2019 Lucky Leprechaun Duathlon & Road Race

Age Group Results

Fat Tire Duathlon

Female Overall Winners

Place	Place Overal	Name	Bib No	Age	2M Run Rnk	2M Run Time	2M Run Pace	T-1 Time	11M Bike Rnk	11M Bike Time	11M Bike Rate	T-2 Time	2M Run Rnk	2M Run Time	2M Run Pace	Total Time
1	1	Danah James	253	40	1	16:51.5	8:26	2:17.2	1	44:53.1	14.7	0:57.0	1	18:22.3	9:11	1:23:21.3
2	2	Karenza Denson	251	24	2	27:16.8	13:38	2:24.8	2	1:04:56.1	10.2	1:11.8	2	32:46.1	16:23	2:08:35.8

*Overall place within gender

2019 Lucky Leprechaun Duathlon & Road Race
Age Group Results
Fat Tire Duathlon

Male Overall Winners

Place	Place Overal	Name	Bib No	Age	2M Run Rnk	2M Run Time	2M Run Pace	T-1 Time	11M Bike Rnk	11M Bike Time	11M Bike Rate	T-2 Time	2M Run Rnk	2M Run Time	2M Run Pace	Total Time
1	1	Matt De Blanc	314	37	1	13:35.2	6:48	0:27.1	1	34:01.0	19.4	0:15.5	1	13:40.1	6:50	1:01:59.0
2	2	Matthew Seal	316	38	2	17:30.3	8:45	1:26.1	3	49:04.9	13.5	0:35.5	2	18:52.6	9:26	1:27:29.6
3	3	Mark Medina	252	44	3	22:47.9	11:24	2:51.6	2	45:27.3	14.5	2:18.8	3	26:04.0	13:02	1:39:29.8

*Overall place within gender

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							----- 2M Run -----			T-1		----11M Bike -----			T-2		----- 2M Run -----		Total
		Place																		
Place	Overal	Name		Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	4	Lance Greenhaw		254	47				21:10.9	1	58:09.0	11.3	1:11.7	1	20:02.8	10:01	1:40:34.5

*Overall place within gender