Fourth Annual Delaware Charity Challenge Winter Indoor Triathlon Results (January 5, 2019)

Fixed Time Divisions: 15 minutes on a treadmill, 15 minutes on a rowing machine, 15 minutes on a spin bike

Medley Triathlon Competition					
Women's Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
1. Pike Fitness 1 (K. Stallone-run), M. Cochran-row), C. Kirby-bike)	11.88	2.1	3513	2.18	7.6
2. Clark's Sharks Team 2 (E. Galiardo-run, S. Womer-row, M. Candeloro-bike)	9.90	1.6	3064	1.90	6.4
3. BlkOps Fitness Team 2 (C. Papp-run, L. Waters-row, J. Joyner-bike)	9.82	1.71	3563	2.21	5.9
4. WhyFly Team Awesome (M. Sabean-run, K. Palita-row, K. Sales-bike)	9.24	1.88	3318	2.06	5.3
5. Kirkwood Fitness (D. Temparali-run, T. Weible-row, E. Pennock-bike)	8.74	1.34	2743	1.70	5.7
6. Victims' Rights Task Force (J. Gravell-run, E. Connelly-row, M. Pennachi-bike)	8.02	1.61	2594	1.61	4.8
Medley Triathlon Competition					
Men's Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
1. Runnin' & Ridin' (T. Pierse-run, J. McClory-row, A. Casalnuovo-bike)	10.77	2.08	3044	1.89	6.8
2. Pike Fitness Team 2 (M. Cunningham-run, J. Kirby-row, M. Norquist-bike)	10.04	2.05	4008	2.49	5.5
3. Team Raftery (S. Raftery-run, D. Haines-row, M. Alfree-bike)	9.60	1.91	3678	2.29	5.4

Medley Triathlon Competition					
Co-Ed W, W, M Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
1. BlkOps Fitness Team 3 (S. DeAscanis-run, S. Ashley-row, N. Jafarieh-bike)	12.15	2	3460	2.15	8
2. BlkOps Fitness Team 4 (C. Rohrer-run, B. Lazear-row, A. Rohrer, bike)	11.81	2.25	3637	2.26	7.3
3. The Mill for Strive (A. Valentine-run, J. Slease-row, P. Slease-bike)	9.39	1.62	3013	1.87	5.9

Medley Triathlon Competition					
Co-Ed M, M, W Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
1. BlkOps Fitness Team 5 (M. Wittenberg-run, A. Peternel-row, RJ Budnykiewicz-bike)	10.26	2.1	3160	1.96	6.2
2. BlkOps Fitness Team 1 (A. Medori-run, D. Smith-row, J. Smith, bike)	9.63	1.93	3223	2.00	5.7
3. American Red Cross (K. Rhodunda-run, B. Rhodunda-row, T. Pierse-bike)	8.54	1.6	3436	2.14	4.8
Run, Row, Bike Triathlon Competition					
Men's Team Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
1. University of Delaware Men's Crew (Team 3)	32.02 miles				
K. Rumaker	11.94 miles	1.96	4149	2.58	7.4
B. Kipnis	11.29 miles	2.28	4038	2.51	6.5
O. Fraser	8.80 miles	1.63	3808	2.37	4.8
2. University of Delaware Men's Crew (Team 4)	31.80 miles				
B. Gromacki	12.02 miles	1.82	3705	2.30	7.9
J. Razzi	10.17 miles	1.62	3950	2.45	6.1
P. Johnson	9.60 miles	1.8	3700	2.30	5.5
University of Delaware Men's Crew (Team 1)	INC				
M. Campone	11.31 miles	2.12	4164	2.59	6.6
T. Patterson	DNC				
C. Hay	DNC				
University of Delaware Men's Crew (Team 5)	INC				
D. McCarthy	10.59 miles	1.73	3800	2.36	6.5
C. Leary	DNC				
N. Donahue	DNC				

Run, Row, Bike Triathlon Competition					
Women's Team Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
1. Clark's Sharks Team 1	31.32 miles				
L. Consiglio-Ward	10.60 miles	1.86	3130	1.94	6.8
K. Dougherty	10.31 miles	1.3	2756	1.71	7.3
A. Hansen	10.40 miles	1.36	3125	1.94	7.1
2. Villains of the Village	31.18 miles				
J. Welch	10.42 miles	1.61	3227	2.01	6.8
A. Meadows	10.39 miles	1.9	3363	2.09	6.4
F. Ashbee	10.38 miles	1.54	3281	2.04	6.8
3. Dela Darling	28.04 miles				
E. Guillen	9.08 miles	1.25	2465	1.53	6.3
D. McBride	8.94 miles	1.49	2662	1.65	5.8
R. Schemm	10.01 miles	1.54	3337	2.07	6.4
4. Who Us?	26.66 miles				
M. Lester	8.83 miles	1.13	3059	1.90	5.8
D. Toone	8.35 miles	1.23	2775	1.72	5.4
L. Cooper	9.48 miles	1.43	3136	1.95	6.1
Run, Row, Bike Triathlon Competition					
Co-Ed W, W, M Team Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
1. Victims' Rights Task Force	23.52 miles				
P. Schmittinger	8.49 miles	1.32	2534	1.57	5.6
K. Kelley	7.05 miles	1.25	2743	1.70	4.1
D. Wyatt	7.98 miles	1.31	2842	1.77	4.9

Run, Row, Bike Triathlon Competition					
Co-Ed M, M, W Team Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
1. Kirkwood Fitness	30.09 miles				
M. Jackson	10.98 miles	2.04	3441	2.14	6.8
P. Wick	10.08 miles	1.47	2747	1.71	6.9
C. Weible	9.03 miles	1.27	2833	1.76	6
2. Mosaic in Delaware	29.74 miles				
B. Onamusi	9.60 miles	1.63	3176	1.97	6
A. Nieves	10.73 miles	1.99	3128	1.94	6.8
K. Feeney	9.40 miles	1.22	2863	1.78	6.4
3. North Maryland Multisport	27.32 miles				
S. Yates	9.66 miles	1.64	3408	2.12	5.9
M. Hickey	10.00 miles	1.76	3119	1.94	6.3
S. Hickey	8.15 miles	1.81	2795	1.74	4.6

Run, Row, Bike Triathlon Competition					
Individual Women's Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
Eli Henninger (Clark's Sharks)	12.05	2.39	3633	2.26	7.4
Meredith Mcintosh (Individual)	11.10	2.1	3383	2.10	6.9
Tai Corrado (Legion Transformation)	10.04	1.58	3308	2.06	6.4
Christina Thomson (Individual)	9.73	2.21	3565	2.22	5.3
Danielle Downs (Legion Transformation)	9.69	1.71	3180	1.98	6
Mandy Wittenberg (BlkOps Fitness)	9.45	1.46	3521	2.19	5.8
O. Lewin (Team Lewin)	9.13	1.53	2579	1.60	6
Kimberly Yates (North Maryland Multisport)	9.01	1.71	2900	1.80	5.5
Katie Gutowski (Legion Transformation)	8.70	1.71	2884	1.79	5.2
Meghan Pugh (Legion Transformation)	8.56	1.45	2754	1.71	5.4
Yvette Brown (Kirkwood Fitness)	8.54	1.12	2605	1.62	5.8
Marie Gillespie (Paws for a Cause)	8.52	1.06	2195	1.36	6.1

Meredith Newman (Dela Darling)	8.18	1.06	2775	1.72	5.4
Bindhu Datla (Legion Transformation)	8.03	0.96	2695	1.67	5.4
Barbara Hoffer (The Everett)	7.83	1.18	2972	1.85	4.8
Gabriella Stella-Carlton (Legion Transformation)	7.72	0.99	2792	1.73	5
Talley Sieglen (The Everett)	6.06	0.9	2351	1.46	3.7
Kimberly Guillen (Dela Darling)	5.64	0.95	2074	1.29	3.4
Run, Row, Bike Triathlon Competition					
Individual Men's Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (miles)**
David Henninger (Clark's Sharks)	13.62	2.72	4190	2.60	8.3
Jonathan McCann (Individual)	12.69	2.32	3646	2.27	8.1
Antonio DeAscanis (BlkOps Fitness)	12.46	2.13	4075	2.53	7.8
Dylan Lamb (UD Men's Crew)	12.26	2.01	4096	2.55	7.7
Kevin Murphy (BlkOps Fitness)	11.82	1.89	3584	2.23	7.7
Daniel Featherer (Individual)	11.31	2.45	3800	2.36	6.5
Douglas Cochran (Individual)	11.26	2.04	3576	2.22	7
Will Purman (UD Men's Crew)	11.00	1.94	4441	2.76	6.3
Tom Lewin (Team Lewin)	10.94	1.77	3489	2.17	7
Chuck Hall (Clark's Sharks)	10.84	1.87	3177	1.97	7
John Williams (UD Men's Crew)	10.77	1.6	3982	2.47	6.7
James McCullough (UD Men's Crew)	10.71	2.13	4312	2.68	5.9
Brian Pennock (Kirkwood Fitness)	10.52	1.68	3289	2.04	6.8
Connor Lust (UD Men's Crew)	10.46	1.52	3289	2.04	6.9
Rich Shoemaker (Individual)	10.41	1.69	3570	2.22	6.5
Nicholas Todorow (BlkOps Fitness)	10.04	1.69	3935	2.45	5.9
Allen Cartwright (Legion Transformation)	9.90	1.45	3468	2.15	6.3
Kyle McLaughlin (The Mill)	9.58	1.87	3552	2.21	5.5
Ronald Mortel (Kirkwood Fitness)	9.55	1.71	3289	2.04	5.8
Brent Deleo (Legion Transformation)	9.24	1.57	3338	2.07	5.6
Robert Flores (Mosaic in Delaware)	9.11	1.62	2553	1.59	5.9
Michael McCloskey (Mosaic in Delaware)	9.08	1.15	3265	2.03	5.9
Austin Craig (UD Men's Crew)	8.77	1.66	4202	2.61	4.5
Robert Herrera (The Mill)	8.60	1.8	3056	1.90	4.9
Jorge Maldonado (Individual)	8.54	1.73	3558	2.21	4.6
Jim Guzewski (Kirkwood Fitness)	7.07	1.16	2599	1.61	4.3
Seth Lampkin (Mosaic in Delaware)	7.00	0.5	2417	1.50	5
N. Gillespie (Paws for a Cause)	5.62	1.25	1879	1.17	3.2
L. Fisch (Paws for a Cause)	5.74	0.84	0	0	4.9

Fixed Distance Division (2 mile run, 2K row, 5 mile bike)

Men's Division	**Team**	**Total Time**	**2 mile treadmill**	**2k erg**	**5 mile bike**	**Age**
1. Malcolm Hughes	Millsummit	33:03	13:37	8:05	11:21	40
2. Eric Rieger	Individual	36:07	14:52	8:39	12:36	49
Women's Division	**Team**	**Total Time**	**2 mile treadmill**	**2k erg**	**5 mile bike**	**Age**
1. Linda Gess	WhyFly Team Awesome	33:39	13:53	8:20	11:26	31
2. Kinsey Lenehan	Individual	37:32	13:44	8:49	14:59	28