

Course Record

Joe	Silliman	0:56:15	2019
Mary	Lawrence	1:02:13	2019

Run #1

Ronan	McDonald	11:41	2018
Mary	Lawrence	12:41	2019

Bike

Mark	Wilson	0:29:46	2018
Stephanie	Montgomery	0:34:17	2019

Run #2

Joe	Silliman	12:32	2018
Mary	Lawrence	13:17	2018

Team Record

The Only Team		0:53:47	2019
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Team Run #1

Colin	Barmore	11:03	2019
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Team Bike

Nick	Spry	0:30:00	2019
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Team Run #2

Colin	Barmore	11:47	2019
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