Second Annual Delaware Charity Challenge Winter Indoor Triathlon Results (January 7, 2017)

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 (km)**	**Bike (Converted - Miles)**
1. DCRAC (M. Tovar-Rangel - Treadmill, J. Quinn - Erg, O. Samuels - Bike)	8.37 miles	1.56	2862	1.78	8.1	5.03
2. The Mill (A. Valentine - Treadmill, L. Schirmeister-Gess - Erg, K. Blanchard - Bike)	7.66 miles	1.74	3332	2.07	6.2	3.85
Co-Ed M, M, F Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (km)**	**Bike (Converted - Miles)**
1. Clark's Sharks (A. Ladney - Treadmill, C. Hall - Erg, F. Wharton - Bike)	9.86 miles	1.86	3270	2.03	9.6	5.97
2. South Jersey OCR (J. Schissler - Treadmill, E. Rieger - Erg, P. Pfeiffer, Bike)	8.34 miles	2.47	3546	2.2	5.9	3.67
Co-Ed F, F, M Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (km)**	**Bike (Converted - Miles)**
1. Conscious Crusaders (M. Smith - Treadmill, T. Spencer - Erg, R. Dixon - Bike)	8.02 miles	1.55	2817	1.75	7.6	4.72
2. Given' It a Tri (A. Magee - Treadmill, A. Cirillo - Erg, M. Cirillo - Bike)	7.90 miles	1.95	2870	1.78	6.7	4.16

Run, Row, Bike Triathlon Competition						
Men's Team Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (km)**	**Bike (Converted - Miles)**
1. University of Delaware Men's Crew (Team 2)	35.73 miles					
A. Deluca	11.78 miles	2.01	3828	2.38	11.9	7.39
C. Hurley	12.40 miles	2.24	4151	2.58	12.2	7.58
Z. Meszoely	11.54 miles	1.85	3798	2.36	11.8	7.33
2. University of Delaware Men's Crew (Team 10)	34.56 miles					
K. McCaig	11.77 miles	2.4	3983	2.47	11.1	6.9
B. Regan	11.05 miles	1.9	3931	2.44	10.8	6.71
S. Vaca	11.74 miles	2.36	3791	2.36	11.3	7.02
3. University of Delaware Men's Crew (Team 3)	32.54 miles					
A. Buck	10.92 miles	2.34	4105	2.55	9.7	6.03
L. Demers	10.30 miles	2.46	3910	2.43	8.7	5.41
A. Donlan	11.32 miles	2.64	3974	2.47	10	6.21
4. University of Delaware Men's Crew (Team 1)	31.66 miles					
W. Roman	10.86 miles	2.37	3868	2.4	9.8	6.09
B. Kaiser	10.61 miles	2.06	4056	2.52	9.7	6.03
R. Cucci	10.19 miles	2.2	4057	2.52	8.8	5.47
5. University of Delaware Men's Crew (Team 7)	31.58 miles					
E. Frezza	11.37 miles	2.31	4275	2.66	10.3	6.4
T. Snow	9.71 miles	2.26	3795	2.36	8.2	5.1
M. Couwenhoven	10.50 miles	2.51	4165	2.59	8.7	5.41
6. University of Delaware (Team 9)	30.65 miles					

W. Marello	8.98 miles	2.36	4155	2.58	6.5	4.04
B. Kungl	10.60 miles	2.2	4024	2.5	9.5	5.9
J. McCullough	11.06 miles	2.13	4079	2.53	10.3	6.4
7. University of Delaware Men's Crew (Team 8)	29.68 miles					
R. Haines	10.50 miles	1.82	4076	2.53	9.9	6.15
H. Zisling	9.58 miles	1.72	3750	2.33	8.9	5.53
N. Pereira	9.60 miles	2.27	4197	2.61	7.6	4.72
8. CardioKinetics	29.35 miles					
M. Hall	10.26 miles	2.27	3852	2.39	9	5.59
D. Henninger	10.40 miles	2.76	4193	2.61	8.1	5.03
J. Scholz	8.69 miles	1.86	3294	2.05	7.7	4.78
9. University of Delaware Men's Crew (Team 5)	28.86 miles					
F. Vandal	9.65 miles	1.69	4013	2.49	8.8	5.47
E. Zavala	10.89 miles	2.34	3767	2.34	10	6.21
S. Bacharach	8.31 miles	1.74	4077	2.53	6.5	4.04
10. University of Delaware Men's Crew (Team 13)	28.68 miles					
D. Dreyfus	11.26 miles	2.04	3945	2.45	10.9	6.77
O. Fraser	8.69 miles	1.93	3877	2.41	7	4.35
G. Gaydosh	8.73 miles	2.17	3958	2.46	6.6	4.1
11. University of Delaware Men's Crew (Team 4)	27.75 miles					
W. Grant	9.95 miles	2.5	4097	2.55	7.9	4.91
M. Senf	8.34 miles	1.89	4180	2.6	6.2	3.85
R. Lunney	9.45 miles	1.94	3888	2.42	8.2	5.1
12. AMPED Up	27.22					

	miles					
S. Jones	10.59 miles	2.13	3814	2.37	9.8	6.09
R. Pellegrino	9.10 miles	1.82	3911	2.43	7.8	4.85
L. Bartolotti	7.53 miles	1	2811	1.75	7.7	4.78
13. Team Jensen	25.32 miles					
J. Jensen	8.43 miles	1.51	3237	2.01	7.9	4.91
M. Puckett	9.09 miles	1.54	2750	1.71	9.4	5.84
B. Cavanaugh	7.80 miles	1.25	2749	1.71	7.8	4.85
14 (t). University of Delaware Men's Crew (Team 17)	INC					
E. Montruil	8.27 miles	1.44	3898	2.42	7.1	4.41
T. Patterson	INC	2.13	4020	2.5	NS	
J. Trunley	INC	1.5	NS		9.4	5.84
14 (t). University of Delaware Men's Crew (Team 15)	INC					
N. Appelman	9.47 miles	1.62	3327	2.07	9.3	5.78
J. Seel	9.93 miles	1.65	4020	2.5	9.3	5.78
D. Malanoski	DNC					
14 (t). University of Delaware Men's Crew (Team 12)	INC					
P. Canning	9.63 miles	1.94	4070	2.53	8.3	5.16
A. Craig	9.12 miles	1.22	4013	2.49	8.7	5.41
K. Conover	DNC					
14 (t). University of Delaware Men's Crew (Team 16)	INC					
D. Lamb	8.63 miles	1.31	3879	2.41	7.9	4.91
EJ Isenbergh	10.03 miles	1.76	3513	2.18	9.8	6.09
M. Matejak						
14 (t). University of Delaware Men's Crew (Team 18)	INC					
J. Razzi	7.41 miles	1.5	3818	2.37	5.7	3.54

D. Steventon	10.03 miles	0.62	3650	2.27	11.5	7.15
T. Valentine	DNC					
14 (t). University of Delaware Men's Crew (Team 19)	INC					
P. Johnson	9.33 miles	1.46	3868	2.4	8.8	5.47
P. Weishaar	INC	NS	4157	2.58	6.3	3.91
F. Field	DNC					
Women's Team Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (km)**	**Bike (Converted - Miles)**
1. AMPED Up	28.16 miles					
B. Clark	9.32 miles	1.79	3216	2	8.9	5.53
L. Jones	9.16 miles	1.93	3334	2.07	8.3	5.16
B. Townsend	9.68 miles	2.3	3175	1.97	8.7	5.41
2. University of Delaware Men's Crew (Team 6)	25.44 miles					
E. Jardel	9.20 miles	1.6	2934	1.82	9.3	5.78
M. Dolan	8.33 miles	1.9	2855	1.77	7.5	4.66
S. Tyre	7.90 miles	1.36	2731	1.7	7.8	4.85
3. Miracles for Molly	23.53 miles					
M. Lester	7.79 miles	1.3	2939	1.83	7.5	4.66
L. Cooper	8.44 miles	1.58	3247	2.02	7.8	4.85
D. Toone	7.30 miles	1.2	2621	1.63	7.2	4.47
4. Given' It a Tri	21.86 miles					
S. Bucksner	7.43 miles	1.23	3079	1.91	6.9	4.29
K. Daniel	7.26 miles	1.21	2941	1.83	6.8	4.23
G. Balback	7.16 miles	1.16	2460	1.53	7.2	4.47
5. Foschi Photography	20.56 miles					

N. Foschi	7.21 miles	1.28	2540	1.58	7	4.35
K. Rhodes-Woodruff	6.15 miles	1.08	2866	1.78	5.3	3.29
C. Weible	7.20 miles	1.24	3091	1.92	6.5	4.04
6. Down Syndrome Association of Delaware	9.71 miles					
E. Nolan	5.19 miles	0.98	1685	1.05	5.1	3.17
B. MacBridge	2.05 miles	0.23	1520	0.94	1.41	0.87
A. Pidgeon	2.47 miles	0.48	1461	0.91	1.74	1.08
Co-Ed M, M, F Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (km)**	**Bike (Converted - Miles)**
1. Mosaic	26.76 miles					
B. Judge	9.87 miles	2	3272	2.03	9.4	5.84
J. Davis	9.37 miles	1.78	3510	2.18	8.7	5.41
M. Romaninsky	7.52 miles	1.33	2467	1.53	7.5	4.66
2. Foschi Photography	22.97 miles					
S. Brown Reugeggers	7.99 miles	1.34	2801	1.74	7.9	4.91
R. Alexander	7.57 miles	1.29	3301	2.05	6.8	4.23
V. Badoo	7.42 miles	1.29	2864	1.78	7	4.35
3. University of Men's Crew (Team 11)	INC					
M. Ackerson	9.44 miles	1.9	3036	1.89	9.1	5.65
O. Bennett	8.89 miles	2.18	4006	2.49	6.8	4.23
M. Bird	DNC					
Co-Ed F, F, M Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (km)**	**Bike (Converted - Miles)**
1. Team Thunderstrike	26.79 miles					

T. Greatorex	9.12 miles	1.82	2856	1.77	8.9	5.53
T. Hessey	8.93 miles	1.68	3576	2.22	8.1	5.03
J. Greatorex	8.73 miles	2.08	3400	2.11	7.3	4.54
2. Clark's Sharks	25.26 miles					
J. Theyerl	8.28 miles	1.55	3032	1.88	7.8	4.85
E. Lewis	8.02 miles	1.47	2947	1.83	7.6	4.72
A. Altenritter	8.96 miles	1.84	3458	2.15	8	4.97
3. Mosaic	25.11 miles					
D. Lee	8.45 miles	1.73	3220	2	7.6	4.72
C. Brisiel	8.95 miles	1.52	3157	1.96	8.8	5.47
J. DeLuca	7.70 miles	1.51	2967	1.84	7	4.35
4. Miracles for Molly	23.56 miles					
K. Deakyne	8.04 miles	1.93	2134	1.33	7.7	4.78
A. Williamson	6.91 miles	1.08	2681	1.67	6.7	4.16
M. Snouffer	8.61 miles	1.66	3180	1.98	8	4.97
5. Down Syndrome Association of Delaware	21.53 miles					
N. Bradshaw	6.21 miles	0.86	2105	1.31	6.5	4.04
M. Wang	7.49 miles	1.5	2447	1.52	7.2	4.47
B. Casper	7.83 miles	1.65	2947	1.83	7	4.35
6. University of Delaware Men's Crew (Team 14)	INC					
J. Hefferon	8.88 miles	1.55	3297	2.05	8.5	5.28
G. Kastronis	7.89 miles	1.23	3130	1.94	7.6	4.72
I. Jennings	DNC					

'Individual Men's Division	Total Distance	Treadmill (miles)	Erg (Meters)	Erg (Converted)	Bike (km)	Bike (Converted - Miles)
C. Ehring (University of Delaware Men's Crew)	11.27	1.91	3968.00	2.47	11.1	6.90
W. Beardell (University of Delaware Men's Crew)	11.11	1.85	4001.00	2.49	10.9	6.77
T. Dough (University of Delaware Men's Crew)	10.86	2.09	4021.00	2.50	10.1	6.28
J. McCann (Individual)	10.80	2.26	3450.00	2.14	10.3	6.40
J. Manlove (Individual)	10.43	2.05	3490.00	2.17	10.0	6.21
J. Williams (University of Delaware Men's Crew)	10.35	2.12	3849.00	2.39	9.4	5.84
J. Maldonado (Individual)	9.99	1.92	3481.00	2.16	9.5	5.90
C. James (Down Syndrome Association of Delaware)	9.44	2.29	3501.00	2.18	8.0	4.97
D. Weiner (University of Delaware Men's Crew)	9.33	1.84	4150.00	2.58	7.9	4.91
J. Bucksner (Given' It a Tri)	9.25	2.19	3664.00	2.28	7.7	4.78
N. Ruggiero (University of Delaware Men's Crew)	9.07	1.30	4011.00	2.49	8.5	5.28
R. Warrington (Trinity Health)	8.42	2.05	3150.00	1.96	7.1	4.41
R. Sausa (University of Delaware Men's Crew)	7.70	1.02	3753.00	2.33	7.0	4.35
J. Rose (Mosaic)	7.39	1.67	2800.00	1.74	6.4	3.98
R. Hererra (The Mill)	INC	1.91	DNC		6.0	3.73
J. Cusatis (Individual)	DNC	DNC	DNC			
Individual Women's Division	**Total Distance**	**Treadmill (miles)**	**Erg (Meters)**	**Erg (Converted)**	**Bike (km)**	**Bike (Converted - Miles)**
Loretta Consiglio-Ward (Clark's Sharks)	9.77	2.00	3205	1.99	9.3	5.78
Rose Carr (Individual)	9.28	1.95	3801	2.36	8.0	4.97
Wei-Ling Moloy (Individual)	8.76	1.70	3563	2.21	7.8	4.85
Benedetta Rieser (Individual)	8.70	1.78	2942	1.83	8.2	5.10
Audrey Inden (Team Linda Tickle)	8.69	2.06	3565	2.22	7.1	4.41

Diane Kukich (Individual)	8.12	1.85	2885	1.79	7.2	4.47
Varsha Kripalu (Trinity Health)	7.74	1.78	1987	1.23	7.6	4.72
Marianne Lockwood (Miracles for Molly)	7.19	1.52	2529	1.57	6.6	4.10
Linda Tickle (Team Linda Tickle)	7.11	1.51	3014	1.87	6.0	3.73
Emily Woodson (Given' It a Tri)	6.83	1.72	2618	1.63	5.6	3.48
Karen Dougherty (Individual)	DNC					

Scooter Race

Championship Heat
1. Team Clark's Sharks for Mike Clark Legacy Foundation - $100 prize to Mike Clark Legacy Foundation
2. Team AMPED Up for Faithful Friends

Semi-Final Heat 1
1. Team Clark's Sharks for Mike Clark Legacy Foundation (advance to finals)
2. Team University of Delaware Men's Crew
3. Team Thunderstrike for Food Bank of Delaware

Semi-Final Heat 2
1. Team AMPED Up for Faithful Friends (advance to finals)
2. Team DCRAC