

November 23, 2019

## Power Hour Stair Climb

Pos.	Name	Laps	Bib/Rnk	Time	Distance / Pace
<b>1</b>	<b>Stephen Marsalese</b>	<b>11</b>	<b>909</b>	<b>47:06.0</b>	<b>308.000 0:09/M</b>
		1	2	3:15.1	28.0000 0:07/M
		2	4	4:26.8	28.0000 0:10/M
		3	2	4:39.2	28.0000 0:10/M
		4	2	4:22.1	28.0000 0:09/M
		5	1	4:25.0	28.0000 0:09/M
		6	1	4:20.6	28.0000 0:09/M
		7	1	4:18.7	28.0000 0:09/M
		8	2	4:20.3	28.0000 0:09/M
		9	3	4:28.3	28.0000 0:10/M
		10	1	4:11.4	28.0000 0:09/M
		11	3	4:18.0	28.0000 0:09/M
<b>2</b>	<b>Joshua Duncan</b>	<b>11</b>	<b>912</b>	<b>47:15.4</b>	<b>308.000 0:09/M</b>
		1	1	3:13.0	28.0000 0:07/M
		2	5	4:48.1	28.0000 0:10/M
		3	6	4:46.8	28.0000 0:10/M
		4	3	4:31.3	28.0000 0:10/M
		5	2	4:28.3	28.0000 0:10/M
		6	2	4:24.7	28.0000 0:09/M
		7	2	4:22.9	28.0000 0:09/M
		8	3	4:22.2	28.0000 0:09/M
		9	1	4:18.6	28.0000 0:09/M
		10	3	4:18.3	28.0000 0:09/M
		11	1	3:40.6	28.0000 0:08/M
<b>3</b>	<b>Ross DiFalco</b>	<b>11</b>	<b>906</b>	<b>47:24.0</b>	<b>308.000 0:09/M</b>
		1	4	3:42.0	28.0000 0:08/M
		2	1	3:54.4	28.0000 0:08/M
		3	1	4:03.0	28.0000 0:09/M
		4	1	4:13.7	28.0000 0:09/M
		5	3	4:32.7	28.0000 0:10/M
		6	3	4:54.8	28.0000 0:11/M
		7	3	4:27.8	28.0000 0:10/M
		8	4	4:45.7	28.0000 0:10/M
		9	2	4:19.8	28.0000 0:09/M
		10	5	4:39.0	28.0000 0:10/M
		11	2	3:50.7	28.0000 0:08/M
<b>4</b>	<b>Josh Jackett</b>	<b>10</b>	<b>904</b>	<b>47:28.8</b>	<b>280.000 0:10/M</b>
		1	3	3:25.1	28.0000 0:07/M
		2	6	4:57.3	28.0000 0:11/M
		3	5	4:45.1	28.0000 0:10/M
		4	6	5:06.5	28.0000 0:11/M
		5	4	4:55.3	28.0000 0:11/M
		6	4	4:56.2	28.0000 0:11/M
		7	4	4:59.4	28.0000 0:11/M
		8	5	4:51.0	28.0000 0:10/M
		9	5	5:16.7	28.0000 0:11/M
		10	2	4:15.7	28.0000 0:09/M
<b>5</b>	<b>Anthony Iosue</b>	<b>10</b>	<b>911</b>	<b>48:01.4</b>	<b>280.000 0:10/M</b>
		1	6	4:13.5	28.0000 0:09/M
		2	3	4:25.9	28.0000 0:09/M
		3	3	4:41.8	28.0000 0:10/M
		4	4	5:00.4	28.0000 0:11/M
		5	5	5:00.8	28.0000 0:11/M
		6	6	5:02.6	28.0000 0:11/M
		7	6	5:12.0	28.0000 0:11/M
		8	6	5:07.9	28.0000 0:11/M
		9	4	4:45.6	28.0000 0:10/M
		10	4	4:30.6	28.0000 0:10/M
<b>6</b>	<b>todd suszynski</b>	<b>10</b>	<b>910</b>	<b>50:23.4</b>	<b>280.000 0:11/M</b>
		1	5	4:05.9	28.0000 0:09/M
		2	2	4:23.9	28.0000 0:09/M
		3	4	4:42.0	28.0000 0:10/M
		4	5	5:03.4	28.0000 0:11/M
		5	6	5:12.3	28.0000 0:11/M
		6	5	5:01.4	28.0000 0:11/M
		7	7	5:23.0	28.0000 0:12/M
		8	7	5:20.3	28.0000 0:11/M
		9	7	5:40.7	28.0000 0:12/M
		10	6	5:30.2	28.0000 0:12/M
<b>7</b>	<b>dale cubic</b>	<b>9</b>	<b>941</b>	<b>49:40.8</b>	<b>252.000 0:12/M</b>
		1	10	5:08.0	28.0000 0:11/M
		2	8	5:53.0	28.0000 0:13/M
		3	7	5:21.4	28.0000 0:11/M
		4	7	5:24.1	28.0000 0:12/M
		5	7	5:36.2	28.0000 0:12/M
		6	7	5:46.0	28.0000 0:12/M
		7	8	5:38.6	28.0000 0:12/M
		8	8	5:25.9	28.0000 0:12/M
		9	6	5:27.1	28.0000 0:12/M
<b>8</b>	<b>Jeffrey Bolek</b>	<b>8</b>	<b>903</b>	<b>47:53.9</b>	<b>224.000 0:13/M</b>
		1	11	5:09.0	28.0000 0:11/M
		2	7	5:35.1	28.0000 0:12/M
		3	8	5:46.4	28.0000 0:12/M
		4	8	6:00.8	28.0000 0:13/M
		5	9	6:17.6	28.0000 0:13/M
		6	9	6:20.5	28.0000 0:14/M
		7	9	6:33.4	28.0000 0:14/M
		8	9	6:10.8	28.0000 0:13/M
<b>9</b>	<b>David Garcia</b>	<b>8</b>	<b>907</b>	<b>51:57.4</b>	<b>224.000 0:14/M</b>
		1	12	5:18.5	28.0000 0:11/M
		2	16	6:47.1	28.0000 0:15/M
		3	14	7:19.4	28.0000 0:16/M
		4	16	7:53.4	28.0000 0:17/M
		5	13	7:16.6	28.0000 0:16/M
		6	15	8:16.4	28.0000 0:18/M
		7	13	7:28.5	28.0000 0:16/M
		8	1	1:37.1	28.0000 0:03/M
<b>10</b>	<b>Alice Muha</b>	<b>8</b>	<b>915</b>	<b>52:42.4</b>	<b>224.000 0:14/M</b>
		1	17	5:42.6	28.0000 0:12/M
		2	10	6:05.3	28.0000 0:13/M
		3	9	6:33.0	28.0000 0:14/M
		4	9	6:48.3	28.0000 0:15/M
		5	11	6:39.1	28.0000 0:14/M
		6	11	7:07.1	28.0000 0:15/M
		7	10	6:59.8	28.0000 0:15/M
		8	10	6:46.8	28.0000 0:15/M
<b>11</b>	<b>Chris Dienberg</b>	<b>8</b>	<b>914</b>	<b>53:35.6</b>	<b>224.000 0:14/M</b>