504	1:38.268	1:12:16.132	3:36.807	1:23.572	25:41.253	8:16.081	-
8	17	JOHN	RAMSDELL	TWIN FALLS	ID M	4 Men	4 2:08:25.575	25:30.383	8:12.583	1:55.108	1:11:16.726	3:33.836	1:06.674	28:36.684	9:12.547	-
9	18	BRIAN	SHIELDS	BOISE	ID M	5 Men	5 2:08:59.634	25:19.613	8:09.116	1:38.968	1:12:49.469	3:38.473	1:25.928	27:45.656	8:56.123	-
10	10	FRANK	CNOSSEN	WENDELL	ID M	6 Men	6 2:10:02.776	28:13.681	9:05.143	1:51.962	1:09:57.838	3:29.892	1:19.446	28:39.849	9:13.566	-
11	61	JIM	FIXX	MTN. HOME	ID M	7 Men	7 2:10:46.107	23:17.987	7:29.968	59.607	1:22:06.850	4:06.343	38.268	23:43.395	7:38.146	-
12	15	FRED	LONG	BOISE	ID M	8 Men	8 2:18:27.631	25:54.647	8:20.392	2:42.419	1:15:17.255	3:45.863	3:02.236	31:31.074	10:08.678	-
13	19	TOM	SKAHILL	TWIN FALLS	ID M	9 Men	9 2:18:52.269	24:11.671	7:47.248	1:23.486	1:20:37.543	4:01.877	1:28.625	31:10.944	10:02.199	-
14	50	CARISA	STELMAT	MTN.HOME	ID F	5 Women	5 2:30:00.315	28:43.468	9:14.731	2:04.500	1:24:33.060	4:13.653	1:11.887	33:27.400	10:46.119	-
15	11	PATRICIA	COURTNEY	KIMBERLY	ID F	6 Women	6 2:38:32.000	28:49.150	9:16.559	2:22.986	1:31:52.152	4:35.608	-	36:39.599	11:24.844	-
-	14	COLLETE	HOGLUND	TWIN FALLS	ID F	- Women	- -	29:30.570	9:29.891	3:05.778	-	-	-	-	-	DNF

Duathlon Teams

Pl.	Bib	Name	Location	Gender/Pl.	Age Group/Pl.	Finish Time	Run	Pace	R2B	Bike	Pace	B2R	Run	Pace	Penalty
1	21	BARKER/BRAVENDER		- M 1	Men 1	1:34:41.496	17:46.576	5:43.298	25.769	58:16.389	2:54.819	22.172	17:50.590	5:44.590	-
2	33	NIELSON/PATTERSON		- M 2	Men 2	1:35:49.638	18:50.124	6:03.752	27.918	56:06.419	2:48.321	35.943	19:49.234	6:22.777	-
3	56	STONE/MCCARTHY		- M 3	Men 3	1:42:43.937	19:57.959	6:25.586	35.677	1:00:10.728	3:00.536	25.614	21:33.959	6:56.485	-
4	31	JERRY CROZIER / HOLLY FLEMING		- C 1	Co-ed 1	1:42:54.104	20:18.070	6:32.059	35.683	1:01:07.405	3:03.370	24.773	20:28.173	6:35.311	-
5	62	MARTINEZ/MASON		- C 2	Co-ed 2	1:49:49.857	23:15.409	7:29.139	34.204	-	-	-	1:26:00.244	3:43.321	-
6	29	HAMMOND/RICHARDSON		- C 3	Co-ed 3	1:54:39.327	22:34.402	7:15.940	38.487	1:07:37.219	3:22.861	24.522	23:24.697	7:32.128	-
7	25	EALEY/HUDDLESTON		- M 4	Men 4	1:55:25.620	21:29.952	6:55.195	34.300	1:10:36.522	3:31.826	27.686	22:17.160	7:10.390	-
8	63	RUPRECHT/THOMAS		- M 5	Men 5	1:56:03.631	25:33.469	8:13.576	29.221	1:01:33.828	3:04.691	29.152	27:57.961	9:00.083	-
9	24	DARREN KYLE/TARA MARTENS		- C 4	Co-ed 4	1:56:28.666	24:57.500	8:01.999	27.631	1:04:02.760	3:12.138	27.406	26:33.369	8:32.856	-
10	52	TOLMAN/SEARLE		- M 6	Men 6	1:59:38.341	22:50.500	7:21.121	46.084	1:11:51.100	3:35.555	27.253	23:43.404	7:38.149	-
11	32	LINN/AASA		- M 7	Men 7	1:59:42.894	22:53.368	7:22.044	40.341	1:12:08.714	3:36.436	30.244	23:30.227	7:33.908	-
12	30	HECK/JOHNSON		- M 8	Men 8	2:00:07.909	22:46.641	7:19.879	34.897	1:11:40.744	3:35.037	33.254	24:32.373	7:53.911	-
13	26	EHLERS/SEASTROM		- C 5	Co-ed 5	2:00:32.727	26:17.771	8:27.835	36.454	1:05:36.677	3:16.834	36.701	27:25.124	8:49.514	-
14	27	ELLIS/SEASTROM		- F 1	Women 1	2:04:56.259	24:26.621	7:52.060	35.587	1:13:30.623	3:40.531	25.946	25:57.482	8:21.305	-
15	28	GREENE/SEASTROM		- M 9	Men 9	2:06:19.207	25:37.270	8:14.799	45.229	1:12:59.895	3:38.995	32.412	26:24.401	8:29.969	-
16	22	CHARLTON/WILMOT		- C 6	Co-ed 6	2:11:12.046	33:39.759	10:50.097	47.618	1:01:24.357	3:04.218	34.994	34:45.318	11:11.199	-
17	20	ALEXANDER/ROJAS		- C 7	Co-ed 7	2:13:20.988	32:48.869	10:33.718	32.287	1:04:46.727	3:14.336	24.404	34:48.701	11:12.288	-
18	34	NORTON/ANDERSON		- F 2	Women 2	2:13:22.430	25:34.471	8:13.898	1:32.837	1:19:23.851	3:58.193	32.524	26:18.747	8:28.149	-
19	35	RUBY/BECERRA		- C 8	Co-ed 8	2:16:29.147	28:59.031	9:19.740	40.270	1:16:00.071	3:48.004	33.783	30:15.992	9:44.511	-
-	23	COLLINS/FRAME		- F -	Women -	-	-	-	-	-	-	-	-	-	DNF