

2021 GOLD NUGGET VIRTUAL DUATHLON
 May 15, 2021
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Event	Rank	Run 1	Rank	Bike	Rank	Run 2	Time
1	Heather Helzer	1040	1/37	F3539	Virtual Duathlon	1	7:44	4	34:34	2	20:14	1:02:32
2	Nikki Scherer	1261	1/33	F4044	Virtual Duathlon	25	9:59	6	34:47	16	26:50	1:11:36
3	Ashley Adamczak	803	2/37	F3539	Virtual Duathlon	62	11:37	1	27:49	70	33:10	1:12:36
4	Linda Foster	985	1/21	F3034	Virtual Duathlon	18	9:24	12	39:00	7	24:17	1:12:41
5	Emily Garhart	1421	3/37	F3539	Virtual Duathlon	22	9:45	3	34:25	28	28:42	1:12:52
6	Alyssa Frothingham	989	2/21	F3034	Virtual Duathlon	6	8:49	5	34:37	45	30:25	1:13:51
7	Monica Oakley	1201	4/37	F3539	Virtual Duathlon	2	8:00	20	43:20	6	23:33	1:14:53
8	Jessie Westin	1379	5/37	F3539	Virtual Duathlon	5	8:36	22	43:48	9	24:24	1:16:48
9	Melanie Dickson	940	6/37	F3539	Virtual Duathlon	17	9:23	24	44:48	5	23:26	1:17:37
10	Lynn Kent	1091	1/11	F6064	Virtual Duathlon	33	10:20	8	35:58	64	32:26	1:18:44
11	Lori Bodwell	854	1/10	F5559	Virtual Duathlon	37	10:29	21	43:46	11	25:18	1:19:33
12	Madeleine Reckmeyer	1240	1/3	F1519	Virtual Duathlon	3	8:00	43	50:00	3	23:17	1:21:17
13	Brynn Rathert	1238	1/4	F1014	Virtual Duathlon	4	8:25	44	50:00	4	23:17	1:21:42
14	Alison McCarrey	1162	2/33	F4044	Virtual Duathlon	101	13:02	7	35:39	73	33:35	1:22:16
15	Sue Sheard	1278	2/10	F5559	Virtual Duathlon	43	10:45	15	42:15	32	29:33	1:22:33
16	Mandy LaRose	1116	1/21	F4549	Virtual Duathlon	40	10:37	17	42:34	34	29:40	1:22:51
17	Kelly Walker	1362	3/21	F3034	Virtual Duathlon	171	28:14	25	44:53	1	9:50	1:22:57
18	Elena Hartford	1031	1/10	F2529	Virtual Duathlon	32	10:19	19	43:16	37	29:55	1:23:30
19	Megan Lundin	1138	7/37	F3539	Virtual Duathlon	42	10:44	18	42:55	39	29:59	1:23:38
20	Debora Summers	1322	2/11	F6064	Virtual Duathlon	64	11:46	9	36:10	89	35:47	1:23:43
21	KC Kent	1090	2/10	F2529	Virtual Duathlon	111	13:40	10	36:56	71	33:10	1:23:46
22	Andrea Frangiosa	986	3/33	F4044	Virtual Duathlon	26	10:03	31	46:16	21	27:54	1:24:13
23	Kristen Dearborn	1429	8/37	F3539	Virtual Duathlon	53	11:14	2	33:46	109	39:35	1:24:35
24	Janet Morrone	1182	2/21	F4549	Virtual Duathlon	28	10:11	14	40:20	78	34:05	1:24:36
25	Erica Lambers	1112	9/37	F3539	Virtual Duathlon	20	9:34	40	48:52	13	26:20	1:24:46
26	Sarah Ellison	958	4/21	F3034	Virtual Duathlon	99	13:00	30	46:00	19	27:00	1:26:00
27	Kayla Clark	902	3/21	F4549	Virtual Duathlon	15	9:10	45	50:00	18	26:54	1:26:04
28	Amy Smith	1287	1/16	F5054	Virtual Duathlon	29	10:13	29	45:58	42	30:10	1:26:21
29	Tiffany Briggs	868	4/21	F4549	Virtual Duathlon	74	12:06	16	42:24	56	31:54	1:26:24
30	Kara Mathys	1158	5/21	F3034	Virtual Duathlon	24	9:47	61	52:57	12	25:55	1:28:39
31	Martie Mitchell	1174	6/21	F3034	Virtual Duathlon	21	9:41	60	52:51	14	26:28	1:29:00
32	Lia Keller	1085	5/21	F4549	Virtual Duathlon	48	11:00	26	45:00	69	33:00	1:29:00
33	Kelsey Boardman	853	7/21	F3034	Virtual Duathlon	35	10:25	58	52:08	17	26:53	1:29:26
34	Julie Martyn	1156	4/33	F4044	Virtual Duathlon	92	12:45	37	48:05	27	28:37	1:29:27
35	Ashley Mattson	1160	10/37	F3539	Virtual Duathlon	41	10:42	53	50:52	22	28:00	1:29:34
36	Katy Green	1015	8/21	F3034	Virtual Duathlon	56	11:20	35	46:41	55	31:44	1:29:45
37	Rebekah Reams	1239	3/10	F2529	Virtual Duathlon	44	10:49	42	49:33	49	30:53	1:31:15
38	Tana Stone	1450	5/33	F4044	Virtual Duathlon	70	12:02	38	48:16	51	31:06	1:31:24
39	Meghan Paulson	1453	11/37	F3539	Virtual Duathlon	14	9:05	51	50:42	54	31:38	1:31:25
40	Kristine Hammargre	1026	3/10	F5559	Virtual Duathlon	23	9:46	70	54:40	20	27:03	1:31:29
41	Theresa Sheldon	1279	12/37	F3539	Virtual Duathlon	27	10:04	59	52:36	30	29:08	1:31:48
42	Katie Povolov	1420	6/21	F4549	Virtual Duathlon	39	10:32	50	50:27	52	31:17	1:32:16
43	Heidi Swanston	1325	6/33	F4044	Virtual Duathlon	36	10:27	52	50:42	53	31:37	1:32:46
44	Kalie Flanagan	977	9/21	F3034	Virtual Duathlon	54	11:19	65	53:49	26	28:25	1:33:33
45	Diane Brewer	867	2/16	F5054	Virtual Duathlon	129	15:11	13	39:07	108	39:17	1:33:35
46	Charlotte Weston	1380	4/10	F2529	Virtual Duathlon	30	10:15	73	55:07	43	30:13	1:35:35
47	Kristin DuBour	950	7/33	F4044	Virtual Duathlon	50	11:05	69	54:36	38	29:58	1:35:39
48	Kimberly Buskirk	879	3/16	F5054	Virtual Duathlon	45	10:49	77	56:15	29	28:46	1:35:50
49	Margaret DeGroot	932	13/37	F3539	Virtual Duathlon	61	11:28	72	55:01	44	30:20	1:36:49
50	Gianna McCune	1167	8/33	F4044	Virtual Duathlon	55	11:19	36	48:00	100	37:37	1:36:56

RESULTS BY: Skinny Raven Events and Timing

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Place	Name	Bib	Div/Tot	Div	Event	Rank	Run 1	Rank	Bike	Rank	Run 2	Time
51	Rebekah Jensen	1068	5/10	F2529	Virtual Duathlon	31	10:18	84	57:27	31	29:28	1:37:13
52	Ellie Kiser	1097	14/37	F3539	Virtual Duathlon	60	11:24	28	45:49	113	41:17	1:38:30
53	Keri Nutter	1200	15/37	F3539	Virtual Duathlon	69	11:55	62	53:00	75	33:44	1:38:39
54	Sheavon Brunelle	1426	7/21	F4549	Virtual Duathlon	91	12:41	41	48:57	96	37:07	1:38:45
55	Meredith Johnson	1072	10/21	F3034	Virtual Duathlon	9	9:00	103	1:00:00	40	30:00	1:39:00
56	Katriina Timm	1338	9/33	F4044	Virtual Duathlon	76	12:10	71	54:56	59	32:01	1:39:07
57	Amanda Hawes	1035	10/33	F4044	Virtual Duathlon	86	12:33	39	48:16	104	38:25	1:39:14
58	Michelle St. Marti	1458	11/33	F4044	Virtual Duathlon	115	13:59	63	53:15	65	32:32	1:39:46
59	Lee Miller	1172	3/11	F6064	Virtual Duathlon	19	9:27	57	51:33	106	38:54	1:39:54
60	Alissa Engelby	959	8/21	F4549	Virtual Duathlon	16	9:19	109	1:00:02	48	30:52	1:40:13
61	Jaena Tranberg	1343	16/37	F3539	Virtual Duathlon	82	12:31	92	58:13	35	29:47	1:40:31
62	Sharayah Talarovic	1415	11/21	F3034	Virtual Duathlon	83	12:31	93	58:13	36	29:47	1:40:31
63	Suzanne Worker	1459	9/21	F4549	Virtual Duathlon	117	14:01	64	53:15	76	33:54	1:41:10
64	Elizabeth Floch	980	12/33	F4044	Virtual Duathlon	7	8:52	129	1:08:09	8	24:22	1:41:23
65	Angela Santiago	1257	13/33	F4044	Virtual Duathlon	100	13:00	47	50:10	105	38:35	1:41:45
66	Amanda Parker	1209	17/37	F3539	Virtual Duathlon	93	12:48	11	38:23	137	50:43	1:41:54
67	Amanda Thomas	1333	2/3	F1519	Virtual Duathlon	47	10:55	95	58:36	67	32:41	1:42:12
68	Alexandra Post	1228	14/33	F4044	Virtual Duathlon	78	12:21	86	57:37	62	32:15	1:42:13
69	Denise Lutton	1142	4/11	F6064	Virtual Duathlon	65	11:46	82	57:20	72	33:15	1:42:21
70	Sara Lopez	1135	18/37	F3539	Virtual Duathlon	67	11:51	94	58:24	63	32:21	1:42:36
71	Martha Story	1309	15/33	F4044	Virtual Duathlon	108	13:23	66	53:49	86	35:34	1:42:46
72	Sarah Jensen	1069	4/10	F5559	Virtual Duathlon	57	11:20	88	57:52	74	33:41	1:42:53
73	Mandy Casurella	897	16/33	F4044	Virtual Duathlon	80	12:30	104	1:00:00	46	30:30	1:43:00
74	Jennifer Armentrou	825	17/33	F4044	Virtual Duathlon	81	12:30	105	1:00:00	47	30:30	1:43:00
75	Danielle Dillon	942	19/37	F3539	Virtual Duathlon	105	13:07	80	57:14	66	32:40	1:43:01
76	Holly Dean	1401	20/37	F3539	Virtual Duathlon	132	16:03	56	51:30	87	35:44	1:43:17
77	Olivia Sims	1281	18/33	F4044	Virtual Duathlon	38	10:30	114	1:01:31	60	32:05	1:44:06
78	Katie Bender	848	19/33	F4044	Virtual Duathlon	94	12:48	85	57:32	77	33:54	1:44:14
79	Heather Mouw	1184	10/21	F4549	Virtual Duathlon	63	11:39	90	58:12	80	34:45	1:44:36
80	Monica Wey	1381	12/21	F3034	Virtual Duathlon	77	12:18	118	1:02:57	33	29:33	1:44:48
81	Erin Chipps	900	20/33	F4044	Virtual Duathlon	107	13:18	48	50:10	115	41:38	1:45:06
82	Elizabeth B Hinson	1049	4/16	F5054	Virtual Duathlon	98	12:59	111	1:00:43	57	31:56	1:45:38
83	Monika Knight	1402	13/21	F3034	Virtual Duathlon	96	12:49	106	1:00:00	68	32:58	1:45:47
84	Judy Thompson	1336	21/33	F4044	Virtual Duathlon	66	11:50	99	59:30	83	35:10	1:46:30
85	Elysia Spivey	1301	14/21	F3034	Virtual Duathlon	10	9:00	135	1:10:00	23	28:00	1:47:00
86	Andrea Ward	1365	5/16	F5054	Virtual Duathlon	125	15:00	116	1:02:00	41	30:00	1:47:00
87	Trudy Keller	1086	1/2	F7579	Virtual Duathlon	90	12:40	78	57:02	101	38:06	1:47:48
88	Bethany Doepken	943	2/4	F1014	Virtual Duathlon	46	10:53	83	57:24	111	40:12	1:48:29
89	Caye Moberg	1177	5/10	F5559	Virtual Duathlon	124	14:39	87	57:41	92	36:10	1:48:30
90	Molly Cornish	914	6/10	F2529	Virtual Duathlon	85	12:32	67	54:09	116	42:00	1:48:41
91	Pauline Tise	1339	11/21	F4549	Virtual Duathlon	89	12:37	91	58:12	103	38:16	1:49:05
92	Brandy McGee	1170	22/33	F4044	Virtual Duathlon	68	11:51	117	1:02:00	91	35:49	1:49:40
93	Nicole Knox	1100	23/33	F4044	Virtual Duathlon	128	15:05	76	56:03	107	38:59	1:50:07
94	Caitlin Turbervill	1347	1/4	F2024	Virtual Duathlon	34	10:24	142	1:12:00	25	28:05	1:50:29
95	Courtney Stroh	1314	7/10	F2529	Virtual Duathlon	123	14:38	89	58:06	102	38:14	1:50:58
96	Sara Sharpe	1277	21/37	F3539	Virtual Duathlon	49	11:02	125	1:06:05	82	35:07	1:52:14
97	Ellen Clark	901	6/16	F5054	Virtual Duathlon	146	18:37	33	46:20	128	47:48	1:52:45
98	Valli Peterson	1411	12/21	F4549	Virtual Duathlon	113	13:41	115	1:01:55	99	37:17	1:52:53
99	Kate Sumey	1320	13/21	F4549	Virtual Duathlon	121	14:23	81	57:17	117	42:13	1:53:53
100	Deanna Wlad	1457	7/16	F5054	Virtual Duathlon	87	12:35	122	1:04:18	97	37:10	1:54:03

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Place	Name	Bib	Div/Tot	Div	Event	Rank	Run 1	Rank	Bike	Rank	Run 2	Time
101	Anika Beighle	1456	3/3	F1519	Virtual Duathlon	88	12:35	123	1:04:18	98	37:10	1:54:03
102	Beta Rae Thompson	1335	15/21	F3034	Virtual Duathlon	106	13:15	112	1:00:57	112	40:47	1:54:59
103	De-An Watkins	1419	22/37	F3539	Virtual Duathlon	11	9:00	160	1:21:00	10	25:00	1:55:00
104	Sue Liebner	1125	1/5	F6569	Virtual Duathlon	130	15:32	74	56:00	120	43:30	1:55:02
105	Ali Wykis	1393	16/21	F3034	Virtual Duathlon	79	12:22	146	1:12:14	50	31:04	1:55:40
106	Cathy McIntyre	1171	5/11	F6064	Virtual Duathlon	150	19:07	23	44:06	141	53:13	1:56:26
107	Connie Service	1274	17/21	F3034	Virtual Duathlon	12	9:00	157	1:20:00	24	28:00	1:57:00
108	Jennifer Doherty	945	14/21	F4549	Virtual Duathlon	147	18:42	46	50:02	131	48:24	1:57:08
109	Christine Boivin	855	18/21	F3034	Virtual Duathlon	116	13:59	113	1:01:10	119	42:19	1:57:28
110	Wendy Fick	973	8/16	F5054	Virtual Duathlon	109	13:27	131	1:08:42	93	36:20	1:58:29
111	Sarah Lindsey	1127	24/33	F4044	Virtual Duathlon	58	11:22	137	1:10:10	94	37:05	1:58:37
112	Wren Mowery	1185	3/4	F1014	Virtual Duathlon	59	11:22	138	1:10:20	95	37:05	1:58:47
113	Heidi Burns	875	23/37	F3539	Virtual Duathlon	51	11:10	151	1:13:24	81	35:05	1:59:39
114	Kristine Swain	1324	9/16	F5054	Virtual Duathlon	97	12:57	144	1:12:12	79	34:31	1:59:40
115	Sarah Cheng	899	24/37	F3539	Virtual Duathlon	114	13:42	139	1:10:29	85	35:31	1:59:42
116	Catherine Allison	812	10/16	F5054	Virtual Duathlon	166	24:57	55	51:16	121	43:35	1:59:48
117	Jennifer Smith	1288	25/33	F4044	Virtual Duathlon	75	12:09	155	1:15:43	61	32:07	1:59:59
118	Sophie Allan	809	4/4	F1014	Virtual Duathlon	119	14:15	143	1:12:00	84	35:30	2:01:45
119	Lindsey Honemann	1052	25/37	F3539	Virtual Duathlon	144	18:05	97	59:20	125	45:15	2:02:40
120	Joanne Allan	808	26/33	F4044	Virtual Duathlon	120	14:16	147	1:13:00	90	35:47	2:03:03
121	Autumn Laemmrich	1110	26/37	F3539	Virtual Duathlon	122	14:25	98	59:28	135	49:58	2:03:51
122	Elizabeth Howell	1053	15/21	F4549	Virtual Duathlon	110	13:38	121	1:03:58	126	46:29	2:04:05
123	Linda Yarborough	1394	2/5	F6569	Virtual Duathlon	136	17:00	124	1:06:00	114	41:33	2:04:33
124	Jennifer Benda	847	16/21	F4549	Virtual Duathlon	118	14:01	54	51:02	154	59:43	2:04:46
125	Gina Perry	1216	27/33	F4044	Virtual Duathlon	84	12:31	158	1:20:21	58	32:00	2:04:52
126	Yvonne Oren	1204	11/16	F5054	Virtual Duathlon	137	17:02	102	59:52	129	48:12	2:05:06
127	Brynn Byam	881	8/10	F2529	Virtual Duathlon	52	11:13	163	1:28:07	15	26:31	2:05:51
128	Kimberly Sledgiste	1286	28/33	F4044	Virtual Duathlon	71	12:04	126	1:07:00	130	48:20	2:07:24
129	Lynne Farrington	969	12/16	F5054	Virtual Duathlon	102	13:02	128	1:07:19	127	47:09	2:07:30
130	Kathy Dale	921	2/2	F7579	Virtual Duathlon	141	18:03	96	59:00	138	51:01	2:08:04
131	Molly Estes	963	2/4	F2024	Virtual Duathlon	72	12:04	127	1:07:00	133	49:35	2:08:39
132	Yana Cater	898	27/37	F3539	Virtual Duathlon	127	15:01	145	1:12:13	118	42:14	2:09:28
133	Lorna Roberts	1250	6/11	F6064	Virtual Duathlon	158	22:05	49	50:23	151	57:58	2:10:26
134	Jeanette Alas	806	17/21	F4549	Virtual Duathlon	138	17:08	134	1:09:46	122	43:37	2:10:31
135	Carrie Ann Landgra	1113	6/10	F5559	Virtual Duathlon	145	18:23	79	57:03	147	57:01	2:12:27
136	Theresa Feighery	970	28/37	F3539	Virtual Duathlon	162	23:59	108	1:00:01	132	48:48	2:12:48
137	Olivia Lighty	1126	3/4	F2024	Virtual Duathlon	152	20:02	119	1:03:07	139	51:05	2:14:14
138	Ruth Abbott	1398	7/11	F6064	Virtual Duathlon	151	19:20	101	59:50	144	55:06	2:14:16
139	Martha Service	1275	8/11	F6064	Virtual Duathlon	174	30:00	107	1:00:00	124	45:00	2:15:00
140	Jeanie Farley	1435	18/21	F4549	Virtual Duathlon	161	23:00	150	1:13:17	123	43:52	2:20:09
141	Tara Werner	1377	29/33	F4044	Virtual Duathlon	142	18:03	130	1:08:09	143	54:31	2:20:43
142	Caitlyn Hammett	1027	4/4	F2024	Virtual Duathlon	173	29:23	34	46:30	162	1:05:00	2:20:53
143	Susan Smith	1291	9/11	F6064	Virtual Duathlon	170	27:21	75	56:01	150	57:38	2:21:00
144	Emma Herrera	1043	19/21	F3034	Virtual Duathlon	104	13:05	165	1:30:00	110	40:00	2:23:05
145	Erin Schneider	1262	19/21	F4549	Virtual Duathlon	143	18:03	120	1:03:10	159	1:02:36	2:23:49
146	Christina Sumey	1319	9/10	F2529	Virtual Duathlon	148	18:51	141	1:11:30	142	53:36	2:23:57
147	Farrah Weinert	1374	30/33	F4044	Virtual Duathlon	159	22:23	148	1:13:00	134	49:49	2:25:12
148	Dena Thomas	1334	20/21	F4549	Virtual Duathlon	131	15:40	132	1:09:01	157	1:01:59	2:26:40
149	Nina Wladkowski	1389	20/21	F3034	Virtual Duathlon	157	21:53	133	1:09:14	146	56:28	2:27:35
150	Linda Nebeker	1191	7/10	F5559	Virtual Duathlon	139	17:47	140	1:11:15	161	1:04:16	2:33:18

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151	Erin Marbarger	1149	29/37	F3539	Virtual Duathlon	156	21:44	100	59:45	165	1:12:00	2:33:29
152	Priscilla Raasch-M	1232	3/5	F6569	Virtual Duathlon	13	9:00	166	1:30:00	155	1:00:00	2:39:00
153	Faye Fraze	987	30/37	F3539	Virtual Duathlon	165	24:28	136	1:10:05	163	1:05:55	2:40:28
154	Teresa Sellers	1273	13/16	F5054	Virtual Duathlon	168	26:54	110	1:00:11	167	1:14:40	2:41:45
155	Mandy McConnell	1163	31/33	F4044	Virtual Duathlon	135	16:47	168	1:34:08	140	52:01	2:42:56
156	Kimberly Leary	1410	32/33	F4044	Virtual Duathlon	133	16:15	164	1:29:28	149	57:16	2:42:59
157	Kathleen Judy	1078	8/10	F5559	Virtual Duathlon	160	22:38	161	1:23:17	153	59:14	2:45:09
158	Rena Bookman	856	21/21	F4549	Virtual Duathlon	155	21:35	149	1:13:14	164	1:10:34	2:45:23
159	Erica Lamar	1111	31/37	F3539	Virtual Duathlon	169	27:16	162	1:23:50	152	58:28	2:49:34
160	Elizabeth Dick	939	14/16	F5054	Virtual Duathlon	140	17:59	169	1:38:07	148	57:05	2:53:11
161	Candi Markle	1151	15/16	F5054	Virtual Duathlon	175	32:25	32	46:18	173	1:37:00	2:55:43
162	Tessa Johrendt	1074	32/37	F3539	Virtual Duathlon	167	26:25	156	1:18:18	166	1:12:04	2:56:47
163	Cynthia Cowling	916	4/5	F6569	Virtual Duathlon	154	21:00	167	1:33:00	160	1:03:00	2:57:00
164	Sue Parry	1210	10/11	F6064	Virtual Duathlon	176	37:38	159	1:20:21	156	1:00:29	2:58:28
165	Wendy Gorski	1007	33/37	F3539	Virtual Duathlon	112	13:40	174	2:15:00	88	35:44	3:04:24
166	Suzanne Taylor	1330	9/10	F5559	Virtual Duathlon	163	24:23	153	1:15:00	171	1:31:38	3:11:01
167	Emily Longlet	1130	10/10	F2529	Virtual Duathlon	8	8:54	170	1:46:00	168	1:17:00	3:11:54
168	Megan Taylor	1329	34/37	F3539	Virtual Duathlon	164	24:23	154	1:15:00	172	1:35:05	3:14:28
169	Kat Johnson	1071	21/21	F3034	Virtual Duathlon	73	12:05	172	1:46:07	170	1:17:41	3:15:53
170	Kelly Longlet	1131	11/11	F6064	Virtual Duathlon	153	20:06	171	1:46:00	169	1:17:00	3:23:06
171	Amberlee Arnold	828	35/37	F3539	Virtual Duathlon	149	19:01	173	2:03:12	158	1:02:31	3:24:44
172	Katrina Arledge	824	10/10	F5559	Virtual Duathlon	134	16:35	175	2:24:47	136	50:08	3:31:30
173	Betty Tomich	1341	1/1	F8099	Virtual Duathlon	177	51:00	152	1:14:00	174	2:56:00	5:01:00
	Tommi Galipeau	992	36/37	F3539	Virtual Duathlon					145	55:39	
	Michelle Schwenn	1267	16/16	F5054	Virtual Duathlon	126	15:00	27	45:00			
	Sara Van Hemert	1352	37/37	F3539	Virtual Duathlon	95	12:48	68	54:34			
	Kelly Gwynn	1022	33/33	F4044	Virtual Duathlon	103	13:02					
	Karen Gonne-Harrel	1006	5/5	F6569	Virtual Duathlon	172	29:00					

RESULTS BY: Skinny Raven Events and Timing