

Overall Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Age Group	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace			
Men																			
1	0438	JASON	RIDGWAY	BOISE	ID	M25-29	-	-	13:19.147	4:17.220	1:17.898	48:42.004	4:53.907	1:01.682	14:00.262	4:53.907	1:18:23.589	1:18:20.993	4:50.981
2	0439	TODD	ARNDT	BOISE	ID	M30-34	-	-	13:15.495	4:16.045	24.713	50:11.555	5:02.914	18.966	14:42.943	5:02.914	1:18:54.930	1:18:53.672	4:53.004
3	0429	JASON	MCCAIN	CALDWELL	ID	M30-34	-	-	15:00.357	4:49.797	48.400	47:13.256	4:44.980	29.143	16:14.527	4:44.980	1:19:47.256	1:19:45.683	4:56.223
Women																			
1	0422	MELISSA	ERICKSON	BOISE	ID	F20-24	-	-	18:19.089	5:53.762	33.330	44:49.428	4:30.513	23.591	20:43.972	4:30.513	1:24:51.681	1:24:49.410	5:15.024
2	0425	LORI	M HARVEY	BOISE	ID	F35-39	-	-	16:13.391	5:13.304	1:37.638	55:59.879	5:37.950	1:07.489	16:55.316	5:37.950	1:31:57.341	1:31:53.713	5:41.287
3	0442	MALLORY	CLARK	BOISE	ID	F35-39	-	-	17:02.433	5:29.089	1:11.557	58:20.287	5:52.073	44.520	17:50.540	5:52.073	1:35:14.418	1:35:09.337	5:53.396

Overall Results, 2003 Hidden Springs Duathlon

Long Mountain Course, Teams

Pl.	Bib	Name	Location	Age Group	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	R/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
Co-ed																		
1	0491	DICE	BOISE	ID	C61-90	-	-	18:44.615	6:01.978	23.209	54:54.243	5:31.348	26.670	19:54.491	5:31.348	1:34:28.542	1:34:23.228	5:50.542
2	0489	WATERS		-	C61-90	-	-	19:50.223	6:23.096	21.932	1:02:43.382	6:18.536	22.566	20:50.199	6:18.536	1:44:12.140	1:44:08.302	6:26.756
Men																		
1	0487	MCMULLIN		-	M60-	-	-	13:34.995	4:22.321	26.013	47:08.133	4:44.465	13.052	14:08.755	4:44.465	1:15:32.041	1:15:30.948	4:40.456
2	0490	MCGEE, FANTER		-	M61-90	-	-	14:48.398	4:45.948	25.411	55:43.789	5:36.332	18.852	15:52.118	5:36.332	1:27:10.052	1:27:08.568	5:23.637
3	0488	MILLER MCMULLIN		-	M60-	-	-	15:57.485	5:08.185	22.798	1:03:29.603	6:23.185	14.054	17:23.198	6:23.185	1:37:28.308	1:37:27.138	6:01.925

Overall Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Age Group	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace			
Men																			
1	0301	TRAVIS	T ARMSTRONG	BOISE	ID	M25-29	-	-	12:55.433	4:09.588	51.929	29:22.841	2:37.612	48.284	13:27.157	2:37.612	57:27.663	57:25.644	3:18.044
2	0315	KEITH	FOLSKE	BOISE	ID	M30-34	-	-	13:15.965	4:16.196	29.172	30:49.081	2:45.323	27.861	14:34.670	2:45.323	59:38.325	59:36.749	3:25.579
3	0309	ALEXANDER	CROSS	BOISE	ID	M30-34	-	-	14:03.902	4:31.626	34.381	31:21.931	2:48.260	21.527	14:15.548	2:48.260	1:00:39.008	1:00:37.289	3:29.059
Women																			
1	0308	NICOLE	C BROWN	KETCHUM	ID	F35-39	-	-	16:45.727	5:23.712	47.767	36:02.825	3:13.374	50.589	17:49.839	3:13.374	1:12:20.024	1:12:16.747	4:09.261
2	0326	MARY	E POELL	BOISE	ID	F40-44	-	-	16:46.180	5:23.858	1:10.871	38:28.940	3:26.438	51.169	16:49.968	3:26.438	1:14:11.891	1:14:07.128	4:15.606
3	0318	ANNETTE	HANSON	BOISE	ID	F45-49	-	-	16:36.702	5:20.807	49.113	38:29.352	3:26.475	34.512	17:46.408	3:26.475	1:14:18.584	1:14:16.087	4:16.121

Overall Results, 2003 Hidden Springs Duathlon

Road Course, Teams

Pl.	Bib Name	Location	Age Group	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
Co-ed																	
1	0469 DILLON NAEVE		-	C60-	-	-	17:11.751	5:32.088	20.571	33:57.254	3:02.147	18.269	17:26.320	3:02.147	1:09:18.356	1:09:14.165	3:58.767
2	0304 BAKER	BOISE	ID	C61-90	-	-	15:56.056	5:07.725	28.265	38:18.889	3:25.539	12.053	16:22.772	3:25.539	1:11:20.727	1:11:18.035	4:05.887
3	0466 HALL		-	C61-90	-	-	21:50.525	7:01.817	33.071	29:35.864	2:38.776	29.537	22:37.248	2:38.776	1:15:11.172	1:15:06.245	4:19.004
Men																	
1	0470 HARRINGFELD STO		-	M91+	-	-	16:17.650	5:14.675	29.012	34:04.631	3:02.806	23.134	17:23.718	3:02.806	1:08:43.800	1:08:38.145	3:56.697
2	0467 BUTLER DAVIS		-	M91+	-	-	16:25.294	5:17.135	24.068	35:20.802	3:09.617	21.821	16:27.758	3:09.617	1:09:02.186	1:08:59.743	3:57.938
Women																	
1	0471 BARBER ARMSTRO		-	F60-	-	-	14:57.893	4:49.004	23.089	27:11.920	2:25.907	17.173	15:39.606	2:25.907	58:31.658	58:29.681	3:21.724

Overall Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Age Group	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace			
Men																			
1	0399	MARTY	E LINDGREN	MERIDIAN	ID	M35-39	-	-	8:00.386	6:26.553	41.261	26:50.231	5:23.927	34.784	8:43.687	5:23.927	44:53.784	44:50.349	6:00.808
2	0395	SHANE	A BUNKER	MERIDIAN	ID	M40-44	-	-	7:20.589	5:54.530	33.423	28:26.987	5:43.391	16.507	8:40.907	5:43.391	45:22.893	45:18.413	6:04.572
3	0393	MICHAEL	L BENNETT	BOISE	ID	M50-54	-	-	8:25.641	6:46.875	44.017	29:47.813	5:59.651	45.954	10:50.005	5:59.651	50:38.269	50:33.430	6:46.819
Women																			
1	0402	STEPHANIE	K RUBALCAVA	MERIDIAN	ID	F25-29	-	-	9:32.027	7:40.294	1:28.333	33:54.472	6:49.271	1:02.977	11:15.110	6:49.271	57:17.157	57:12.919	7:40.396
2	0401	TINA	D RICHARDS	HIDDEN SPRINGS	ID	F35-39	-	-	9:38.586	7:45.572	1:16.496	34:50.869	7:00.616	51.371	10:40.108	7:00.616	57:25.218	57:17.430	7:41.001
3	0391	HEATHER	ADAMS	MCCALL	ID	F25-29	-	-	10:40.104	8:35.074	38.395	36:08.824	7:16.298	27.389	11:35.326	7:16.298	59:36.449	59:30.038	7:58.785

Overall Results, 2003 Hidden Springs Duathlon

Short Mountain Course, Teams

Pl.	Bib Name	Location	Age Group	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
Co-ed																	
1	0478 MERRITT		-	C60-	-	-	10:12.991	8:13.257	25.044	26:27.553	5:19.365	22.528	10:34.070	5:19.365	48:07.064	48:02.186	6:26.536
2	0407 MULLINS	BOISE	ID	C61-90	-	-	9:31.813	7:40.122	-	31:49.075	-	26.380	9:19.904	-	51:12.244	51:07.172	6:51.345
3	0477 HUTCHINSON		-	C60-	-	-	9:43.773	7:49.746	27.935	30:01.231	6:02.350	21.795	11:22.650	6:02.350	51:59.670	51:57.384	6:58.079
Men																	
1	0480 ARMSTRONG	BOISE	ID	M60-	-	-	7:03.496	5:40.775	19.858	24:36.156	4:56.955	14.879	7:07.484	4:56.955	39:22.932	39:21.873	5:16.756
2	0476 DEBBAN BOSCHMA		-	M60-	-	-	8:55.861	7:11.192	29.555	36:28.647	7:20.286	17.275	8:22.888	7:20.286	54:39.054	54:34.226	7:19.113
Women																	
1	0479 STUART	BOISE	ID	F61-90	-	-	8:52.088	7:08.156	24.286	26:29.869	5:19.831	20.710	9:10.338	5:19.831	45:19.969	45:17.291	6:04.421

Full Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace	
1	0438	JASON	RIDGWAY	BOISE	ID M 1	M25-29	- -	13:19.147	4:17.220	1:17.898	48:42.004	4:53.907	1:01.682	14:00.262	4:53.907	1:18:23.589	1:18:20.993	4:50.981
2	0439	TODD	ARNDT	BOISE	ID M 2	M30-34	- -	13:15.495	4:16.045	24.713	50:11.555	5:02.914	18.966	14:42.943	5:02.914	1:18:54.930	1:18:53.672	4:53.004
3	0429	JASON	MCCAIN	CALDWELL	ID M 3	M30-34	- -	15:00.357	4:49.797	48.400	47:13.256	4:44.980	29.143	16:14.527	4:44.980	1:19:47.256	1:19:45.683	4:56.223
4	0441	BRAD	TURPEN	BOISE	ID M 4	M25-29	1 -	14:43.480	4:44.365	1:02.542	48:29.770	4:52.676	30.077	15:47.312	4:52.676	1:20:35.156	1:20:33.181	4:59.163
5	0424	JON	GOULD	BOISE	ID M 5	M35-39	1 -	16:28.889	5:18.293	1:30.792	44:53.979	4:30.971	53.612	18:20.935	4:30.971	1:22:14.062	1:22:08.207	5:05.045
6	0443	SCOTT	WHITE	BOISE	ID M 6	M35-39	2 -	16:08.126	5:11.610	1:01.703	46:31.841	4:40.815	44.291	18:09.114	4:40.815	1:22:40.436	1:22:35.075	5:06.708
7	0422	MELISSA	ERICKSON	BOISE	ID F 1	F20-24	- -	18:19.089	5:53.762	33.330	44:49.428	4:30.513	23.591	20:43.972	4:30.513	1:24:51.681	1:24:49.410	5:15.024
8	0434	DWAYNE	SPEEGLE	EAGLE	ID M 7	M35-39	3 -	15:58.634	5:08.554	1:05.109	50:38.877	5:05.662	43.111	19:00.238	5:05.662	1:27:28.791	1:27:25.969	5:24.714
9	0444	DAVE	WEIK	BOISE	ID M 8	M35-39	4 -	16:48.978	5:24.759	1:37.463	51:34.723	5:11.280	1:21.709	18:07.416	5:11.280	1:29:39.369	1:29:30.289	5:32.409
10	0425	LORI	HARVEY	BOISE	ID F 2	F35-39	- -	16:13.391	5:13.304	1:37.638	55:59.879	5:37.950	1:07.489	16:55.316	5:37.950	1:31:57.341	1:31:53.713	5:41.287
11	0436	DIRK	VANDERVOORT	BOISE	ID M 9	M40-44	1 -	16:50.055	5:25.105	1:16.824	55:24.304	5:34.372	1:17.290	17:28.815	5:34.372	1:32:24.958	1:32:17.288	5:42.746
12	0435	AARON	TABOR	BOISE	ID M 10	M30-34	1 -	14:39.566	4:43.105	1:09.228	59:31.647	5:59.251	1:00.340	16:02.181	5:59.251	1:32:25.811	1:32:22.962	5:43.097
13	0442	MALLORY	CLARK	BOISE	ID F 3	F35-39	- -	17:02.433	5:29.089	1:11.557	58:20.287	5:52.073	44.520	17:50.540	5:52.073	1:35:14.418	1:35:09.337	5:53.396
14	0426	MIKE	HARVEY	BOISE	ID M 11	M35-39	5 -	16:18.056	5:14.806	1:44.470	59:05.413	5:56.612	-	21:12.394	5:56.612	1:37:39.484	1:37:35.813	6:02.462
15	0432	JOE	RICHARD	EAGLE	ID M 12	M35-39	6 -	21:41.286	6:58.843	1:40.719	49:23.641	4:58.095	1:53.694	27:21.385	4:58.095	1:42:07.921	1:42:00.725	6:18.860
16	0421	FRANK	BENZING	BOISE	ID M 13	M40-44	2 -	17:00.415	5:28.440	57.411	59:01.572	5:56.225	1:23.943	23:46.423	5:56.225	1:42:17.931	1:42:09.764	6:19.419
17	0437	CRAIG	WALKER	EAGLE	ID M 14	M35-39	7 -	17:28.579	5:37.505	1:15.094	1:00:10.269	6:03.135	1:01.061	22:17.905	6:03.135	1:42:19.653	1:42:12.908	6:19.614
18	0427	KELLY	KATULA	MERIDIAN	ID M 15	M40-44	3 -	18:24.558	5:55.523	48.895	1:03:11.389	6:21.353	23.787	20:12.080	6:21.353	1:43:04.672	1:43:00.709	6:22.573
19	0428	JAMIE	KUBENA	MERIDIAN	ID M 16	M20-24	1 -	18:28.943	5:56.934	1:23.952	1:05:21.309	6:34.421	56.574	21:48.005	6:34.421	1:48:06.184	1:47:58.783	6:41.023
20	0431	BRIAN	RENCHE	BOISE	ID M 17	M50-54	1 -	17:59.039	5:47.309	1:26.582	1:13:01.766	7:20.736	59.907	19:41.031	7:20.736	1:53:11.309	1:53:08.325	7:00.183
21	0430	TY	NELSON	BOISE	ID M 18	M40-44	- 1	19:22.160	6:14.063	1:42.039	1:04:54.419	6:31.716	4:20.738	24:41.646	6:31.716	1:55:07.783	1:55:01.002	7:07.157
22	0440	YANNOTTA	LOUIS	BOISE	ID M 19	M55-59	1 -	22:15.957	7:10.003	2:34.262	1:09:38.985	7:00.339	1:38.344	25:02.214	7:00.339	2:01:16.277	2:01:09.762	7:29.983
-	0423	TRUDI	FRANZEL	MOUNTAIN HOME	ID F -	F35-39	- -	17:10.093	5:31.555	1:50.015	41:40.194	4:11.480	1:48.853	17:10.261	4:11.480	1:19:46.467	1:19:39.416	4:55.836

Full Results, 2003 Hidden Springs Duathlon

Long Mountain Course, Teams

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace
1	0487	MCMULLIN		- M	1 M60-	- -	13:34.995	4:22.321	26.013	47:08.133	4:44.465	13.052	14:08.755	4:44.465	1:15:32.041	1:15:30.948	4:40.456
2	0490	MC GEE, FANTER		- M	2 M61-90	- -	14:48.398	4:45.948	25.411	55:43.789	5:36.332	18.852	15:52.118	5:36.332	1:27:10.052	1:27:08.568	5:23.637
3	0491	DICE	BOISE	ID C	1 C61-90	- -	18:44.615	6:01.978	23.209	54:54.243	5:31.348	26.670	19:54.491	5:31.348	1:34:28.542	1:34:23.228	5:50.542
4	0488	MILLER MCMULLIN		- M	3 M60-	- -	15:57.485	5:08.185	22.798	1:03:29.603	6:23.185	14.054	17:23.198	6:23.185	1:37:28.308	1:37:27.138	6:01.925
5	0489	WATERS		- C	2 C61-90	- -	19:50.223	6:23.096	21.932	1:02:43.382	6:18.536	22.566	20:50.199	6:18.536	1:44:12.140	1:44:08.302	6:26.756

Full Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
1	0301	TRAVIS	ARMSTRONG	BOISE	ID M 1	M25-29	-	-	12:55.433	4:09.588	51.929	29:22.841	2:37.612	48.284	13:27.157	2:37.612	57:27.663	57:25.644	3:18.044
2	0315	KEITH	FOLSKE	BOISE	ID M 2	M30-34	-	-	13:15.965	4:16.196	29.172	30:49.081	2:45.323	27.861	14:34.670	2:45.323	59:38.325	59:36.749	3:25.579
3	0309	ALEXANDER	CROSS	BOISE	ID M 3	M30-34	-	-	14:03.902	4:31.626	34.381	31:21.931	2:48.260	21.527	14:15.548	2:48.260	1:00:39.008	1:00:37.289	3:29.059
4	0330	MARK	SCHOENFELD	BOISE	ID M 4	M30-34	1	-	13:22.034	4:18.150	1:23.873	31:34.217	2:49.358	1:08.415	14:23.723	2:49.358	1:01:53.070	1:01:52.262	3:33.368
5	0324	JEFF	MILLER	STAR	ID M 5	M35-39	1	-	14:32.202	4:40.735	37.382	31:07.167	2:46.940	30.443	15:28.630	2:46.940	1:02:17.355	1:02:15.824	3:34.722
6	0340	KELLY	WILDE	BOISE	ID M 6	M40-44	1	-	14:43.948	4:44.515	42.631	32:35.107	2:54.802	30.732	16:15.888	2:54.802	1:04:49.602	1:04:48.306	3:43.486
7	0333	CHARLES	STEARNS	BOISE	ID M 7	M40-44	2	-	15:03.150	4:50.696	36.624	32:16.489	2:53.138	38.593	16:23.266	2:53.138	1:05:01.478	1:04:58.122	3:44.051
8	0319	ROBERT	HANSON	BOISE	ID M 8	M45-49	1	-	14:52.301	4:47.204	32.648	33:26.261	2:59.376	24.310	16:08.320	2:59.376	1:05:24.956	1:05:23.840	3:45.529
9	0351	TRAVIS	KECIAN	BOISE	ID M 9	M25-29	1	-	15:14.999	4:54.510	38.656	31:48.476	2:50.633	42.082	16:59.471	2:50.633	1:05:28.110	1:05:23.684	3:45.520
10	0353	DAVID	KNOTTS	BOISE	ID M 10	M45-49	2	-	15:13.076	4:53.891	47.753	33:21.196	2:58.923	49.764	16:47.176	2:58.923	1:07:01.385	1:06:58.965	3:50.996
11	0350	TRAVIS	FISHBURN	BOISE	ID M 11	M20-24	1	-	14:53.778	4:47.679	34.617	35:40.317	3:11.361	19.678	16:05.120	3:11.361	1:07:38.908	1:07:33.510	3:52.982
12	0336	BRUCE	TAYLOR	BOISE	ID M 12	M40-44	3	-	16:18.292	5:14.882	37.407	34:09.707	3:03.260	34.735	15:52.905	3:03.260	1:07:39.249	1:07:33.046	3:52.955
13	0313	TOM	ELDER	BOISE	ID M 13	M30-34	2	-	15:03.914	4:50.942	1:04.913	34:23.977	3:04.536	51.212	16:24.455	3:04.536	1:07:50.317	1:07:48.471	3:53.842
14	0321	PAUL	JOZWIK	BOISE	ID M 14	M35-39	2	-	15:43.869	5:03.802	1:02.692	32:10.369	2:52.590	50.860	18:10.619	2:52.590	1:08:00.631	1:07:58.409	3:54.413
15	0311	JEFF	DECKER	BOISE	ID M 15	M45-49	3	-	15:03.632	4:50.851	38.466	35:53.068	3:12.502	27.318	16:16.047	3:12.502	1:08:21.581	1:08:18.531	3:55.570
16	0312	TROY	DRAKE	MERIDIAN	ID M 16	M40-44	4	-	14:43.342	4:44.320	35.955	37:11.610	3:19.524	34.077	16:02.706	3:19.524	1:09:11.094	1:09:07.690	3:58.395
17	0303	DOAK	BAILEY	EAGLE	ID M 17	M35-39	3	-	17:00.230	5:28.380	1:01.745	33:14.616	2:58.335	42.953	17:27.428	2:58.335	1:09:30.072	1:09:26.972	3:59.503
18	0352	MATT	HUBER	BOISE	ID M 18	M25-29	2	-	15:57.201	5:08.093	59.088	35:12.479	3:08.873	-	18:33.126	3:08.873	1:10:03.485	1:09:58.941	4:01.341
19	0338	KLAAS	VANDEN BELD	EAGLE	ID M 19	M35-39	4	-	16:14.575	5:13.685	1:01.090	33:30.839	2:59.785	52.696	18:25.690	2:59.785	1:10:06.483	1:10:04.890	4:01.683
20	0308	NICOLE	BROWN	KETCHUM	ID F 1	F35-39	-	-	16:45.727	5:23.712	47.767	36:02.825	3:13.374	50.589	17:49.839	3:13.374	1:12:20.024	1:12:16.747	4:09.261
21	0337	JIM	THOMSON	EMMETT	ID M 20	M45-49	4	-	17:09.486	5:31.359	1:15.504	34:09.966	3:03.283	57.224	19:10.371	3:03.283	1:12:49.278	1:12:42.551	4:10.744
22	0332	GEOFF	STANDS	BOISE	ID M 21	M30-34	3	-	17:07.043	5:30.573	1:12.937	34:49.926	3:06.856	1:01.764	18:39.519	3:06.856	1:12:53.182	1:12:51.189	4:11.241
23	0343	KENNETH	RUNYAN	BOISE	ID M 22	M55-59	1	-	17:03.479	5:29.426	58.051	36:38.374	3:16.552	39.357	18:14.434	3:16.552	1:13:42.097	1:13:33.695	4:13.684
24	0327	DANIEL	ROST	BOISE	ID M 23	M45-49	5	-	17:08.079	5:30.907	46.723	37:22.574	3:20.504	41.744	17:45.379	3:20.504	1:13:50.547	1:13:44.499	4:14.305
25	0345	DOUGLAS	KNAPP	BOISE	ID M 24	M35-39	-	1	16:41.759	5:22.435	1:03.449	36:14.187	3:14.390	51.528	19:04.313	3:14.390	1:14:01.471	1:13:55.236	4:14.922
26	0320	JARDON	JARAMILLO	BOISE	ID M 25	M20-24	2	-	15:17.613	4:55.351	1:08.675	39:26.410	3:31.576	40.011	17:32.263	3:31.576	1:14:08.709	1:14:04.972	4:15.482
27	0326	MARY	POELL	BOISE	ID F 2	F40-44	-	-	16:46.180	5:23.858	1:10.871	38:28.940	3:26.438	51.169	16:49.968	3:26.438	1:14:11.891	1:14:07.128	4:15.606
28	0329	TULUG	SALAHIFAR	CALDWELL	ID M 26	M25-29	3	-	16:19.955	5:15.417	1:06.970	37:59.014	3:23.762	1:06.327	17:43.053	3:23.762	1:14:18.162	1:14:15.319	4:16.076
29	0318	ANNETTE	HANSON	BOISE	ID F 3	F45-49	-	-	16:36.702	5:20.807	49.113	38:29.352	3:26.475	34.512	17:46.408	3:26.475	1:14:18.584	1:14:16.087	4:16.121
30	0346	BOB	LEIBOWITZ	BOISE	ID M 27	M45-49	6	-	17:05.786	5:30.169	58.419	35:27.991	3:10.259	1:07.336	20:37.315	3:10.259	1:15:20.843	1:15:16.847	4:19.613
31	0344	ROD	MCDOWELL	BOISE	ID M 28	M50-54	1	-	16:54.323	5:26.479	48.791	39:33.916	3:32.247	46.114	17:49.969	3:32.247	1:15:58.936	1:15:53.113	4:21.697
32	0317	BENJAMIN	GREENWOOD	BOISE	ID M 29	M25-29	4	-	16:17.388	5:14.591	52.964	39:25.518	3:31.496	38.474	18:45.417	3:31.496	1:16:01.523	1:15:59.761	4:22.079
33	0310	JIM	CULLUM	BOISE	ID M 30	M35-39	5	-	17:54.256	5:45.769	48.503	38:28.313	3:26.382	48.956	19:01.837	3:26.382	1:17:05.558	1:17:01.865	4:25.649
34	0348	STEVE	MCCORMICK	BOISE	ID M 31	M25-29	5	-	19:11.076	6:10.495	57.890	36:38.315	3:16.547	55.965	20:04.989	3:16.547	1:17:54.112	1:17:48.235	4:28.314
35	0349	TOM	REINHARDT	BOISE	ID M 32	M35-39	6	-	17:15.060	5:33.154	1:30.620	39:11.647	3:30.256	54.755	19:10.692	3:30.256	1:18:08.580	1:18:02.774	4:29.150

Full Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace	
36	0328	HORTENSE	SAGET	BOISE	ID F 4	F20-24	1 -	17:57.267	5:46.739	1:13.109	39:11.207	3:30.217	1:16.168	21:12.949	3:30.217	1:20:52.369	1:20:50.700	4:38.802
37	0307	KENNY	BRAMWELL	HIDDEN SPRINGS	ID M 33	M35-39	7 -	9:40.753	3:06.926	1:52.204	39:14.080	3:30.474	2:00.842	28:16.028	3:30.474	1:21:11.519	1:21:03.907	4:39.561
38	0347	MACK	LYONS	BOISE	ID M 34	M45-49	7 -	17:02.646	5:29.158	1:08.058	39:27.456	3:31.670	1:30.494	22:46.894	3:31.670	1:22:01.147	1:21:55.548	4:42.529
39	0339	SHANNON	VAUGHN	BOISE	ID F 5	F30-34	- 1	18:24.148	5:55.391	1:13.531	43:49.922	3:55.136	1:00.241	18:44.003	3:55.136	1:23:11.845	1:23:11.845	4:46.914
40	0354	BRYAN	LUDWIG	BOISE	ID M 35	M35-39	- 2	18:05.819	5:49.491	3:57.033	38:33.814	3:26.873	-	25:28.729	3:26.873	1:25:14.595	1:25:05.154	4:53.427
41	0306	DOTTIE	BLEDSON	BOISE	ID F 6	F25-29	1 -	18:37.133	5:59.570	1:27.806	41:51.813	3:44.576	1:54.444	21:19.097	3:44.576	1:25:14.685	1:25:10.293	4:53.722
42	0325	DANIELLE	NEGREIFF	BOISE	ID F 7	F25-29	2 -	18:36.938	5:59.507	1:31.457	42:21.747	3:47.253	1:20.583	21:19.511	3:47.253	1:25:14.888	1:25:10.236	4:53.719
43	0316	DONNA	GOODWIN	EAGLE	ID F 8	F35-39	1 -	18:56.374	6:05.763	1:22.056	43:24.977	3:52.906	1:15.702	20:21.351	3:52.906	1:25:25.568	1:25:20.460	4:54.306
44	0342	TOM	WILMOT	EAGLE	ID M 36	M35-39	8 -	16:50.291	5:25.181	1:25.180	46:46.363	4:10.911	1:55.659	20:30.782	4:10.911	1:27:34.186	1:27:28.275	5:01.653
45	0305	MARION	BENZING	BOISE	ID F 9	F35-39	2 -	21:06.467	6:47.636	51.992	41:51.409	3:44.540	40.743	23:16.852	3:44.540	1:27:52.588	1:27:47.463	5:02.756
46	0355	MATT	MURPHY	BOISE	ID M 37	M16-19	1 -	18:07.029	5:49.881	46.491	44:24.059	3:58.188	39.664	25:25.673	3:58.188	1:29:32.201	1:29:22.916	5:08.242
47	0341	ROBERT	WILKIN	NAMPA	ID M 38	M40-44	5 -	18:28.240	5:56.708	1:31.081	46:10.166	4:07.675	1:26.936	22:05.554	4:07.675	1:29:45.105	1:29:41.977	5:09.338
48	0314	RANDY	EWINS	BOISE	ID M 39	M50-54	2 -	19:16.656	6:12.291	1:42.759	44:52.715	4:00.750	1:41.477	25:22.558	4:00.750	1:32:58.818	1:32:56.165	5:20.499
49	0335	KATHY	TALLEY	MERIDIAN	ID F 10	F45-49	1 -	22:47.699	7:20.220	1:25.813	43:10.470	3:51.609	1:17.008	25:25.563	3:51.609	1:34:13.817	1:34:06.553	5:24.545
50	0322	ERIN	KUBENA	MERIDIAN	ID F 11	F25-29	3 -	22:38.320	7:17.201	1:33.352	48:10.066	4:18.395	1:48.928	24:40.501	4:18.395	1:38:57.831	1:38:51.167	5:40.903
51	0323	DEE	LAMOTT	BOISE	ID F 12	F60+	1 -	23:23.659	7:31.794	1:31.573	52:33.838	4:41.978	1:20.735	25:00.024	4:41.978	1:43:55.605	1:43:49.829	5:58.069

Full Results, 2003 Hidden Springs Duathlon

Road Course, Teams

Pl.	Bib Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace
1	0471 BARBER ARMSTR		- F	1 F60-	- -	14:57.893	4:49.004	23.089	27:11.920	2:25.907	17.173	15:39.606	2:25.907	58:31.658	58:29.681	3:21.724
2	0470 HARRINGFELD ST		- M	1 M91+	- -	16:17.650	5:14.675	29.012	34:04.631	3:02.806	23.134	17:23.718	3:02.806	1:08:43.800	1:08:38.145	3:56.697
3	0467 BUTLER DAVIS		- M	2 M91+	- -	16:25.294	5:17.135	24.068	35:20.802	3:09.617	21.821	16:27.758	3:09.617	1:09:02.186	1:08:59.743	3:57.938
4	0469 DILLON NAEVE		- C	1 C60-	- -	17:11.751	5:32.088	20.571	33:57.254	3:02.147	18.269	17:26.320	3:02.147	1:09:18.356	1:09:14.165	3:58.767
5	0304 BAKER	BOISE	ID C	2 C61-90	- -	15:56.056	5:07.725	28.265	38:18.889	3:25.539	12.053	16:22.772	3:25.539	1:11:20.727	1:11:18.035	4:05.887
6	0466 HALL		- C	3 C61-90	- -	21:50.525	7:01.817	33.071	29:35.864	2:38.776	29.537	22:37.248	2:38.776	1:15:11.172	1:15:06.245	4:19.004
7	0468 NEWBERRY RICKE		- C	4 C60-	1 -	19:05.573	6:08.724	22.449	39:15.805	3:30.628	22.661	19:09.212	3:30.628	1:18:20.722	1:18:15.700	4:29.893
8	0473 OLSON	BOISE	ID C	5 C91+	1 -	20:30.599	6:36.091	57.475	42:32.447	3:48.209	23.497	17:53.908	3:48.209	1:22:20.021	1:22:17.926	4:43.815
9	0472 SAMS	BOISE	ID C	6 C61-90	1 -	18:53.633	6:04.881	33.663	47:37.807	4:15.511	18.266	20:08.473	4:15.511	1:27:35.823	1:27:31.842	5:01.858

Full Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace	
1	0399	MARTY	LINDGREN	MERIDIAN	ID M 1	M35-39	- -	8:00.386	6:26.553	41.261	26:50.231	5:23.927	34.784	8:43.687	5:23.927	44:53.784	44:50.349	6:00.808
2	0395	SHANE	BUNKER	MERIDIAN	ID M 2	M40-44	- -	7:20.589	5:54.530	33.423	28:26.987	5:43.391	16.507	8:40.907	5:43.391	45:22.893	45:18.413	6:04.572
3	0393	MICHAEL	BENNETT	BOISE	ID M 3	M50-54	- -	8:25.641	6:46.875	44.017	29:47.813	5:59.651	45.954	10:50.005	5:59.651	50:38.269	50:33.430	6:46.819
4	0406	TODD	DEHLIN	BOISE	ID M 4	M30-34	- 1	10:12.948	8:13.222	1:29.887	27:31.554	5:32.240	1:15.886	12:29.049	5:32.240	53:05.324	52:59.324	7:06.386
5	0397	DYLAN	JONES	BOISE	ID M 5	M15-	1 -	8:29.589	6:50.052	41.287	36:15.234	7:17.587	29.904	9:05.699	7:17.587	55:04.764	55:01.713	7:22.799
6	0405	BOB	MCLAUGHLIN	BOISE	ID M 6	M40-44	1 -	9:30.962	7:39.437	2:15.108	31:08.252	6:15.833	1:14.630	10:59.028	6:15.833	55:11.185	55:07.980	7:23.640
7	0398	STEVEN	LEUTNER	MNT HOME	ID M 7	M25-29	1 -	8:11.885	6:35.806	1:29.736	35:28.357	7:08.157	1:11.910	10:40.898	7:08.157	57:09.697	57:02.786	7:39.037
8	0402	STEPHANIE	RUBALCAVA	MERIDIAN	ID F 1	F25-29	- -	9:32.027	7:40.294	1:28.333	33:54.472	6:49.271	1:02.977	11:15.110	6:49.271	57:17.157	57:12.919	7:40.396
9	0401	TINA	RICHARDS	HIDDEN SPRINGS	ID F 2	F35-39	- -	9:38.586	7:45.572	1:16.496	34:50.869	7:00.616	51.371	10:40.108	7:00.616	57:25.218	57:17.430	7:41.001
10	0404	HAYDEN	RICHARDS	BOISE	ID M 8	M15-	2 -	9:30.916	7:39.400	52.165	35:20.870	7:06.651	1:43.399	11:25.236	7:06.651	59:00.452	58:52.586	7:53.762
11	0391	HEATHER	ADAMS	MCCALL	ID F 3	F25-29	- -	10:40.104	8:35.074	38.395	36:08.824	7:16.298	27.389	11:35.326	7:16.298	59:36.449	59:30.038	7:58.785
12	0400	DIANE	MCGARVEY	BOISE	ID F 4	F50-54	1 -	10:33.308	8:29.605	1:28.355	45:16.108	9:06.394	1:15.047	11:08.779	9:06.394	1:09:47.108	1:09:41.597	9:20.802
13	0403	ALEX	UNGER	BOISE	ID M 9	M15-	3 -	10:22.129	8:20.610	37.012	-	-	52:15.637	12:05.429	-	1:15:26.477	1:15:20.207	10:06.214
14	0392	DONALD	BENSON	BOISE	ID M 10	M40-44	2 -	10:24.629	8:22.621	1:20.198	1:00:00.959	12:04.398	52.508	12:22.620	12:04.398	1:25:04.482	1:25:00.914	11:24.094
-	0331	REED	SHELL	BOISE	ID M -	M40-44	- -	8:46.077	7:03.319	51.606	11:33.966	2:19.604	1:29.182	10:29.952	2:19.604	33:19.084	33:10.783	4:26.988
-	0408	ANDREW	MENTZER	BOISE	ID M -	M20-24	- -	7:06.014	5:42.802	44.200	-	-	24:45.964	8:45.500	-	41:28.073	41:21.678	5:32.823
-	0394	BILL	BRUDENELL	BOISE	ID M -	M55-59	- -	9:39.548	7:46.346	2:18.415	8:58.393	1:48.307	1:47.182	10:44.478	1:48.307	33:32.249	33:28.016	4:29.299

Full Results, 2003 Hidden Springs Duathlon

Short Mountain Course, Teams

Pl.	Bib Name	Location	Gender	Age Group	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace
1	0480 ARMSTRONG	BOISE	ID M 1	M60-	- -	7:03.496	5:40.775	19.858	24:36.156	4:56.955	14.879	7:07.484	4:56.955	39:22.932	39:21.873	5:16.756
2	0479 STUART	BOISE	ID F 1	F61-90	- -	8:52.088	7:08.156	24.286	26:29.869	5:19.831	20.710	9:10.338	5:19.831	45:19.969	45:17.291	6:04.421
3	0478 MERRITT		- C 1	C60-	- -	10:12.991	8:13.257	25.044	26:27.553	5:19.365	22.528	10:34.070	5:19.365	48:07.064	48:02.186	6:26.536
4	0407 MULLINS	BOISE	ID C 2	C61-90	- -	9:31.813	7:40.122	-	31:49.075	-	26.380	9:19.904	-	51:12.244	51:07.172	6:51.345
5	0477 HUTCHINSON		- C 3	C60-	- -	9:43.773	7:49.746	27.935	30:01.231	6:02.350	21.795	11:22.650	6:02.350	51:59.670	51:57.384	6:58.079
6	0476 DEBBAN BOSCHM		- M 2	M60-	- -	8:55.861	7:11.192	29.555	36:28.647	7:20.286	17.275	8:22.888	7:20.286	54:39.054	54:34.226	7:19.113

Full Results, 2003 Hidden Springs Duathlon, by Name

Long Mountain Course

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace	
2	0439	TODD	ARNDT	BOISE	ID M 2	M30-34	- -	13:15.495	4:16.045	24.713	50:11.555	5:02.914	18.966	14:42.943	5:02.914	1:18:54.930	1:18:53.672	4:53.004
16	0421	FRANK	BENZING	BOISE	ID M 13	M40-44	2 -	17:00.415	5:28.440	57.411	59:01.572	5:56.225	1:23.943	23:46.423	5:56.225	1:42:17.931	1:42:09.764	6:19.419
13	0442	MALLORY	CLARK	BOISE	ID F 3	F35-39	- -	17:02.433	5:29.089	1:11.557	58:20.287	5:52.073	44.520	17:50.540	5:52.073	1:35:14.418	1:35:09.337	5:53.396
7	0422	MELISSA	ERICKSON	BOISE	ID F 1	F20-24	- -	18:19.089	5:53.762	33.330	44:49.428	4:30.513	23.591	20:43.972	4:30.513	1:24:51.681	1:24:49.410	5:15.024
-	0423	TRUDI	FRANZEL	MOUNTAIN HOME	ID F -	F35-39	- -	17:10.093	5:31.555	1:50.015	41:40.194	4:11.480	1:48.853	17:10.261	4:11.480	1:19:46.467	1:19:39.416	4:55.836
5	0424	JON	GOULD	BOISE	ID M 5	M35-39	1 -	16:28.889	5:18.293	1:30.792	44:53.979	4:30.971	53.612	18:20.935	4:30.971	1:22:14.062	1:22:08.207	5:05.045
10	0425	LORI	HARVEY	BOISE	ID F 2	F35-39	- -	16:13.391	5:13.304	1:37.638	55:59.879	5:37.950	1:07.489	16:55.316	5:37.950	1:31:57.341	1:31:53.713	5:41.287
14	0426	MIKE	HARVEY	BOISE	ID M 11	M35-39	5 -	16:18.056	5:14.806	1:44.470	59:05.413	5:56.612	-	21:12.394	5:56.612	1:37:39.484	1:37:35.813	6:02.462
18	0427	KELLY	KATULA	MERIDIAN	ID M 15	M40-44	3 -	18:24.558	5:55.523	48.895	1:03:11.389	6:21.353	23.787	20:12.080	6:21.353	1:43:04.672	1:43:00.709	6:22.573
19	0428	JAMIE	KUBENA	MERIDIAN	ID M 16	M20-24	1 -	18:28.943	5:56.934	1:23.952	1:05:21.309	6:34.421	56.574	21:48.005	6:34.421	1:48:06.184	1:47:58.783	6:41.023
22	0440	YANNOTTA	LOUIS	BOISE	ID M 19	M55-59	1 -	22:15.957	7:10.003	2:34.262	1:09:38.985	7:00.339	1:38.344	25:02.214	7:00.339	2:01:16.277	2:01:09.762	7:29.983
3	0429	JASON	MCCAIN	CALDWELL	ID M 3	M30-34	- -	15:00.357	4:49.797	48.400	47:13.256	4:44.980	29.143	16:14.527	4:44.980	1:19:47.256	1:19:45.683	4:56.223
21	0430	TY	NELSON	BOISE	ID M 18	M40-44	- 1	19:22.160	6:14.063	1:42.039	1:04:54.419	6:31.716	4:20.738	24:41.646	6:31.716	1:55:07.783	1:55:01.002	7:07.157
20	0431	BRIAN	RENCHER	BOISE	ID M 17	M50-54	1 -	17:59.039	5:47.309	1:26.582	1:13:01.766	7:20.736	59.907	19:41.031	7:20.736	1:53:11.309	1:53:08.325	7:00.183
15	0432	JOE	RICHARD	EAGLE	ID M 12	M35-39	6 -	21:41.286	6:58.843	1:40.719	49:23.641	4:58.095	1:53.694	27:21.385	4:58.095	1:42:07.921	1:42:00.725	6:18.860
1	0438	JASON	RIDGWAY	BOISE	ID M 1	M25-29	- -	13:19.147	4:17.220	1:17.898	48:42.004	4:53.907	1:01.682	14:00.262	4:53.907	1:18:23.589	1:18:20.993	4:50.981
8	0434	DWAYNE	SPEEGLE	EAGLE	ID M 7	M35-39	3 -	15:58.634	5:08.554	1:05.109	50:38.877	5:05.662	43.111	19:00.238	5:05.662	1:27:28.791	1:27:25.969	5:24.714
12	0435	AARON	TABOR	BOISE	ID M 10	M30-34	1 -	14:39.566	4:43.105	1:09.228	59:31.647	5:59.251	1:00.340	16:02.181	5:59.251	1:32:25.811	1:32:22.962	5:43.097
4	0441	BRAD	TURPEN	BOISE	ID M 4	M25-29	1 -	14:43.480	4:44.365	1:02.542	48:29.770	4:52.676	30.077	15:47.312	4:52.676	1:20:35.156	1:20:33.181	4:59.163
11	0436	DIRK	VANDERVOORT	BOISE	ID M 9	M40-44	1 -	16:50.055	5:25.105	1:16.824	55:24.304	5:34.372	1:17.290	17:28.815	5:34.372	1:32:24.958	1:32:17.288	5:42.746
17	0437	CRAIG	WALKER	EAGLE	ID M 14	M35-39	7 -	17:28.579	5:37.505	1:15.094	1:00:10.269	6:03.135	1:01.061	22:17.905	6:03.135	1:42:19.653	1:42:12.908	6:19.614
9	0444	DAVE	WEIK	BOISE	ID M 8	M35-39	4 -	16:48.978	5:24.759	1:37.463	51:34.723	5:11.280	1:21.709	18:07.416	5:11.280	1:29:39.369	1:29:30.289	5:32.409
6	0443	SCOTT	WHITE	BOISE	ID M 6	M35-39	2 -	16:08.126	5:11.610	1:01.703	46:31.841	4:40.815	44.291	18:09.114	4:40.815	1:22:40.436	1:22:35.075	5:06.708

Full Results, 2003 Hidden Springs Duathlon, by Name

Long Mountain Course, Teams

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
3	0491	DICE	BOISE	ID C	1	C61-90	-	-	18:44.615	6:01.978	23.209	54:54.243	5:31.348	26.670	19:54.491	5:31.348	1:34:28.542	1:34:23.228	5:50.542
2	0490	MC GEE, FANTER		- M	2	M61-90	-	-	14:48.398	4:45.948	25.411	55:43.789	5:36.332	18.852	15:52.118	5:36.332	1:27:10.052	1:27:08.568	5:23.637
1	0487	MCMULLIN		- M	1	M60-	-	-	13:34.995	4:22.321	26.013	47:08.133	4:44.465	13.052	14:08.755	4:44.465	1:15:32.041	1:15:30.948	4:40.456
4	0488	MILLER MCMULLI		- M	3	M60-	-	-	15:57.485	5:08.185	22.798	1:03:29.603	6:23.185	14.054	17:23.198	6:23.185	1:37:28.308	1:37:27.138	6:01.925
5	0489	WATERS		- C	2	C61-90	-	-	19:50.223	6:23.096	21.932	1:02:43.382	6:18.536	22.566	20:50.199	6:18.536	1:44:12.140	1:44:08.302	6:26.756

Full Results, 2003 Hidden Springs Duathlon, by Name

Road Course

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
1	0301	TRAVIS	ARMSTRONG	BOISE	ID M 1	M25-29	-	-	12:55.433	4:09.588	51.929	29:22.841	2:37.612	48.284	13:27.157	2:37.612	57:27.663	57:25.644	3:18.044
17	0303	DOAK	BAILEY	EAGLE	ID M 17	M35-39	3	-	17:00.230	5:28.380	1:01.745	33:14.616	2:58.335	42.953	17:27.428	2:58.335	1:09:30.072	1:09:26.972	3:59.503
45	0305	MARION	BENZING	BOISE	ID F 9	F35-39	2	-	21:06.467	6:47.636	51.992	41:51.409	3:44.540	40.743	23:16.852	3:44.540	1:27:52.588	1:27:47.463	5:02.756
41	0306	DOTTIE	BLEDSE	BOISE	ID F 6	F25-29	1	-	18:37.133	5:59.570	1:27.806	41:51.813	3:44.576	1:54.444	21:19.097	3:44.576	1:25:14.685	1:25:10.293	4:53.722
37	0307	KENNY	BRAMWELL	HIDDEN SPRINGS	ID M 33	M35-39	7	-	9:40.753	3:06.926	1:52.204	39:14.080	3:30.474	2:00.842	28:16.028	3:30.474	1:21:11.519	1:21:03.907	4:39.561
20	0308	NICOLE	BROWN	KETCHUM	ID F 1	F35-39	-	-	16:45.727	5:23.712	47.767	36:02.825	3:13.374	50.589	17:49.839	3:13.374	1:12:20.024	1:12:16.747	4:09.261
3	0309	ALEXANDER	CROSS	BOISE	ID M 3	M30-34	-	-	14:03.902	4:31.626	34.381	31:21.931	2:48.260	21.527	14:15.548	2:48.260	1:00:39.008	1:00:37.289	3:29.059
33	0310	JIM	CULLUM	BOISE	ID M 30	M35-39	5	-	17:54.256	5:45.769	48.503	38:28.313	3:26.382	48.956	19:01.837	3:26.382	1:17:05.558	1:17:01.865	4:25.649
15	0311	JEFF	DECKER	BOISE	ID M 15	M45-49	3	-	15:03.632	4:50.851	38.466	35:53.068	3:12.502	27.318	16:16.047	3:12.502	1:08:21.581	1:08:18.531	3:55.570
16	0312	TROY	DRAKE	MERIDIAN	ID M 16	M40-44	4	-	14:43.342	4:44.320	35.955	37:11.610	3:19.524	34.077	16:02.706	3:19.524	1:09:11.094	1:09:07.690	3:58.395
13	0313	TOM	ELDER	BOISE	ID M 13	M30-34	2	-	15:03.914	4:50.942	1:04.913	34:23.977	3:04.536	51.212	16:24.455	3:04.536	1:07:50.317	1:07:48.471	3:53.842
48	0314	RANDY	EWINS	BOISE	ID M 39	M50-54	2	-	19:16.656	6:12.291	1:42.759	44:52.715	4:00.750	1:41.477	25:22.558	4:00.750	1:32:58.818	1:32:56.165	5:20.499
11	0350	TRAVIS	FISHBURN	BOISE	ID M 11	M20-24	1	-	14:53.778	4:47.679	34.617	35:40.317	3:11.361	19.678	16:05.120	3:11.361	1:07:38.908	1:07:33.510	3:52.982
2	0315	KEITH	FOLSKE	BOISE	ID M 2	M30-34	-	-	13:15.965	4:16.196	29.172	30:49.081	2:45.323	27.861	14:34.670	2:45.323	59:38.325	59:36.749	3:25.579
43	0316	DONNA	GOODWIN	EAGLE	ID F 8	F35-39	1	-	18:56.374	6:05.763	1:22.056	43:24.977	3:52.906	1:15.702	20:21.351	3:52.906	1:25:25.568	1:25:20.460	4:54.306
32	0317	BENJAMIN	GREENWOOD	BOISE	ID M 29	M25-29	4	-	16:17.388	5:14.591	52.964	39:25.518	3:31.496	38.474	18:45.417	3:31.496	1:16:01.523	1:15:59.761	4:22.079
29	0318	ANNETTE	HANSON	BOISE	ID F 3	F45-49	-	-	16:36.702	5:20.807	49.113	38:29.352	3:26.475	34.512	17:46.408	3:26.475	1:14:18.584	1:14:16.087	4:16.121
8	0319	ROBERT	HANSON	BOISE	ID M 8	M45-49	1	-	14:52.301	4:47.204	32.648	33:26.261	2:59.376	24.310	16:08.320	2:59.376	1:05:24.956	1:05:23.840	3:45.529
18	0352	MATT	HUBER	BOISE	ID M 18	M25-29	2	-	15:57.201	5:08.093	59.088	35:12.479	3:08.873	-	18:33.126	3:08.873	1:10:03.485	1:09:58.941	4:01.341
26	0320	JARDON	JARAMILLO	BOISE	ID M 25	M20-24	2	-	15:17.613	4:55.351	1:08.675	39:26.410	3:31.576	40.011	17:32.263	3:31.576	1:14:08.709	1:14:04.972	4:15.482
14	0321	PAUL	JOZWIK	BOISE	ID M 14	M35-39	2	-	15:43.869	5:03.802	1:02.692	32:10.369	2:52.590	50.860	18:10.619	2:52.590	1:08:00.631	1:07:58.409	3:54.413
9	0351	TRAVIS	KECIAN	BOISE	ID M 9	M25-29	1	-	15:14.999	4:54.510	38.656	31:48.476	2:50.633	42.082	16:59.471	2:50.633	1:05:28.110	1:05:23.684	3:45.520
25	0345	DOUGLAS	KNAPP	BOISE	ID M 24	M35-39	-	1	16:41.759	5:22.435	1:03.449	36:14.187	3:14.390	51.528	19:04.313	3:14.390	1:14:01.471	1:13:55.236	4:14.922
10	0353	DAVID	KNOTTS	BOISE	ID M 10	M45-49	2	-	15:13.076	4:53.891	47.753	33:21.196	2:58.923	49.764	16:47.176	2:58.923	1:07:01.385	1:06:58.965	3:50.996
50	0322	ERIN	KUBENA	MERIDIAN	ID F 11	F25-29	3	-	22:38.320	7:17.201	1:33.352	48:10.066	4:18.395	1:48.928	24:40.501	4:18.395	1:38:57.831	1:38:51.167	5:40.903
51	0323	DEE	LAMOTT	BOISE	ID F 12	F60+	1	-	23:23.659	7:31.794	1:31.573	52:33.838	4:41.978	1:20.735	25:00.024	4:41.978	1:43:55.605	1:43:49.829	5:58.069
30	0346	BOB	LEIBOWITZ	BOISE	ID M 27	M45-49	6	-	17:05.786	5:30.169	58.419	35:27.991	3:10.259	1:07.336	20:37.315	3:10.259	1:15:20.843	1:15:16.847	4:19.613
40	0354	BRYAN	LUDWIG	BOISE	ID M 35	M35-39	-	2	18:05.819	5:49.491	3:57.033	38:33.814	3:26.873	-	25:28.729	3:26.873	1:25:14.595	1:25:05.154	4:53.427
38	0347	MACK	LYONS	BOISE	ID M 34	M45-49	7	-	17:02.646	5:29.158	1:08.058	39:27.456	3:31.670	1:30.494	22:46.894	3:31.670	1:22:01.147	1:21:55.548	4:42.529
34	0348	STEVE	MCCORMICK	BOISE	ID M 31	M25-29	5	-	19:11.076	6:10.495	57.890	36:38.315	3:16.547	55.965	20:04.989	3:16.547	1:17:54.112	1:17:48.235	4:28.314
31	0344	ROD	MCDOWELL	BOISE	ID M 28	M50-54	1	-	16:54.323	5:26.479	48.791	39:33.916	3:32.247	46.114	17:49.969	3:32.247	1:15:58.936	1:15:53.113	4:21.697
5	0324	JEFF	MILLER	STAR	ID M 5	M35-39	1	-	14:32.202	4:40.735	37.382	31:07.167	2:46.940	30.443	15:28.630	2:46.940	1:02:17.355	1:02:15.824	3:34.722
46	0355	MATT	MURPHY	BOISE	ID M 37	M16-19	1	-	18:07.029	5:49.881	46.491	44:24.059	3:58.188	39.664	25:25.673	3:58.188	1:29:32.201	1:29:22.916	5:08.242
42	0325	DANIELLE	NEGRIFF	BOISE	ID F 7	F25-29	2	-	18:36.938	5:59.507	1:31.457	42:21.747	3:47.253	1:20.583	21:19.511	3:47.253	1:25:14.888	1:25:10.236	4:53.719
27	0326	MARY	POELL	BOISE	ID F 2	F40-44	-	-	16:46.180	5:23.858	1:10.871	38:28.940	3:26.438	51.169	16:49.968	3:26.438	1:14:11.891	1:14:07.128	4:15.606

Full Results, 2003 Hidden Springs Duathlon, by Name

Road Course

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace
35	0349	TOM	REINHARDT	BOISE	ID M 32	M35-39 6 -	17:15.060	5:33.154	1:30.620	39:11.647	3:30.256	54.755	19:10.692	3:30.256	1:18:08.580	1:18:02.774	4:29.150
24	0327	DANIEL	ROST	BOISE	ID M 23	M45-49 5 -	17:08.079	5:30.907	46.723	37:22.574	3:20.504	41.744	17:45.379	3:20.504	1:13:50.547	1:13:44.499	4:14.305
23	0343	KENNETH	RUNYAN	BOISE	ID M 22	M55-59 1 -	17:03.479	5:29.426	58.051	36:38.374	3:16.552	39.357	18:14.434	3:16.552	1:13:42.097	1:13:33.695	4:13.684
36	0328	HORTENSE	SAGET	BOISE	ID F 4	F20-24 1 -	17:57.267	5:46.739	1:13.109	39:11.207	3:30.217	1:16.168	21:12.949	3:30.217	1:20:52.369	1:20:50.700	4:38.802
28	0329	TULUG	SALAHIFAR	CALDWELL	ID M 26	M25-29 3 -	16:19.955	5:15.417	1:06.970	37:59.014	3:23.762	1:06.327	17:43.053	3:23.762	1:14:18.162	1:14:15.319	4:16.076
4	0330	MARK	SCHOENFELD	BOISE	ID M 4	M30-34 1 -	13:22.034	4:18.150	1:23.873	31:34.217	2:49.358	1:08.415	14:23.723	2:49.358	1:01:53.070	1:01:52.262	3:33.368
22	0332	GEOFF	STANDS	BOISE	ID M 21	M30-34 3 -	17:07.043	5:30.573	1:12.937	34:49.926	3:06.856	1:01.764	18:39.519	3:06.856	1:12:53.182	1:12:51.189	4:11.241
7	0333	CHARLES	STEARNS	BOISE	ID M 7	M40-44 2 -	15:03.150	4:50.696	36.624	32:16.489	2:53.138	38.593	16:23.266	2:53.138	1:05:01.478	1:04:58.122	3:44.051
49	0335	KATHY	TALLEY	MERIDIAN	ID F 10	F45-49 1 -	22:47.699	7:20.220	1:25.813	43:10.470	3:51.609	1:17.008	25:25.563	3:51.609	1:34:13.817	1:34:06.553	5:24.545
12	0336	BRUCE	TAYLOR	BOISE	ID M 12	M40-44 3 -	16:18.292	5:14.882	37.407	34:09.707	3:03.260	34.735	15:52.905	3:03.260	1:07:39.249	1:07:33.046	3:52.955
21	0337	JIM	THOMSON	EMMETT	ID M 20	M45-49 4 -	17:09.486	5:31.359	1:15.504	34:09.966	3:03.283	57.224	19:10.371	3:03.283	1:12:49.278	1:12:42.551	4:10.744
19	0338	KLAAS	VANDEN BELD	EAGLE	ID M 19	M35-39 4 -	16:14.575	5:13.685	1:01.090	33:30.839	2:59.785	52.696	18:25.690	2:59.785	1:10:06.483	1:10:04.890	4:01.683
39	0339	SHANNON	VAUGHN	BOISE	ID F 5	F30-34 - 1	18:24.148	5:55.391	1:13.531	43:49.922	3:55.136	1:00.241	18:44.003	3:55.136	1:23:11.845	1:23:11.845	4:46.914
6	0340	KELLY	WILDE	BOISE	ID M 6	M40-44 1 -	14:43.948	4:44.515	42.631	32:35.107	2:54.802	30.732	16:15.888	2:54.802	1:04:49.602	1:04:48.306	3:43.486
47	0341	ROBERT	WILKIN	NAMPA	ID M 38	M40-44 5 -	18:28.240	5:56.708	1:31.081	46:10.166	4:07.675	1:26.936	22:05.554	4:07.675	1:29:45.105	1:29:41.977	5:09.338
44	0342	TOM	WILMOT	EAGLE	ID M 36	M35-39 8 -	16:50.291	5:25.181	1:25.180	46:46.363	4:10.911	1:55.659	20:30.782	4:10.911	1:27:34.186	1:27:28.275	5:01.653

Full Results, 2003 Hidden Springs Duathlon, by Name

Road Course, Teams

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace	
5	0304	BAKER	BOISE	ID C	2	C61-90	- -	15:56.056	5:07.725	28.265	38:18.889	3:25.539	12.053	16:22.772	3:25.539	1:11:20.727	1:11:18.035	4:05.887
1	0471	BARBER ARMSTR		- F	1	F60-	- -	14:57.893	4:49.004	23.089	27:11.920	2:25.907	17.173	15:39.606	2:25.907	58:31.658	58:29.681	3:21.724
3	0467	BUTLER DAVIS		- M	2	M91+	- -	16:25.294	5:17.135	24.068	35:20.802	3:09.617	21.821	16:27.758	3:09.617	1:09:02.186	1:08:59.743	3:57.938
4	0469	DILLON NAEVE		- C	1	C60-	- -	17:11.751	5:32.088	20.571	33:57.254	3:02.147	18.269	17:26.320	3:02.147	1:09:18.356	1:09:14.165	3:58.767
6	0466	HALL		- C	3	C61-90	- -	21:50.525	7:01.817	33.071	29:35.864	2:38.776	29.537	22:37.248	2:38.776	1:15:11.172	1:15:06.245	4:19.004
2	0470	HARRINGFELD ST		- M	1	M91+	- -	16:17.650	5:14.675	29.012	34:04.631	3:02.806	23.134	17:23.718	3:02.806	1:08:43.800	1:08:38.145	3:56.697
7	0468	NEWBERRY RICK		- C	4	C60-	1 -	19:05.573	6:08.724	22.449	39:15.805	3:30.628	22.661	19:09.212	3:30.628	1:18:20.722	1:18:15.700	4:29.893
8	0473	OLSON	BOISE	ID C	5	C91+	1 -	20:30.599	6:36.091	57.475	42:32.447	3:48.209	23.497	17:53.908	3:48.209	1:22:20.021	1:22:17.926	4:43.815
9	0472	SAMS	BOISE	ID C	6	C61-90	1 -	18:53.633	6:04.881	33.663	47:37.807	4:15.511	18.266	20:08.473	4:15.511	1:27:35.823	1:27:31.842	5:01.858

Full Results, 2003 Hidden Springs Duathlon, by Name

Short Mountain Course

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
11	0391	HEATHER	ADAMS	MCCALL	ID F 3	F25-29	-	-	10:40.104	8:35.074	38.395	36:08.824	7:16.298	27.389	11:35.326	7:16.298	59:36.449	59:30.038	7:58.785
3	0393	MICHAEL	BENNETT	BOISE	ID M 3	M50-54	-	-	8:25.641	6:46.875	44.017	29:47.813	5:59.651	45.954	10:50.005	5:59.651	50:38.269	50:33.430	6:46.819
14	0392	DONALD	BENSON	BOISE	ID M 10	M40-44	2	-	10:24.629	8:22.621	1:20.198	1:00:00.959	12:04.398	52.508	12:22.620	12:04.398	1:25:04.482	1:25:00.914	11:24.094
-	0394	BILL	BRUDENELL	BOISE	ID M -	M55-59	-	-	9:39.548	7:46.346	2:18.415	8:58.393	1:48.307	1:47.182	10:44.478	1:48.307	33:32.249	33:28.016	4:29.299
2	0395	SHANE	BUNKER	MERIDIAN	ID M 2	M40-44	-	-	7:20.589	5:54.530	33.423	28:26.987	5:43.391	16.507	8:40.907	5:43.391	45:22.893	45:18.413	6:04.572
4	0406	TODD	DEHLIN	BOISE	ID M 4	M30-34	-	1	10:12.948	8:13.222	1:29.887	27:31.554	5:32.240	1:15.886	12:29.049	5:32.240	53:05.324	52:59.324	7:06.386
5	0397	DYLAN	JONES	BOISE	ID M 5	M15-	1	-	8:29.589	6:50.052	41.287	36:15.234	7:17.587	29.904	9:05.699	7:17.587	55:04.764	55:01.713	7:22.799
7	0398	STEVEN	LEUTNER	MNT HOME	ID M 7	M25-29	1	-	8:11.885	6:35.806	1:29.736	35:28.357	7:08.157	1:11.910	10:40.898	7:08.157	57:09.697	57:02.786	7:39.037
1	0399	MARTY	LINDGREN	MERIDIAN	ID M 1	M35-39	-	-	8:00.386	6:26.553	41.261	26:50.231	5:23.927	34.784	8:43.687	5:23.927	44:53.784	44:50.349	6:00.808
12	0400	DIANE	MCGARVEY	BOISE	ID F 4	F50-54	1	-	10:33.308	8:29.605	1:28.355	45:16.108	9:06.394	1:15.047	11:08.779	9:06.394	1:09:47.108	1:09:41.597	9:20.802
6	0405	BOB	MCLAUGHLIN	BOISE	ID M 6	M40-44	1	-	9:30.962	7:39.437	2:15.108	31:08.252	6:15.833	1:14.630	10:59.028	6:15.833	55:11.185	55:07.980	7:23.640
-	0408	ANDREW	MENTZER	BOISE	ID M -	M20-24	-	-	7:06.014	5:42.802	44.200	-	-	24:45.964	8:45.500	-	41:28.073	41:21.678	5:32.823
10	0404	HAYDEN	RICHARDS	BOISE	ID M 8	M15-	2	-	9:30.916	7:39.400	52.165	35:20.870	7:06.651	1:43.399	11:25.236	7:06.651	59:00.452	58:52.586	7:53.762
9	0401	TINA	RICHARDS	HIDDEN SPRINGS	ID F 2	F35-39	-	-	9:38.586	7:45.572	1:16.496	34:50.869	7:00.616	51.371	10:40.108	7:00.616	57:25.218	57:17.430	7:41.001
8	0402	STEPHANIE	RUBALCAVA	MERIDIAN	ID F 1	F25-29	-	-	9:32.027	7:40.294	1:28.333	33:54.472	6:49.271	1:02.977	11:15.110	6:49.271	57:17.157	57:12.919	7:40.396
-	0331	REED	SHELL	BOISE	ID M -	M40-44	-	-	8:46.077	7:03.319	51.606	11:33.966	2:19.604	1:29.182	10:29.952	2:19.604	33:19.084	33:10.783	4:26.988
13	0403	ALEX	UNGER	BOISE	ID M 9	M15-	3	-	10:22.129	8:20.610	37.012	-	-	52:15.637	12:05.429	-	1:15:26.477	1:15:20.207	10:06.214

Full Results, 2003 Hidden Springs Duathlon, by Name

Short Mountain Course, Teams

Pl.	Bib	Name	Location	Gender	Age Group	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
1	0480	ARMSTRONG	BOISE	ID M	1	M60-	-	-	7:03.496	5:40.775	19.858	24:36.156	4:56.955	14.879	7:07.484	4:56.955	39:22.932	39:21.873	5:16.756
6	0476	DEBBAN BOSCHM		- M	2	M60-	-	-	8:55.861	7:11.192	29.555	36:28.647	7:20.286	17.275	8:22.888	7:20.286	54:39.054	54:34.226	7:19.113
5	0477	HUTCHINSON		- C	3	C60-	-	-	9:43.773	7:49.746	27.935	30:01.231	6:02.350	21.795	11:22.650	6:02.350	51:59.670	51:57.384	6:58.079
3	0478	MERRITT		- C	1	C60-	-	-	10:12.991	8:13.257	25.044	26:27.553	5:19.365	22.528	10:34.070	5:19.365	48:07.064	48:02.186	6:26.536
4	0407	MULLINS	BOISE	ID C	2	C61-90	-	-	9:31.813	7:40.122	-	31:49.075	-	26.380	9:19.904	-	51:12.244	51:07.172	6:51.345
2	0479	STUART	BOISE	ID F	1	F61-90	-	-	8:52.088	7:08.156	24.286	26:29.869	5:19.831	20.710	9:10.338	5:19.831	45:19.969	45:17.291	6:04.421

Clydesdale/Athena Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib Name		Location		Age Group		5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace				
Clydesdale																					
1	0430 TY		NELSON		BOISE		ID		M40-44	-	19:22.160	6:14.063	1:42.039	1:04:54.419	6:31.716	4:20.738	24:41.646	6:31.716	1:55:07.783	1:55:01.002	7:07.157

Clydesdale/Athena Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Age Group	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace			
Athena																		
1	0339	SHANNON	C VAUGHN	BOISE	ID	F30-34	-	18:24.148	5:55.391	1:13.531	43:49.922	3:55.136	1:00.241	18:44.003	3:55.136	1:23:11.845	1:23:11.845	4:46.914
Clydesdale																		
1	0345	DOUGLAS	KNAPP	BOISE	ID	M35-39	-	16:41.759	5:22.435	1:03.449	36:14.187	3:14.390	51.528	19:04.313	3:14.390	1:14:01.471	1:13:55.236	4:14.922
2	0354	BRYAN	LUDWIG	BOISE	ID	M35-39	-	18:05.819	5:49.491	3:57.033	38:33.814	3:26.873	-	25:28.729	3:26.873	1:25:14.595	1:25:05.154	4:53.427

Clydesdale/Athena Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib Name	Location	Age Group	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace			
Clydesdale																	
1	0406 TODD	A DEHLIN	BOISE	ID	M30-34	-	10:12.948	8:13.222	1:29.887	27:31.554	5:32.240	1:15.886	12:29.049	5:32.240	53:05.324	52:59.324	7:06.386

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 20 - 24																	
1	0428	JAMIE	KUBENA	MERIDIAN	ID	-	18:28.943	5:56.934	1:23.952	1:05:21.309	6:34.421	56.574	21:48.005	6:34.421	1:48:06.184	1:47:58.783	6:41.023

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 25 - 29																	
-	0438	JASON	RIDGWAY	BOISE	ID	-	13:19.147	4:17.220	1:17.898	48:42.004	4:53.907	1:01.682	14:00.262	4:53.907	1:18:23.589	1:18:20.993	4:50.981
1	0441	BRAD	TURPEN	BOISE	ID	-	14:43.480	4:44.365	1:02.542	48:29.770	4:52.676	30.077	15:47.312	4:52.676	1:20:35.156	1:20:33.181	4:59.163

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 30 - 34																	
-	0439	TODD	ARNDT	BOISE	ID	-	13:15.495	4:16.045	24.713	50:11.555	5:02.914	18.966	14:42.943	5:02.914	1:18:54.930	1:18:53.672	4:53.004
-	0429	JASON	MCCAIN	CALDWELL	ID	-	15:00.357	4:49.797	48.400	47:13.256	4:44.980	29.143	16:14.527	4:44.980	1:19:47.256	1:19:45.683	4:56.223
1	0435	AARON	E TABOR	BOISE	ID	-	14:39.566	4:43.105	1:09.228	59:31.647	5:59.251	1:00.340	16:02.181	5:59.251	1:32:25.811	1:32:22.962	5:43.097

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 35 - 39																	
1	0424	JON	GOULD	BOISE	ID	-	16:28.889	5:18.293	1:30.792	44:53.979	4:30.971	53.612	18:20.935	4:30.971	1:22:14.062	1:22:08.207	5:05.045
2	0443	SCOTT	WHITE	BOISE	ID	-	16:08.126	5:11.610	1:01.703	46:31.841	4:40.815	44.291	18:09.114	4:40.815	1:22:40.436	1:22:35.075	5:06.708
3	0434	DWAYNE	SPEEGLE	EAGLE	ID	-	15:58.634	5:08.554	1:05.109	50:38.877	5:05.662	43.111	19:00.238	5:05.662	1:27:28.791	1:27:25.969	5:24.714
4	0444	DAVE	WEIK	BOISE	ID	-	16:48.978	5:24.759	1:37.463	51:34.723	5:11.280	1:21.709	18:07.416	5:11.280	1:29:39.369	1:29:30.289	5:32.409
5	0426	MIKE	B HARVEY	BOISE	ID	-	16:18.056	5:14.806	1:44.470	59:05.413	5:56.612	-	21:12.394	5:56.612	1:37:39.484	1:37:35.813	6:02.462
6	0432	JOE	RICHARD	EAGLE	ID	-	21:41.286	6:58.843	1:40.719	49:23.641	4:58.095	1:53.694	27:21.385	4:58.095	1:42:07.921	1:42:00.725	6:18.860
7	0437	CRAIG	WALKER	EAGLE	ID	-	17:28.579	5:37.505	1:15.094	1:00:10.269	6:03.135	1:01.061	22:17.905	6:03.135	1:42:19.653	1:42:12.908	6:19.614

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 40 - 44																	
1	0436	DIRK	S VANDERVOORT	BOISE	ID	-	16:50.055	5:25.105	1:16.824	55:24.304	5:34.372	1:17.290	17:28.815	5:34.372	1:32:24.958	1:32:17.288	5:42.746
2	0421	FRANK	BENZING	BOISE	ID	-	17:00.415	5:28.440	57.411	59:01.572	5:56.225	1:23.943	23:46.423	5:56.225	1:42:17.931	1:42:09.764	6:19.419
3	0427	KELLY	KATULA	MERIDIAN	ID	-	18:24.558	5:55.523	48.895	1:03:11.389	6:21.353	23.787	20:12.080	6:21.353	1:43:04.672	1:43:00.709	6:22.573
-	0430	TY	NELSON	BOISE	ID	1	19:22.160	6:14.063	1:42.039	1:04:54.419	6:31.716	4:20.738	24:41.646	6:31.716	1:55:07.783	1:55:01.002	7:07.157

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 50 - 54																	
1	0431	BRIAN	RENCER	BOISE	ID	-	17:59.039	5:47.309	1:26.582	1:13:01.766	7:20.736	59.907	19:41.031	7:20.736	1:53:11.309	1:53:08.325	7:00.183

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 55 - 59																	
1	0440	YANNOTTA	LOUIS	BOISE	ID	-	22:15.957	7:10.003	2:34.262	1:09:38.985	7:00.339	1:38.344	25:02.214	7:00.339	2:01:16.277	2:01:09.762	7:29.983

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 20 - 24																	
-	0422	MELISSA	ERICKSON	BOISE	ID	-	18:19.089	5:53.762	33.330	44:49.428	4:30.513	23.591	20:43.972	4:30.513	1:24:51.681	1:24:49.410	5:15.024

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 35 - 39																	
-	0425	LORI	M HARVEY	BOISE	ID	-	16:13.391	5:13.304	1:37.638	55:59.879	5:37.950	1:07.489	16:55.316	5:37.950	1:31:57.341	1:31:53.713	5:41.287
-	0442	MALLORY	CLARK	BOISE	ID	-	17:02.433	5:29.089	1:11.557	58:20.287	5:52.073	44.520	17:50.540	5:52.073	1:35:14.418	1:35:09.337	5:53.396
-	0423	TRUDI	A FRANZEL	MOUNTAIN HOME	ID	-	17:10.093	5:31.555	1:50.015	41:40.194	4:11.480	1:48.853	17:10.261	4:11.480	1:19:46.467	1:19:39.416	4:55.836

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course, Teams

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace	
CO-ED COMB. AGE 61 - 90																
-	0491	DICE	BOISE	ID	-	18:44.615	6:01.978	23.209	54:54.243	5:31.348	26.670	19:54.491	5:31.348	1:34:28.542	1:34:23.228	5:50.542
-	0489	WATERS		-	-	19:50.223	6:23.096	21.932	1:02:43.382	6:18.536	22.566	20:50.199	6:18.536	1:44:12.140	1:44:08.302	6:26.756

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course, Teams

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace
MEN 60 AND UNDER															
-	0487	MCMULLIN		-	13:34.995	4:22.321	26.013	47:08.133	4:44.465	13.052	14:08.755	4:44.465	1:15:32.041	1:15:30.948	4:40.456
-	0488	MILLER MCMULLIN		-	15:57.485	5:08.185	22.798	1:03:29.603	6:23.185	14.054	17:23.198	6:23.185	1:37:28.308	1:37:27.138	6:01.925

Age Group Results, 2003 Hidden Springs Duathlon

Long Mountain Course, Teams

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	16K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace
MEN 61 - 90															
-	0490	MCGEE, FANTER		-	14:48.398	4:45.948	25.411	55:43.789	5:36.332	18.852	15:52.118	5:36.332	1:27:10.052	1:27:08.568	5:23.637

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
BOYS 16 - 19																	
1	0355	MATT	MURPHY	BOISE	ID	-	18:07.029	5:49.881	46.491	44:24.059	3:58.188	39.664	25:25.673	3:58.188	1:29:32.201	1:29:22.916	5:08.242

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 20 - 24																	
1	0350	TRAVIS	FISHBURN	BOISE	ID	-	14:53.778	4:47.679	34.617	35:40.317	3:11.361	19.678	16:05.120	3:11.361	1:07:38.908	1:07:33.510	3:52.982
2	0320	JARDON	T JARAMILLO	BOISE	ID	-	15:17.613	4:55.351	1:08.675	39:26.410	3:31.576	40.011	17:32.263	3:31.576	1:14:08.709	1:14:04.972	4:15.482

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name		Location		Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace	
MEN 25 - 29																		
-	0301	TRAVIS	T	ARMSTRONG	BOISE	ID	-	12:55.433	4:09.588	51.929	29:22.841	2:37.612	48.284	13:27.157	2:37.612	57:27.663	57:25.644	3:18.044
1	0351	TRAVIS		KECIAN	BOISE	ID	-	15:14.999	4:54.510	38.656	31:48.476	2:50.633	42.082	16:59.471	2:50.633	1:05:28.110	1:05:23.684	3:45.520
2	0352	MATT		HUBER	BOISE	ID	-	15:57.201	5:08.093	59.088	35:12.479	3:08.873	-	18:33.126	3:08.873	1:10:03.485	1:09:58.941	4:01.341
3	0329	TULUG		SALAHIFAR	CALDWELL	ID	-	16:19.955	5:15.417	1:06.970	37:59.014	3:23.762	1:06.327	17:43.053	3:23.762	1:14:18.162	1:14:15.319	4:16.076
4	0317	BENJAMIN	E	GREENWOOD	BOISE	ID	-	16:17.388	5:14.591	52.964	39:25.518	3:31.496	38.474	18:45.417	3:31.496	1:16:01.523	1:15:59.761	4:22.079
5	0348	STEVE		MCCORMICK	BOISE	ID	-	19:11.076	6:10.495	57.890	36:38.315	3:16.547	55.965	20:04.989	3:16.547	1:17:54.112	1:17:48.235	4:28.314

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 30 - 34																	
-	0315	KEITH	FOLSKE	BOISE	ID	-	13:15.965	4:16.196	29.172	30:49.081	2:45.323	27.861	14:34.670	2:45.323	59:38.325	59:36.749	3:25.579
-	0309	ALEXANDER	CROSS	BOISE	ID	-	14:03.902	4:31.626	34.381	31:21.931	2:48.260	21.527	14:15.548	2:48.260	1:00:39.008	1:00:37.289	3:29.059
1	0330	MARK	D SCHOENFELD	BOISE	ID	-	13:22.034	4:18.150	1:23.873	31:34.217	2:49.358	1:08.415	14:23.723	2:49.358	1:01:53.070	1:01:52.262	3:33.368
2	0313	TOM	ELDER	BOISE	ID	-	15:03.914	4:50.942	1:04.913	34:23.977	3:04.536	51.212	16:24.455	3:04.536	1:07:50.317	1:07:48.471	3:53.842
3	0332	GEOFF	G STANDS	BOISE	ID	-	17:07.043	5:30.573	1:12.937	34:49.926	3:06.856	1:01.764	18:39.519	3:06.856	1:12:53.182	1:12:51.189	4:11.241

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 35 - 39																	
1	0324	JEFF	MILLER	STAR	ID	-	14:32.202	4:40.735	37.382	31:07.167	2:46.940	30.443	15:28.630	2:46.940	1:02:17.355	1:02:15.824	3:34.722
2	0321	PAUL	G JOZWIK	BOISE	ID	-	15:43.869	5:03.802	1:02.692	32:10.369	2:52.590	50.860	18:10.619	2:52.590	1:08:00.631	1:07:58.409	3:54.413
3	0303	DOAK	BAILEY	EAGLE	ID	-	17:00.230	5:28.380	1:01.745	33:14.616	2:58.335	42.953	17:27.428	2:58.335	1:09:30.072	1:09:26.972	3:59.503
4	0338	KLAAS	H VANDEN BELD	EAGLE	ID	-	16:14.575	5:13.685	1:01.090	33:30.839	2:59.785	52.696	18:25.690	2:59.785	1:10:06.483	1:10:04.890	4:01.683
-	0345	DOUGLAS	KNAPP	BOISE	ID	1	16:41.759	5:22.435	1:03.449	36:14.187	3:14.390	51.528	19:04.313	3:14.390	1:14:01.471	1:13:55.236	4:14.922
5	0310	JIM	S CULLUM	BOISE	ID	-	17:54.256	5:45.769	48.503	38:28.313	3:26.382	48.956	19:01.837	3:26.382	1:17:05.558	1:17:01.865	4:25.649
6	0349	TOM	REINHARDT	BOISE	ID	-	17:15.060	5:33.154	1:30.620	39:11.647	3:30.256	54.755	19:10.692	3:30.256	1:18:08.580	1:18:02.774	4:29.150
7	0307	KENNY	BRAMWELL	HIDDEN SPRINGS	ID	-	9:40.753	3:06.926	1:52.204	39:14.080	3:30.474	2:00.842	28:16.028	3:30.474	1:21:11.519	1:21:03.907	4:39.561
-	0354	BRYAN	LUDWIG	BOISE	ID	2	18:05.819	5:49.491	3:57.033	38:33.814	3:26.873	-	25:28.729	3:26.873	1:25:14.595	1:25:05.154	4:53.427
8	0342	TOM	C WILMOT	EAGLE	ID	-	16:50.291	5:25.181	1:25.180	46:46.363	4:10.911	1:55.659	20:30.782	4:10.911	1:27:34.186	1:27:28.275	5:01.653

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 40 - 44																	
1	0340	KELLY	D WILDE	BOISE	ID	-	14:43.948	4:44.515	42.631	32:35.107	2:54.802	30.732	16:15.888	2:54.802	1:04:49.602	1:04:48.306	3:43.486
2	0333	CHARLES	C STEARNS	BOISE	ID	-	15:03.150	4:50.696	36.624	32:16.489	2:53.138	38.593	16:23.266	2:53.138	1:05:01.478	1:04:58.122	3:44.051
3	0336	BRUCE	TAYLOR	BOISE	ID	-	16:18.292	5:14.882	37.407	34:09.707	3:03.260	34.735	15:52.905	3:03.260	1:07:39.249	1:07:33.046	3:52.955
4	0312	TROY	DRAKE	MERIDIAN	ID	-	14:43.342	4:44.320	35.955	37:11.610	3:19.524	34.077	16:02.706	3:19.524	1:09:11.094	1:09:07.690	3:58.395
5	0341	ROBERT	WILKIN	NAMPA	ID	-	18:28.240	5:56.708	1:31.081	46:10.166	4:07.675	1:26.936	22:05.554	4:07.675	1:29:45.105	1:29:41.977	5:09.338

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 45 - 49																	
1	0319	ROBERT	HANSON	BOISE	ID	-	14:52.301	4:47.204	32.648	33:26.261	2:59.376	24.310	16:08.320	2:59.376	1:05:24.956	1:05:23.840	3:45.529
2	0353	DAVID	KNOTTS	BOISE	ID	-	15:13.076	4:53.891	47.753	33:21.196	2:58.923	49.764	16:47.176	2:58.923	1:07:01.385	1:06:58.965	3:50.996
3	0311	JEFF	DECKER	BOISE	ID	-	15:03.632	4:50.851	38.466	35:53.068	3:12.502	27.318	16:16.047	3:12.502	1:08:21.581	1:08:18.531	3:55.570
4	0337	JIM	THOMSON	EMMETT	ID	-	17:09.486	5:31.359	1:15.504	34:09.966	3:03.283	57.224	19:10.371	3:03.283	1:12:49.278	1:12:42.551	4:10.744
5	0327	DANIEL	L ROST	BOISE	ID	-	17:08.079	5:30.907	46.723	37:22.574	3:20.504	41.744	17:45.379	3:20.504	1:13:50.547	1:13:44.499	4:14.305
6	0346	BOB	LEIBOWITZ	BOISE	ID	-	17:05.786	5:30.169	58.419	35:27.991	3:10.259	1:07.336	20:37.315	3:10.259	1:15:20.843	1:15:16.847	4:19.613
7	0347	MACK	LYONS	BOISE	ID	-	17:02.646	5:29.158	1:08.058	39:27.456	3:31.670	1:30.494	22:46.894	3:31.670	1:22:01.147	1:21:55.548	4:42.529

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 50 - 54																	
1	0344	ROD	MCDOWELL	BOISE	ID	-	16:54.323	5:26.479	48.791	39:33.916	3:32.247	46.114	17:49.969	3:32.247	1:15:58.936	1:15:53.113	4:21.697
2	0314	RANDY	L EWINS	BOISE	ID	-	19:16.656	6:12.291	1:42.759	44:52.715	4:00.750	1:41.477	25:22.558	4:00.750	1:32:58.818	1:32:56.165	5:20.499

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
MEN 55 - 59																	
1	0343	KENNETH	RUNYAN	BOISE	ID	-	17:03.479	5:29.426	58.051	36:38.374	3:16.552	39.357	18:14.434	3:16.552	1:13:42.097	1:13:33.695	4:13.684

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name		Location		Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace
WOMEN 20 - 24																	
1	0328	HORTENSE	M SAGET	BOISE	ID	-	17:57.267	5:46.739	1:13.109	39:11.207	3:30.217	1:16.168	21:12.949	3:30.217	1:20:52.369	1:20:50.700	4:38.802

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name		Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 25 - 29																		
1	0306	DOTTIE	M	BLED SOE	BOISE	ID	-	18:37.133	5:59.570	1:27.806	41:51.813	3:44.576	1:54.444	21:19.097	3:44.576	1:25:14.685	1:25:10.293	4:53.722
2	0325	DANIELLE	M	NEGREIFF	BOISE	ID	-	18:36.938	5:59.507	1:31.457	42:21.747	3:47.253	1:20.583	21:19.511	3:47.253	1:25:14.888	1:25:10.236	4:53.719
3	0322	ERIN		KUBENA	MERIDIAN	ID	-	22:38.320	7:17.201	1:33.352	48:10.066	4:18.395	1:48.928	24:40.501	4:18.395	1:38:57.831	1:38:51.167	5:40.903

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 30 - 34																	
-	0339	SHANNON	C VAUGHN	BOISE	ID	1	18:24.148	5:55.391	1:13.531	43:49.922	3:55.136	1:00.241	18:44.003	3:55.136	1:23:11.845	1:23:11.845	4:46.914

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 35 - 39																	
-	0308	NICOLE	C BROWN	KETCHUM	ID	-	16:45.727	5:23.712	47.767	36:02.825	3:13.374	50.589	17:49.839	3:13.374	1:12:20.024	1:12:16.747	4:09.261
1	0316	DONNA	L GOODWIN	EAGLE	ID	-	18:56.374	6:05.763	1:22.056	43:24.977	3:52.906	1:15.702	20:21.351	3:52.906	1:25:25.568	1:25:20.460	4:54.306
2	0305	MARION	BENZING	BOISE	ID	-	21:06.467	6:47.636	51.992	41:51.409	3:44.540	40.743	23:16.852	3:44.540	1:27:52.588	1:27:47.463	5:02.756

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 40 - 44																	
-	0326	MARY	E POELL	BOISE	ID	-	16:46.180	5:23.858	1:10.871	38:28.940	3:26.438	51.169	16:49.968	3:26.438	1:14:11.891	1:14:07.128	4:15.606

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 45 - 49																	
-	0318	ANNETTE	HANSON	BOISE	ID	-	16:36.702	5:20.807	49.113	38:29.352	3:26.475	34.512	17:46.408	3:26.475	1:14:18.584	1:14:16.087	4:16.121
1	0335	KATHY	TALLEY	MERIDIAN	ID	-	22:47.699	7:20.220	1:25.813	43:10.470	3:51.609	1:17.008	25:25.563	3:51.609	1:34:13.817	1:34:06.553	5:24.545

Age Group Results, 2003 Hidden Springs Duathlon

Road Course

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans.	5K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 60 AND UP																	
1	0323	DEE	LAMOTT	BOISE	ID	-	23:23.659	7:31.794	1:31.573	52:33.838	4:41.978	1:20.735	25:00.024	4:41.978	1:43:55.605	1:43:49.829	5:58.069

Age Group Results, 2003 Hidden Springs Duathlon

Road Course, Teams

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace
CO-ED COMB. AGE 60 AND UNDER															
-	0469	DILLON NAEVE		-	17:11.751	5:32.088	20.571	33:57.254	3:02.147	18.269	17:26.320	3:02.147	1:09:18.356	1:09:14.165	3:58.767
1	0468	NEWBERRY RICKE		-	19:05.573	6:08.724	22.449	39:15.805	3:30.628	22.661	19:09.212	3:30.628	1:18:20.722	1:18:15.700	4:29.893

Age Group Results, 2003 Hidden Springs Duathlon

Road Course, Teams

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace	
CO-ED COMB. AGE 61 - 90																
-	0304	BAKER	BOISE	ID	-	15:56.056	5:07.725	28.265	38:18.889	3:25.539	12.053	16:22.772	3:25.539	1:11:20.727	1:11:18.035	4:05.887
-	0466	HALL		-	-	21:50.525	7:01.817	33.071	29:35.864	2:38.776	29.537	22:37.248	2:38.776	1:15:11.172	1:15:06.245	4:19.004
1	0472	SAMS	BOISE	ID	-	18:53.633	6:04.881	33.663	47:37.807	4:15.511	18.266	20:08.473	4:15.511	1:27:35.823	1:27:31.842	5:01.858

Age Group Results, 2003 Hidden Springs Duathlon

Road Course, Teams

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace	
CO-ED COMB. AGE 91 AND UP																
1	0473	OLSON	BOISE	ID	-	20:30.599	6:36.091	57.475	42:32.447	3:48.209	23.497	17:53.908	3:48.209	1:22:20.021	1:22:17.926	4:43.815

Age Group Results, 2003 Hidden Springs Duathlon

Road Course, Teams

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace
GIRLS 60 AND UNDER															
-	0471	BARBER ARMSTRO		-	14:57.893	4:49.004	23.089	27:11.920	2:25.907	17.173	15:39.606	2:25.907	58:31.658	58:29.681	3:21.724

Age Group Results, 2003 Hidden Springs Duathlon

Road Course, Teams

Pl.	Bib	Name	Location	Clydes.	5K Run	Pace	R/B Trans.	18K Bike	Pace	B/R Trans	5K Run	Pace	Gun Time	Chip Time	Pace
MEN 91 AND UP															
-	0470	HARRINGFELD STO		-	16:17.650	5:14.675	29.012	34:04.631	3:02.806	23.134	17:23.718	3:02.806	1:08:43.800	1:08:38.145	3:56.697
-	0467	BUTLER DAVIS		-	16:25.294	5:17.135	24.068	35:20.802	3:09.617	21.821	16:27.758	3:09.617	1:09:02.186	1:08:59.743	3:57.938

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
BOYS 15 AND UNDER																	
1	0397	DYLAN	E JONES	BOISE	ID	-	8:29.589	6:50.052	41.287	36:15.234	7:17.587	29.904	9:05.699	7:17.587	55:04.764	55:01.713	7:22.799
2	0404	HAYDEN	RICHARDS	BOISE	ID	-	9:30.916	7:39.400	52.165	35:20.870	7:06.651	1:43.399	11:25.236	7:06.651	59:00.452	58:52.586	7:53.762
3	0403	ALEX	L UNGER	BOISE	ID	-	10:22.129	8:20.610	37.012	-	-	52:15.637	12:05.429	-	1:15:26.477	1:15:20.207	10:06.214

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
MEN 20 - 24																	
-	0408	ANDREW	MENTZER	BOISE	ID	-	7:06.014	5:42.802	44.200	-	-	24:45.964	8:45.500	-	41:28.073	41:21.678	5:32.823

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
MEN 25 - 29																	
1	0398	STEVEN	J LEUTNER	MNT HOME	ID	-	8:11.885	6:35.806	1:29.736	35:28.357	7:08.157	1:11.910	10:40.898	7:08.157	57:09.697	57:02.786	7:39.037

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
MEN 30 - 34																	
-	0406	TODD	A DEHLIN	BOISE	ID	1	10:12.948	8:13.222	1:29.887	27:31.554	5:32.240	1:15.886	12:29.049	5:32.240	53:05.324	52:59.324	7:06.386

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
MEN 35 - 39																	
-	0399	MARTY	E LINDGREN	MERIDIAN	ID	-	8:00.386	6:26.553	41.261	26:50.231	5:23.927	34.784	8:43.687	5:23.927	44:53.784	44:50.349	6:00.808

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
MEN 40 - 44																	
-	0395	SHANE	A BUNKER	MERIDIAN	ID	-	7:20.589	5:54.530	33.423	28:26.987	5:43.391	16.507	8:40.907	5:43.391	45:22.893	45:18.413	6:04.572
1	0405	BOB	MCLAUGHLIN	BOISE	ID	-	9:30.962	7:39.437	2:15.108	31:08.252	6:15.833	1:14.630	10:59.028	6:15.833	55:11.185	55:07.980	7:23.640
2	0392	DONALD	L BENSON	BOISE	ID	-	10:24.629	8:22.621	1:20.198	1:00:00.959	12:04.398	52.508	12:22.620	12:04.398	1:25:04.482	1:25:00.914	11:24.094
-	0331	REED	D SHELL	BOISE	ID	-	8:46.077	7:03.319	51.606	11:33.966	2:19.604	1:29.182	10:29.952	2:19.604	33:19.084	33:10.783	4:26.988

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
MEN 50 - 54																	
-	0393	MICHAEL	L BENNETT	BOISE	ID	-	8:25.641	6:46.875	44.017	29:47.813	5:59.651	45.954	10:50.005	5:59.651	50:38.269	50:33.430	6:46.819

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
MEN 55 - 59																	
-	0394	BILL	BRUDENELL	BOISE	ID	-	9:39.548	7:46.346	2:18.415	8:58.393	1:48.307	1:47.182	10:44.478	1:48.307	33:32.249	33:28.016	4:29.299

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 25 - 29																	
-	0402	STEPHANIE	K RUBALCAVA	MERIDIAN	ID	-	9:32.027	7:40.294	1:28.333	33:54.472	6:49.271	1:02.977	11:15.110	6:49.271	57:17.157	57:12.919	7:40.396
-	0391	HEATHER	ADAMS	MCCALL	ID	-	10:40.104	8:35.074	38.395	36:08.824	7:16.298	27.389	11:35.326	7:16.298	59:36.449	59:30.038	7:58.785

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 35 - 39																	
-	0401	TINA	D RICHARDS	HIDDEN SPRINGS	ID	-	9:38.586	7:45.572	1:16.496	34:50.869	7:00.616	51.371	10:40.108	7:00.616	57:25.218	57:17.430	7:41.001

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace		
WOMEN 50 - 54																	
1	0400	DIANE	MCGARVEY	BOISE	ID	-	10:33.308	8:29.605	1:28.355	45:16.108	9:06.394	1:15.047	11:08.779	9:06.394	1:09:47.108	1:09:41.597	9:20.802

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course, Teams

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace
CO-ED COMB. AGE 60 AND UNDER															
-	0478	MERRITT		-	10:12.991	8:13.257	25.044	26:27.553	5:19.365	22.528	10:34.070	5:19.365	48:07.064	48:02.186	6:26.536
-	0477	HUTCHINSON		-	9:43.773	7:49.746	27.935	30:01.231	6:02.350	21.795	11:22.650	6:02.350	51:59.670	51:57.384	6:58.079

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course, Teams

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace	
CO-ED COMB. AGE 61 - 90																
-	0407	MULLINS	BOISE	ID	-	9:31.813	7:40.122	-	31:49.075	-	26.380	9:19.904	-	51:12.244	51:07.172	6:51.345

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course, Teams

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace	
MEN 60 AND UNDER																
-	0480	ARMSTRONG	BOISE	ID	-	7:03.496	5:40.775	19.858	24:36.156	4:56.955	14.879	7:07.484	4:56.955	39:22.932	39:21.873	5:16.756
-	0476	DEBBAN BOSCHMA		-	-	8:55.861	7:11.192	29.555	36:28.647	7:20.286	17.275	8:22.888	7:20.286	54:39.054	54:34.226	7:19.113

Age Group Results, 2003 Hidden Springs Duathlon

Short Mountain Course, Teams

Pl.	Bib	Name	Location	Clydes.	2K Run	Pace	R/B Trans.	8K Bike	Pace	B/R Trans.	2K Run	Pace	Gun Time	Chip Time	Pace	
WOMEN 61 - 90																
-	0479	STUART	BOISE	ID	-	8:52.088	7:08.156	24.286	26:29.869	5:19.831	20.710	9:10.338	5:19.831	45:19.969	45:17.291	6:04.421