

Third Annual Delaware Charity Challenge Winter Indoor Triathlon Results (January 6, 2018)
 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. Clark's Sharks 2 (I. Yerkes - Treadmill, A. Renninger - Erg, A. Ladney-Riley - Bike)	8.96 miles	2.06	3062	1.9	5
2. WhyFly's Awesome-est (M. Sabean - Treadmill, K. Palita - Erg, K. Sales - Bike)	8.84 miles	1.89	3140	1.95	5
3. Power Up (V. Dowtin - Treadmill, P. Yarborough - Erg, C. Carter-Wedgewood - Bike)	7.01 miles	1.21	2902	1.8	4
Men's Division	Total Distance	Treadmill (miles)	Erg (Meters)	Erg (Converted)	Bike (miles)
1. Team Hughes (M. Hughes - Treadmill, J. Scialara - Erg, D. Sargent - Bike)	10.16 miles	2.37	3530	2.19	5.6
Co-Ed M, M, F Division	Total Distance	Treadmill (miles)	Erg (Meters)	Erg (Converted)	Bike (miles)
1. Team Cummings (M. Cummings - Treadmill, R. Ortiz - Erg, J. Olaya - Bike)	10.99 miles	2.55	3602	2.24	6.2
2. Riv Athletics 2 (J. Loren - Treadmill, C. Clyde - Erg, J. Loren - Bike)	10.97 miles	2.07	4352	2.7	6.2
3. Team Wittenberg (M. Wittenberg - Treadmill, M. Wittenberg - Erg, Z. Zgleszewski - Bike)	9.67 miles	2.1	3497	2.17	5.4
4. Clark's Sharks 1 (C. Hall - Treadmill, C. Hall - Erg, M. Flaherty - Bike)	8.72 miles	2.01	3396	2.11	4.6
5. DCRAC (S. Casini - Treadmill, A. Casini - Erg, R. Rangan - Bike)	7.64 miles	1.74	2741	1.7	4.2
6. Main Line Health Fitness & Wellness	DNC				
Medley Triathlon Competition					
Co-Ed F, F, M Division	Total Distance	Treadmill (miles)	Erg (Meters)	Erg (Converted)	Bike (miles)
1. Riv Athletics 3 (P. Garrett - Treadmill, D. Young - Erg, K. Pierce - Bike)	9.42 miles	2.42	3376	2.1	4.9
2. The Mill (A. Valentine - Treadmill, J. Valentine - Erg, A. Valentine - Bike)	7.67 miles	1.26	3553	2.21	4.2

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 12)	32.91 miles				
Francis Field	11.57 miles	2.18	4165	2.59	6.8
Nicolas Pereira	11.39 miles	2.21	3992	2.48	6.7
Owen Bennett	9.95 miles	2.05	4029	2.5	5.4
2. University of Delaware Men's Crew (Team 3)	32.04 miles				
A. Light	10.58 miles	2.12	4113	2.56	5.9
A. Donlan	10.58 miles	2.28	3700	2.3	6
L. Demers	10.88 miles	2.49	3850	2.39	6
3. University of Delaware Men's Crew (Team 1)	31.75 miles				
Dylan Lamb	10.69 miles	1.96	3908	2.43	6.3
James McCullough	10.34 miles	1.98	4123	2.56	5.8
Zacharia AbuAwad	10.72 miles	2.22	4182	2.6	5.9
4. University of Delaware Men's Crew (Team 6)	31.73 miles				
Ada Dildar	9.09 miles	2.04	3302	2.05	5
Edoardo Frezza	11.60 miles	2.41	4331	2.69	6.5
Zacharya Meszoely	11.04 miles	2.45	3849	2.39	6.2
5. University of Delaware Men's Crew (Team 13)	31.55 miles				
Kyle Rumaker	10.64 miles	2.3	4081	2.54	5.8
Taylor Dough	10.78 miles	2.16	3894	2.42	6.2
Tristan Snow	10.13 miles	2.33	3539	2.2	5.6
6. University of Delaware Men's Crew (Team White Rock)	31.43 miles				
Kevin Conover	9.32 miles	1.86	3798	2.36	5.1

Sam Bacharach	10.84 miles	1.92	3895	2.42	6.5
Thomas Patterson	11.27 miles	2.4	3967	2.47	6.4
7. University of Delaware Men's Crew (Team 11)	31.12 miles				
Brian Kungl	10.31 miles	2.22	4010	2.49	5.6
EJ Isenbergh	10.11 miles	1.95	3790	2.36	5.8
Ryan Buddie	10.71 miles	2.11	4018	2.49	6.1
8. University of Delaware Men's Crew (Team 9)	30.98 miles				
Luis Padilla	10.18 miles	2.21	3807	2.36	5.6
Michael Campone	10.69 miles	2.21	4145	2.58	5.9
Nicholas Ruggiero	10.12 miles	1.62	4023	2.5	6
9. University of Delaware Men's Crew (Team 17)	30.73 miles				
Cameron Hayden	10.6 miles	2.47	3911	2.43	5.7
Cameron Smith	9.83 miles	1.89	3919	2.43	5.5
Patrick Canning	10.31 miles	1.85	4114	2.56	5.9
10. University of Delaware Men's Crew (Team 15)	30.39 miles				
Grant Gaydosh	9.13 miles	1.96	4136	2.57	4.6
Liam Kelley	11.06 miles	2.5	4112	2.56	6
Oliver Fraser	10.2 miles	1.8	4025	2.5	5.9
10. University of Delaware Men's Crew (Team 16)	29.8 miles				
David Chapman	10.23 miles	2.13	4017	2.5	5.6
Jake Pfander	9.4 miles	2.11	3847	2.39	4.9
Mark Love	10.17 miles	1.74	3917	2.43	6

11. RIV Athletics 1	28.50 miles				
Adam Kramer	10.13 miles	2.24	3852	2.39	5.5
Luke Desperito	9.46 miles	2.15	3558	2.21	5.1
Michael Mood	8.91 miles	2.06	3626	2.25	4.6
12. Mosaic in Delaware 1	25.22 miles				
Bobby Judge	8.80 miles	1.95	3298	2.05	4.8
Jay Davis	8.14 miles	1.73	3391	2.11	4.3
Steve Shanus	8.28 miles	1.75	2952	1.83	4.7
13. Team Jensen	21.94 miles				
John Jensen	6.81 miles	1.5	2756	1.71	3.6
Bruce Cavanaugh	8.12 miles	1.37	3141	1.95	4.8
Michael Puckett	7.01 miles	1.52	3044	1.89	3.6
14 (t). University of Delaware Men's Crew (Team 14)	INC				
Brendan Kaiser	11.44 miles	2.63	4035	2.51	6.3
James Trunley	10.01 miles	1.57	4096	2.54	5.9
Tomas Chesonis	DNC				
14 (t). University of Delaware Men's Crew (Team 19)	INC				
Dane Malanoski	10.62 miles	2.01	4043	2.51	6.1
David Sandberg	9.77 miles	1.9	3651	2.27	5.6
Dylan Young					
14 (t). University of Delaware Men's Crew (Team 18)	INC				
Austin Buck	10.8 miles	2.09	4047	2.51	6.2
Benton Witcher	DNC				
Santiago Ugas	DNC				
14 (t). University of Delaware Men's Crew (Team 4)	INC				

Evan Montreuil	9.17 miles	2.01	3961	2.46	4.7
John Razzi	DNC				
Patrick Johnson	DNC				
18. University of Delaware Men's Crew (Team 5)	DNC				
Andrew Fortunato	DNC				
Cole Spokesman	DNC				
Jonathan Seel	DNC				
Women's Team Division	Total Distance	Treadmill (miles)	Erg (Meters)	Erg (Converted)	Bike (miles)
1. Amped Up	24.23 miles				
B. Saxton	7.93 miles	1.81	3085	1.92	4.2
C. O'Connor	8.95 miles	2	3464	2.15	4.8
S. Weber	7.35 miles	1.86	3195	1.99	3.5
2. Delaware Darlings	21.24 miles				
E. Guillen	7.21 miles	1.47	2807	1.74	4
D. McBride	6.66 miles	1.61	2809	1.75	3.3
G. Sianni	7.37 miles	1.61	2834	1.76	4
3. UD Men's Crew 7	INC				
E. Jardel	7.02 miles	1.71	2744	1.71	3.6
M. Ackerson	7.25 miles	1.78	3164	1.97	3.5
S. Tyre	DNC				
Co-Ed M, M, F Division	Total Distance	Treadmill (miles)	Erg (Meters)	Erg (Converted)	Bike (miles)
1. Mosaic in Delaware 2	27.09 miles				
R. Baker	9.74 miles	2.02	3416	2.12	5.6
J. DeLuca	8.29 miles	1.58	2919	1.81	4.9
B. Onamusi	9.05 miles	2.12	3112	1.94	5
2. UD Men's Crew 8	26.37				

	miles				
G. Alperi	10.77 miles	2.35	3900	2.42	6
H. Zisling	10.23 miles	1.83	3864	2.4	6
M. Sayer	5.37 miles	1.7	2520	1.57	2.1
3. Paul's Pals	23.24 miles				
P. Wick	7.79 miles	1.39	2890	1.8	4.6
C. Weible	6.86 miles	1.31	2970	1.85	3.7
M. Jackson	8.60 miles	1.95	3133	1.95	4.7
Co-Ed F, F, M Division	Total Distance	Treadmill (miles)	Erg (Meters)	Erg (Converted)	Bike (miles)
1. Ryan's Wives	25.29 miles				
V. Mason	7.95 miles	1.57	3186	1.98	4.4
B. Massey	8.06 miles	1.67	3205	1.99	4.4
J. Null	9.28 miles	2.17	3560	2.21	4.9
2. Team Thunderstrike	24.58 miles				
T. Greatorex	7.09 miles	1.62	3005	1.87	3.6
J. Greatorex	10.03 miles	2.34	3521	2.19	5.5
T. Hessey	7.47 miles	1.44	3585	2.23	3.8
Individual Men's Division	Total Distance	Treadmill (miles)	Erg (Meters)	Erg (Converted)	Bike (miles)
Dave Henninger (Clark's Sharks)	12.23	2.73	4352	2.7	6.8
Blake Bennett (Individual)	11.32	2.62	3704	2.3	6.4
Harrison Poivey-Olson (University of Delaware Men's Crew)	11.09	2.4	3851	2.39	6.3
Will Beardell (University of Delaware Men's Crew)	10.51	1.84	4134	2.57	6.1
Antonio DeAscanis (BlkOps Fitness)	10.19	2.35	4093	2.54	5.3
Ron Haines (University of Delaware Men's Crew)	10.00	1.81	3854	2.39	5.8

Joe Kubicki (RIV Athletics)	9.91	2.03	3507	2.18	5.7
John Williams (University of Delaware Men's Crew)	9.85	2.01	3920	2.44	5.4
Joseph Comas (Universrity of Delaware Men's Crew)	9.84	1.76	3829	2.38	5.7
Jeff Manlove (Individual)	9.11	1.99	3243	2.02	5.1
Eric Rieger (Individual)	9.10	1.87	3588	2.23	5
Mike McCloskey (Mosaic in Delaware)	8.48	1.49	3524	2.19	4.8
Robert Herrera (The Mill)	8.12	1.51	3079	1.91	4.7
Kyle McLaughlin (The Mill)	7.57	1.52	3299	2.05	4
Seth Lampkin (Mosaic in Delaware)	6.83	1.26	2522	1.57	4
Individual Women's Division	Total Distance	Treadmill (miles)	Erg (Meters)	Erg (Converted)	Bike (miles)
Audrey Inden (RIV Athletics)	9.576372	2.15	3583	2.22	5.2
Wei-Ling Moloy (Newport Rowing Club)	8.779032	1.88	3539	2.20	4.7
Kim Deckman (Individual)	8.000408	1.33	3332	2.07	4.6
Loretta Consiglio-Ward (Clark's Sharks)	7.895687	1.98	3083	1.92	4
Darcie Toone (Miracles for Molly)	7.831761	1.3	2787	1.73	4.8
Meghan Lester (Miracles for Molly)	7.218538	1.27	2814	1.75	4.2
Renee Mosley (Individul)	6.211215	1.2	2593	1.61	3.4

Scooter Race (Championship Heat)

1. University of Delaware Men's Crew (\$100 prize to UD Men's Crew)
2. The Mill for Strive: How You Lead Matters
3. Clark's Sharks for Mike Clark Legacy Foundation