



The Asheville Duathlon, 10K Trail Run, Gravel Grinder Bike Race & Du 4 Kids

Biltmore Estate, Asheville, NC • September 11, 2016 • 7:45 am Sunday Sunny 67°F



Duathlon – Individual Age Group Results

Female Open Winners

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|------------------|---------------|-------------------|-----|----------------|---------|------------------|-------|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 13 | Shannon Jaquess | Asheville NC | 660 | 31 | ***** | 21:15.0 | 1:06.4 | ***** | 54:29.7 | 1:14.3 | ***** | 22:09.7 | 1:40:15.3 |
| 2 | 15 | Mandy Higdon | Asheville NC | 733 | 36 | ***** | 21:08.8 | 1:34.7 | ***** | 54:16.0 | 0:47.6 | ***** | 24:11.7 | 1:41:59.1 |
| 3 | 17 | Mary Blankenship | Greenville SC | 610 | 33 | ***** | 22:51.1 | 1:02.1 | ***** | 55:29.2 | 0:54.7 | ***** | 23:47.8 | 1:44:05.1 |

Female Masters Winners

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|---------------|-------------------|-------------------|-----|----------------|---------|------------------|-------|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 19 | spryng briggs | hendersonville NC | 612 | 42 | ***** | 24:12.7 | 1:09.1 | ***** | 54:19.3 | 1:02.4 | ***** | 25:55.8 | 1:46:39.4 |

Female 19 and Under

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|-----------------|------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 49 | Carli Touliatos | Memphis TN | 720 | 19 | 1 | 24:21.6 | 0:52.4 | 1 | 1:07:29.1 | 0:39.7 | 1 | 25:19.8 | 1:58:42.8 |



The Asheville Duathlon, 10K Trail Run, Gravel Grinder Bike Race & Du 4 Kids

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Female 20 to 29

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|------------------|------------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 28 | Callie Horwath | Brevard NC | 659 | 28 | 2 | 26:18.1 | 1:11.8 | 1 | 54:52.1 | 0:53.9 | 2 | 28:27.7 | 1:51:43.8 |
| 2 | 50 | Erica Horn | Fletcher NC | 735 | 28 | 4 | 29:31.6 | 2:01.6 | 2 | 56:04.8 | 1:33.7 | 3 | 29:46.6 | 1:58:58.3 |
| 3 | 62 | Amanda Brown | Greenville SC | 614 | 25 | 1 | 23:55.2 | 0:50.5 | 5 | 1:11:27.0 | 0:34.8 | 1 | 26:05.5 | 2:02:53.2 |
| 4 | 79 | Jennifer Horn | Candler NC | 658 | 26 | 5 | 29:58.8 | 1:45.9 | 3 | 1:02:50.1 | 1:51.7 | 5 | 33:13.1 | 2:09:39.8 |
| 5 | 85 | Hannah Clark | Asheville NC | 621 | 25 | 3 | 26:46.2 | 1:50.1 | 4 | 1:10:48.3 | 3:02.3 | 4 | 30:13.7 | 2:12:40.9 |
| 6 | 106 | Sara Beth Sealey | Fuquay Varina NC | 709 | 29 | 6 | 34:29.6 | 3:10.4 | 6 | 1:16:13.7 | 1:55.7 | 6 | 34:46.5 | 2:30:36.1 |

Female 30 to 39

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|------------------|-------------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 22 | Cynthia Altman | Washington GA | 601 | 31 | 1 | 23:42.3 | 0:51.9 | 1 | 56:54.8 | 0:47.8 | 1 | 25:03.2 | 1:47:20.2 |
| 2 | 33 | HEather Sowry | Hendersonville NC | 713 | 34 | 2 | 24:10.0 | 0:34.3 | 4 | 1:02:24.0 | 0:23.8 | 2 | 26:11.4 | 1:53:43.7 |
| 3 | 44 | Priscila Maynez | Arden NC | 676 | 32 | 4 | 25:34.0 | 0:56.2 | 2 | 1:00:36.0 | 0:55.6 | 4 | 29:05.3 | 1:57:07.3 |
| 4 | 64 | Sarah Schoonover | Greenville SC | 707 | 37 | 5 | 26:49.0 | 1:56.2 | 3 | 1:00:36.2 | 1:21.0 | 8 | 33:32.4 | 2:04:14.9 |
| 5 | 70 | Shannon Stommel | Mount Airy NC | 716 | 38 | 6 | 26:51.1 | 1:34.6 | 5 | 1:06:07.9 | 1:26.1 | 5 | 29:06.6 | 2:05:06.4 |
| 6 | 71 | April Kennedy | Cherryville NC | 666 | 35 | 3 | 25:02.9 | 1:04.5 | 7 | 1:11:41.5 | 0:53.1 | 3 | 26:40.7 | 2:05:22.8 |
| 7 | 86 | katy dunning | morganton NC | 635 | 39 | 7 | 29:09.5 | 1:25.0 | 6 | 1:10:44.4 | 1:52.2 | 6 | 29:47.9 | 2:12:59.2 |
| 8 | 93 | Karen Reynolds | Asheville NC | 702 | 38 | 8 | 29:27.4 | 1:40.9 | 8 | 1:14:04.7 | 1:24.6 | 7 | 32:14.6 | 2:18:52.3 |
| 9 | 107 | Allison Caton | Asheville NC | 620 | 30 | 10 | 32:13.6 | 2:02.4 | 11 | 1:21:18.4 | 1:34.4 | 10 | 34:33.5 | 2:31:42.6 |
| 10 | 108 | Carissa Evans | Pittsburgh PA | 640 | 35 | 9 | 30:43.3 | 0:56.1 | 12 | 1:24:33.9 | 1:44.2 | 9 | 33:52.8 | 2:31:50.5 |



The Asheville Duathlon, 10K Trail Run, Gravel Grinder Bike Race & Du 4 Kids

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| | | | | | | | | | | | | | | |
|----|-----|---------------|-----------------|-----|----|----|---------|--------|----|-----------|--------|----|---------|-----------|
| 11 | 109 | Jamie Marnell | Asheville NC | 674 | 31 | 11 | 32:46.6 | 2:45.2 | 9 | 1:18:40.4 | 1:01.6 | 11 | 37:45.4 | 2:32:59.4 |
| 12 | 111 | Anna Martinez | fayetteville NC | 675 | 38 | 12 | 36:51.7 | 1:58.8 | 10 | 1:18:52.7 | 1:11.4 | 12 | 41:25.2 | 2:40:19.9 |
| 13 | 123 | Amber Nave | Jonesborough TN | 687 | 36 | 13 | 40:37.6 | 2:26.1 | 13 | 1:42:05.3 | 2:20.4 | 13 | 51:54.1 | 3:19:23.6 |

Female 40 to 49

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|-------------------|---------------------|-------------------|-----|----------------|-----------|------------------|-----|----------------|--------|-------------------|-----------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 38 | Sherri Nevius | Durham NC | 689 | 40 | 3 | 26:35.5 | 0:59.1 | 2 | 57:17.3 | 0:48.8 | 4 | 30:30.9 | 1:56:11.9 |
| 2 | 52 | Ariane Kjellquist | Asheville NC | 669 | 42 | 5 | 26:42.1 | 1:52.5 | 4 | 1:00:05.7 | 1:09.1 | 2 | 29:11.2 | 1:59:00.6 |
| 3 | 56 | Kassi Day | Asheville NC | 628 | 48 | 4 | 26:38.6 | 1:08.8 | 3 | 59:59.4 | 1:20.4 | 5 | 31:10.3 | 2:00:17.8 |
| 4 | 67 | Kimberly Simmons | Asheville NC | 711 | 47 | 2 | 26:25.2 | 1:34.3 | 6 | 1:06:02.9 | 1:29.2 | 3 | 29:15.7 | 2:04:47.5 |
| 5 | 73 | Stacy Rumfelt | Shelby NC | 704 | 47 | 1 | 25:28.6 | 0:50.1 | 8 | 1:11:25.0 | 0:58.2 | 1 | 28:59.6 | 2:07:41.6 |
| 6 | 90 | kelly Conway | Kalamazoo MI | 624 | 41 | 7 | 30:26.5 | 1:16.2 | 5 | 1:05:29.7 | 1:19.3 | 6 | 38:07.0 | 2:16:38.8 |
| 7 | 114 | Audra Haskins | Cumming GA | 654 | 41 | 8 | 31:25.3 | 1:47.2 | 13 | 1:27:54.6 | 1:53.7 | 7 | 39:17.1 | 2:42:18.0 |
| 8 | 115 | Carla Young | Blythewood SC | 730 | 43 | 10 | 32:14.8 | 1:26.0 | 12 | 1:27:30.6 | 2:30.5 | 8 | 40:23.8 | 2:44:05.9 |
| 9 | 116 | Jessica Tedone | Lawrenceville GA | 717 | 47 | 14 | 38:42.0 | 1:23.7 | 7 | 1:11:18.9 | 7:03.8 | 10 | 47:07.3 | 2:45:35.9 |
| 10 | 117 | Ellen Dixon | Asheville NC | 633 | 45 | 16 | 2:20:07.5 | | 1 | 25:03.7 | | 15 | 2:18:49.1 | 2:48:42.8 |
| 11 | 119 | Shawna Butdorf | North Fort Myers FL | 618 | 43 | 11 | 34:22.9 | 9:08.5 | 10 | 1:24:22.7 | 2:21.3 | 9 | 46:42.9 | 2:56:58.5 |
| 12 | 120 | Kelly Hopkin | Flat Rock NC | 657 | 46 | 12 | 37:05.6 | 1:31.0 | 11 | 1:25:19.4 | 2:06.5 | 13 | 55:42.5 | 3:01:45.3 |
| 13 | 121 | joy fittz | Huntersville NC | 643 | 41 | 13 | 37:55.4 | 1:58.1 | 14 | 1:33:41.7 | 1:45.3 | 12 | 48:38.4 | 3:03:59.0 |
| 14 | 122 | Sharalyn Bohager | Weaverville NC | 611 | 43 | 15 | 41:29.4 | 2:05.9 | 9 | 1:23:28.1 | | 14 | 1:07:11.5 | 3:14:15.0 |
| 15 | 125 | Carla Orsburn | Johnson City TN | 692 | 40 | 9 | 32:01.2 | 1:58.4 | 16 | 1:59:09.5 | 1:22.4 | 11 | 47:52.3 | 3:22:24.1 |



The Asheville Duathlon, 10K Trail Run, Gravel Grinder Bike Race & Du 4 Kids

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Female 50 to 59

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|-----------------|--------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 63 | bj jolley | kingsport TN | 661 | 51 | 1 | 24:42.9 | 2:04.8 | 2 | 1:08:35.5 | 1:52.2 | 1 | 26:33.8 | 2:03:49.3 |
| 2 | 78 | bonni schervone | fletcher NC | 706 | 54 | 4 | 30:49.3 | 1:32.6 | 1 | 1:01:39.5 | 1:23.8 | 4 | 34:12.3 | 2:09:37.8 |
| 3 | 83 | Dolly McLean | Asheville NC | 680 | 54 | 2 | 26:37.6 | 1:55.4 | 4 | 1:11:23.8 | 2:00.8 | 2 | 29:37.7 | 2:11:35.5 |
| 4 | 95 | Debbi Russell | Charlotte NC | 705 | 51 | 3 | 26:42.6 | 2:09.1 | 5 | 1:17:04.4 | 1:29.8 | 3 | 33:10.5 | 2:20:36.6 |
| 5 | 100 | Mary Burton | Asheville NC | 617 | 53 | 5 | 32:36.0 | 2:19.6 | 3 | 1:11:00.0 | 1:35.1 | 5 | 36:45.7 | 2:24:16.6 |
| 6 | 113 | Sandra Pratt | Griffin GA | 699 | 59 | 6 | 33:49.7 | 1:44.9 | 6 | 1:25:21.3 | 2:10.4 | 6 | 38:32.7 | 2:41:39.1 |

Female 60 to 69

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|-------------------|-------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 65 | Willie McCourt | fletcher NC | 678 | 63 | 1 | 28:42.5 | 1:27.3 | 1 | 1:00:56.8 | 1:26.0 | 1 | 31:50.3 | 2:04:23.1 |
| 2 | 98 | Ann Partel | Troutman NC | 693 | 66 | 2 | 32:03.5 | 1:19.2 | 2 | 1:11:15.3 | 0:44.3 | 2 | 36:45.3 | 2:22:07.7 |
| 3 | 110 | Melissa McCulloch | Arden NC | 679 | 62 | 3 | 32:44.9 | 1:16.4 | 3 | 1:18:10.0 | 1:07.8 | 3 | 40:55.0 | 2:34:14.3 |

Male Open Winners

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|-------------|---------------|-------------------|-----|----------------|---------|------------------|-------|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 1 | Eric Hamann | Greenville SC | 650 | 24 | ***** | 19:15.3 | 0:52.8 | ***** | 44:05.1 | 1:16.1 | ***** | 21:30.2 | 1:26:59.6 |



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| | | | | | | | | | | | | | | |
|---|---|---------------|--------------|-----|----|-------|---------|--------|-------|---------|--------|-------|---------|-----------|
| 2 | 2 | Ethan Doherty | Asheville NC | 731 | 25 | ***** | 17:20.1 | 0:49.3 | ***** | 50:49.7 | 1:04.2 | ***** | 18:40.0 | 1:28:43.5 |
| 3 | 3 | Marty Lange | Flat Rock NC | 670 | 28 | ***** | 20:00.5 | 1:51.2 | ***** | 47:49.4 | 0:57.0 | ***** | 21:28.9 | 1:32:07.3 |

Male Masters Winners

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|--------------|---------------|-------------------|-----|----------------|---------|------------------|-------|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 5 | Casey Vedder | Mount Airy NC | 723 | 42 | ***** | 22:42.6 | 0:58.4 | ***** | 45:46.8 | 1:01.1 | ***** | 22:59.0 | 1:33:28.0 |

Male 19 and Under

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|------------------|-------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 23 | Jason Easterling | Cary NC | 637 | 16 | 2 | 23:50.9 | 1:16.1 | 1 | 56:46.9 | 0:33.9 | 1 | 25:08.0 | 1:47:35.9 |
| 2 | 39 | Brody Jordan | Zirconia NC | 663 | 13 | 1 | 23:43.2 | 2:10.6 | 2 | 1:02:13.7 | 1:39.8 | 2 | 26:32.5 | 1:56:20.0 |

Male 20 to 29

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|----------------------|-----------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 4 | Cameron Brown | Charleston SC | 615 | 23 | 1 | 17:39.6 | 0:26.2 | 3 | 55:50.1 | 0:24.0 | 1 | 18:56.7 | 1:33:16.7 |
| 2 | 8 | Brandon Lyko | Simpsonville SC | 672 | 29 | 3 | 21:40.8 | 0:40.8 | 2 | 52:25.3 | 0:29.6 | 2 | 22:23.7 | 1:37:40.4 |
| 3 | 10 | Christopher Willetts | Fort Mill SC | 728 | 27 | 4 | 21:47.2 | 1:13.3 | 1 | 52:04.6 | 0:44.1 | 3 | 23:18.1 | 1:39:07.5 |
| 4 | 26 | Charlie Myers | boone NC | 686 | 23 | 6 | 25:29.4 | 0:53.4 | 4 | 55:59.0 | 0:35.2 | 5 | 25:26.6 | 1:48:23.8 |



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| | | | | | | | | | | | | | | |
|---|-----|----------------|------------------|-----|----|---|---------|--------|---|-----------|--------|---|---------|-----------|
| 5 | 29 | Matthew Tolle | Fayetteville NC | 719 | 27 | 2 | 21:05.3 | 1:00.6 | 5 | 1:04:51.1 | 0:38.5 | 4 | 24:24.9 | 1:52:00.6 |
| 6 | 60 | Alexi Muhumure | Greenville SC | 683 | 22 | 5 | 22:29.0 | 1:35.2 | 6 | 1:10:05.4 | 1:55.1 | 6 | 25:47.0 | 2:01:51.9 |
| 7 | 87 | Bradley Powell | Anderson SC | 698 | 28 | 7 | 26:44.6 | 1:08.0 | 7 | 1:14:52.5 | 1:01.2 | 7 | 29:53.5 | 2:13:39.9 |
| 8 | 105 | Eric Sealey | Fuquay Varina NC | 708 | 29 | 8 | 34:30.5 | 3:09.0 | 8 | 1:16:14.5 | 1:55.1 | 8 | 34:46.7 | 2:30:36.1 |

Male 30 to 39

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|------------------|------------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 9 | Wes Miller | Asheville NC | 734 | 36 | 1 | 21:07.5 | 1:17.0 | 2 | 52:37.9 | 1:17.8 | 1 | 22:44.9 | 1:39:05.2 |
| 2 | 14 | Cole Anderson | Charlotte NC | 603 | 32 | 2 | 21:51.4 | 0:57.4 | 3 | 53:49.8 | 0:42.0 | 2 | 23:44.3 | 1:41:05.0 |
| 3 | 16 | Jay Blankenship | Greenville SC | 609 | 33 | 5 | 24:02.5 | 1:15.3 | 1 | 52:29.2 | 0:48.5 | 3 | 24:05.0 | 1:42:40.7 |
| 4 | 24 | Jeffery Wall | Asheville NC | 725 | 35 | 9 | 24:36.8 | 0:53.4 | 4 | 55:16.4 | 0:32.3 | 5 | 26:35.8 | 1:47:54.9 |
| 5 | 25 | Damon McLean | Waynesville NC | 681 | 39 | 7 | 24:11.5 | 0:54.9 | 5 | 55:39.0 | 0:40.0 | 6 | 26:47.7 | 1:48:13.2 |
| 6 | 35 | Adam Vorhis | Asheville NC | 724 | 39 | 4 | 23:53.7 | 2:31.0 | 9 | 57:59.4 | 1:35.2 | 12 | 27:52.7 | 1:53:52.3 |
| 7 | 37 | Lee Stabler | West Columbia SC | 714 | 34 | 11 | 25:06.9 | 2:20.8 | 8 | 57:49.8 | 2:01.3 | 9 | 27:25.1 | 1:54:44.1 |
| 8 | 43 | Jorge Quintana | Arden NC | 700 | 33 | 12 | 25:34.8 | 1:17.3 | 11 | 1:00:13.2 | 0:56.3 | 13 | 29:05.6 | 1:57:07.3 |
| 9 | 45 | Ben Goff | Concord NC | 645 | 36 | 6 | 24:07.8 | 1:19.3 | 17 | 1:05:31.4 | 1:17.3 | 4 | 24:53.2 | 1:57:09.1 |
| 10 | 48 | Tristan Thompson | Weaverville NC | 718 | 31 | 20 | 28:49.1 | 2:15.2 | 10 | 58:41.9 | 1:35.0 | 8 | 27:17.6 | 1:58:39.0 |
| 11 | 55 | Mark Hemphill | Arden NC | 656 | 39 | 10 | 24:58.9 | 0:52.0 | 16 | 1:05:26.1 | 0:46.9 | 10 | 27:30.1 | 1:59:34.2 |
| 12 | 57 | Ben Barbour | Arden NC | 605 | 30 | 14 | 26:21.7 | 2:32.9 | 13 | 1:01:55.5 | 2:28.0 | 11 | 27:48.3 | 2:01:06.6 |
| 13 | 58 | Paul Hawkins | Greenville SC | 655 | 36 | 13 | 25:58.6 | 1:59.7 | 12 | 1:00:37.3 | 1:23.3 | 15 | 31:43.6 | 2:01:42.7 |
| 14 | 61 | Cody Crawford | | 625 | 30 | 19 | 28:20.8 | 2:06.4 | 14 | 1:03:32.1 | 1:29.4 | 7 | 27:02.2 | 2:02:31.0 |
| 15 | 69 | Kevin Campton | Candler NC | 619 | 38 | 18 | 27:53.4 | 2:37.8 | 7 | 57:16.4 | 3:00.2 | 19 | 34:10.4 | 2:04:58.4 |
| 16 | 72 | Corey Alexander | Canton NC | 600 | 35 | 3 | 23:38.6 | 0:36.8 | 20 | 1:07:51.1 | 0:43.6 | 18 | 33:30.0 | 2:06:20.3 |



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| | | | | | | | | | | | | | | |
|----|-----|-----------------|-----------------|-----|----|----|---------|--------|----|-----------|--------|----|---------|-----------|
| 17 | 74 | Darren Altman | Washington GA | 602 | 34 | 16 | 27:34.3 | 1:15.0 | 6 | 56:42.7 | 1:14.6 | 22 | 41:00.9 | 2:07:47.7 |
| 18 | 77 | Scott Cline | Bryson City NC | 622 | 39 | 17 | 27:37.7 | 1:06.1 | 18 | 1:06:19.0 | 1:16.2 | 16 | 32:36.0 | 2:08:55.1 |
| 19 | 80 | Justin Beaty | fayetteville NC | 606 | 36 | 15 | 27:16.9 | 1:11.0 | 15 | 1:05:08.4 | 1:15.8 | 21 | 35:30.5 | 2:10:22.7 |
| 20 | 84 | Peter Steenland | Asheville NC | 715 | 37 | 8 | 24:16.0 | 1:47.6 | 22 | 1:14:36.1 | 1:43.1 | 14 | 30:05.2 | 2:12:28.2 |
| 21 | 88 | Jay Brigman | Fort Mill SC | 613 | 33 | 21 | 30:08.9 | 2:15.8 | 19 | 1:06:44.3 | 2:33.6 | 17 | 32:41.6 | 2:14:24.3 |
| 22 | 96 | Jeremy Granger | Asheville NC | 647 | 39 | 22 | 31:14.1 | 2:21.1 | 21 | 1:10:04.4 | 1:57.6 | 20 | 35:24.6 | 2:21:02.0 |
| 23 | 124 | Scott Orsburn | Johnson City TN | 691 | 39 | 23 | 32:01.4 | 2:00.5 | 23 | 1:59:06.4 | 1:23.8 | 23 | 47:51.6 | 3:22:23.8 |

Male 40 to 49

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|--------------------|------------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 7 | Sean Perry | Asheville NC | 644 | 44 | 1 | 21:37.6 | 1:27.3 | 1 | 47:20.9 | 1:20.6 | 1 | 24:48.3 | 1:36:34.9 |
| 2 | 18 | Ed Kizer | Asheville NC | 668 | 46 | 2 | 22:24.0 | 1:36.1 | 4 | 55:14.1 | 1:29.9 | 2 | 25:30.5 | 1:46:14.9 |
| 3 | 20 | Jeremy Pike | Mills River NC | 697 | 41 | 3 | 24:10.6 | 1:09.1 | 2 | 52:17.7 | 0:51.9 | 5 | 28:16.9 | 1:46:46.4 |
| 4 | 31 | Joe Raymond | Greenville SC | 701 | 40 | 9 | 25:58.6 | 0:53.8 | 6 | 57:46.8 | 0:53.0 | 4 | 27:23.1 | 1:52:55.5 |
| 5 | 34 | Anthony Troncale | Falls Church VA | 721 | 44 | 7 | 25:13.5 | 0:28.1 | 7 | 58:56.1 | 0:28.0 | 7 | 28:41.3 | 1:53:47.2 |
| 6 | 41 | Raj Crow | RIDGECREST NC | 626 | 46 | 4 | 24:36.0 | 1:37.4 | 3 | 52:57.4 | 1:37.5 | 18 | 36:09.5 | 1:56:58.0 |
| 7 | 46 | Tad Dixon | Asheville NC | 632 | 48 | 19 | 30:24.5 | 1:16.6 | 5 | 55:34.6 | 0:55.7 | 10 | 29:20.4 | 1:57:32.0 |
| 8 | 47 | michael patton | asheville NC | 696 | 49 | 11 | 27:29.6 | 1:14.1 | 8 | 59:14.2 | 1:10.1 | 6 | 28:30.6 | 1:57:38.8 |
| 9 | 51 | Philip Egnatz | Winston Salem NC | 638 | 49 | 5 | 24:55.7 | 1:42.8 | 13 | 1:03:26.6 | 1:33.1 | 3 | 27:21.6 | 1:59:00.0 |
| 10 | 54 | James Eccleston | Asheville NC | 738 | 44 | 10 | 26:29.5 | 1:25.4 | 9 | 1:00:53.7 | 1:33.0 | 9 | 28:52.1 | 1:59:14.0 |
| 11 | 59 | Lee Odom | Simpsonville SC | 690 | 46 | 8 | 25:15.2 | 1:38.7 | 11 | 1:02:35.9 | 1:58.6 | 11 | 30:16.7 | 2:01:45.4 |
| 12 | 66 | William Partis | Winterville NC | 694 | 40 | 6 | 25:11.0 | 1:18.7 | 17 | 1:08:40.7 | 0:43.1 | 8 | 28:47.2 | 2:04:40.9 |
| 13 | 76 | Michael Easterling | Cary NC | 636 | 48 | 12 | 28:16.4 | 2:13.1 | 10 | 1:02:32.6 | 1:28.7 | 12 | 33:58.8 | 2:08:29.7 |



The Asheville Duathlon, 10K Trail Run, Gravel Grinder Bike Race & Du 4 Kids

Biltmore Estate, Asheville, NC • September 11, 2016 • 7:45 am Sunday Sunny 67°F



| | | | | | | | | | | | | | | |
|----|-----|-----------------|-------------------|-----|----|----|---------|--------|----|-----------|--------|----|---------|-----------|
| 14 | 81 | Ted Gossert | Matthews NC | 646 | 46 | 14 | 28:58.2 | 1:42.3 | 14 | 1:03:33.8 | 1:16.8 | 17 | 35:25.7 | 2:10:57.0 |
| 15 | 82 | Alfred Baquiran | Irmo SC | 604 | 45 | 18 | 30:14.0 | 1:44.8 | 12 | 1:02:55.3 | 2:10.6 | 13 | 34:16.8 | 2:11:21.6 |
| 16 | 89 | John Mahan | Hendersonville NC | 664 | 43 | 15 | 29:04.2 | 2:03.1 | 16 | 1:08:40.3 | 1:16.2 | 16 | 35:22.6 | 2:16:26.6 |
| 17 | 92 | vincent bienish | simpsonville SC | 608 | 48 | 17 | 30:11.2 | 1:42.7 | 18 | 1:09:09.8 | 2:27.4 | 14 | 34:38.2 | 2:18:09.5 |
| 18 | 97 | Douglas Granger | Apex NC | 648 | 41 | 20 | 31:15.2 | 2:21.5 | 19 | 1:10:07.8 | 2:10.4 | 15 | 35:06.9 | 2:21:02.0 |
| 19 | 99 | Bryan LePage | Matthews NC | 736 | 48 | 13 | 28:19.9 | 1:14.4 | 22 | 1:13:58.8 | 2:05.8 | 20 | 37:07.1 | 2:22:46.2 |
| 20 | 101 | Chris Connelly | Gaffney SC | 623 | 43 | 16 | 29:28.6 | 2:10.5 | 21 | 1:12:28.4 | 2:41.7 | 21 | 38:00.6 | 2:24:50.1 |
| 21 | 102 | Rashid Bhatti | Cary NC | 607 | 40 | 21 | 34:33.7 | 1:41.0 | 20 | 1:10:09.9 | 1:51.0 | 19 | 37:07.0 | 2:25:22.8 |
| 22 | 104 | Vance Bryson | Holly Springs NC | 616 | 45 | 22 | 36:33.5 | 2:40.1 | 15 | 1:08:16.5 | 1:49.5 | 22 | 40:29.6 | 2:29:49.4 |
| 23 | 118 | Jim Murray | Asheville NC | 685 | 46 | 23 | 41:55.5 | 3:45.7 | 23 | 2:10:17.5 | | | | 2:55:11.9 |

Male 50 to 59

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|----------------|---------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 6 | BRUCE MANN | CHARLOTTE NC | 673 | 57 | 1 | 20:18.9 | 1:14.7 | 1 | 51:16.4 | 0:45.7 | 1 | 21:14.3 | 1:34:50.3 |
| 2 | 11 | Scott Murr | Greenville SC | 684 | 54 | 3 | 21:20.1 | 0:37.7 | 4 | 54:28.4 | 0:20.5 | 2 | 22:34.0 | 1:39:20.9 |
| 3 | 12 | John Kennedy | Asheville NC | 667 | 55 | 2 | 21:10.6 | 1:05.8 | 3 | 53:59.8 | 1:06.9 | 3 | 22:49.1 | 1:40:12.3 |
| 4 | 21 | Richard Jordan | Zirconia NC | 662 | 52 | 4 | 24:00.0 | 1:43.5 | 2 | 52:59.4 | 0:51.8 | 6 | 27:19.2 | 1:46:54.1 |
| 5 | 27 | Dan Passarelli | Candler NC | 695 | 59 | 5 | 24:29.6 | 1:00.4 | 8 | 57:30.9 | 0:54.3 | 7 | 27:23.0 | 1:51:18.4 |
| 6 | 32 | Frank Melvin | Asheville NC | 682 | 56 | 9 | 26:04.1 | 1:21.5 | 5 | 54:58.3 | 1:01.7 | 11 | 30:07.9 | 1:53:33.6 |
| 7 | 36 | Bob Wallace | Durham NC | 726 | 59 | 6 | 25:05.7 | 1:35.5 | 6 | 55:45.6 | 0:47.9 | 12 | 30:44.2 | 1:53:59.2 |
| 8 | 40 | Wes Harkins | Candler NC | 653 | 55 | 8 | 26:01.5 | 1:39.1 | 9 | 1:00:30.7 | 1:37.6 | 4 | 26:35.9 | 1:56:25.0 |
| 9 | 42 | Derek Simmons | Asheville NC | 710 | 50 | 7 | 25:44.2 | 1:25.0 | 10 | 1:01:49.1 | 1:24.3 | 5 | 26:36.6 | 1:56:59.4 |
| 10 | 53 | Jim Eitl | Fletcher NC | 631 | 51 | 12 | 29:35.3 | 1:52.7 | 7 | 57:10.1 | 1:54.4 | 8 | 28:33.3 | 1:59:06.0 |



The Asheville Duathlon, 10K Trail Run, Gravel Grinder Bike Race & Du 4 Kids

Biltmore Estate, Asheville, NC • September 11, 2016 • 7:45 am Sunday Sunny 67°F



| | | | | | | | | | | | | | | |
|----|-----|-----------------|--------------|-----|----|----|-----------|--------|----|-----------|--------|----|-----------|-----------|
| 11 | 68 | Larry Duckworth | Arden NC | 634 | 55 | 11 | 29:14.4 | 1:07.8 | 11 | 1:04:56.8 | 0:44.1 | 9 | 28:46.5 | 2:04:49.8 |
| 12 | 75 | Steven Sizemore | Asheville NC | 712 | 51 | 10 | 28:19.4 | 2:41.1 | 12 | 1:06:23.4 | 0:50.3 | 10 | 30:07.8 | 2:08:22.1 |
| 13 | 91 | Philip Roth | Asheville NC | 703 | 58 | 14 | 1:42:41.1 | | 13 | 1:11:51.3 | | 13 | 35:40.7 | 2:17:34.9 |
| 14 | 126 | Sterling Elder | Orlando FL | 639 | 51 | 13 | 42:53.4 | 2:51.4 | 14 | 1:42:07.9 | 2:40.1 | 14 | 1:01:43.2 | 3:32:16.1 |

Male 60 to 69

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|---------------|--------------|-------------------|-----|----------------|---------|------------------|-----|----------------|--------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 30 | Larry Veatch | Mars Hill NC | 722 | 62 | 1 | 23:52.8 | 1:07.3 | 1 | 59:45.0 | 0:58.6 | 1 | 26:40.6 | 1:52:24.5 |
| 2 | 94 | Joe Davis | Kingsport TN | 627 | 61 | 2 | 30:29.7 | 2:06.7 | 2 | 1:11:58.5 | 1:50.8 | 2 | 33:17.5 | 2:19:43.5 |
| 3 | 112 | John Williams | Kingston TN | 729 | 67 | 3 | 33:16.2 | 2:22.2 | 3 | 1:25:59.0 | 1:21.9 | 3 | 38:16.0 | 2:41:15.6 |

Male 70 and Over

| Overall | | | | ----- Run 1 ----- | | ----- T1 ----- | | ----- Bike ----- | | ----- T2 ----- | | ----- Run 2 ----- | | Chip |
|---------|-------|-------------|--------------|-------------------|-----|----------------|-----|------------------|-----|----------------|------|-------------------|---------|-----------|
| Place | Place | Name | City | Bib No | Age | Time | Rnk | Time | Rnk | Time | Time | Rnk | Time | Time |
| 1 | 103 | Bill Finley | Asheville NC | 642 | 73 | 1:47:24.8 | | | 1 | 1:11:31.2 | | 1 | 45:56.5 | 2:27:17.7 |