

2023 Coach Relay Race

Lap Results - Overall Detail

East Conference

Pos.	Team Name	Bib	Laps	Time	Distance / Pace
1	Prima Tappa	1	4	9:55.67	10.0000 4:43/M
	Chad Hayes, Richie Hicks, Molly Hayes, Stephen Sisk				
			Lap 1	9:55.67	2.50000 3:58/M
			Lap 2	11:25.64	2.50000 4:34/M
			Lap 3	12:57.15	2.50000 5:11/M
			Lap 4	12:48.76	2.50000 5:08/M
2	Yonah Composite	1	4	9:38.43	10.0000 4:51/M
	Patrick Chamberlain, Steve LaRue, Heather Wall, James Himstedt				
			Lap 1	9:38.43	2.50000 3:51/M
			Lap 2	12:08.48	2.50000 4:51/M
			Lap 3	13:29.30	2.50000 5:24/M
			Lap 4	13:10.17	2.50000 5:16/M
3	Mill Creek	1	4	11:23.49	10.0000 4:59/M
	Jason Drennen, Steve Zwonitzer, Jessica Drennen, Jeff Galloway				
			Lap 1	11:23.49	2.50000 4:33/M
			Lap 2	12:11.35	2.50000 4:53/M
			Lap 3	12:24.57	2.50000 4:58/M
			Lap 4	13:48.81	2.50000 5:32/M
4	Grayson Composite	1	4	9:53.18	10.0000 5:08/M
	Simone Bergese, Mola Bergese, Buddy Mixon, Sandika Peiris				
			Lap 1	9:53.18	2.50000 3:57/M
			Lap 2	13:55.26	2.50000 5:34/M
			Lap 3	13:29.50	2.50000 5:24/M
			Lap 4	14:00.49	2.50000 5:36/M
5	Forsyth Composite	1	4	10:24.43	10.0000 5:11/M
	Matt Train, Josh Merriam, Amanda Hunt, Scott Teixeira				
			Lap 1	10:24.43	2.50000 4:10/M
			Lap 2	13:59.82	2.50000 5:36/M
			Lap 3	13:52.96	2.50000 5:33/M
			Lap 4	13:33.76	2.50000 5:26/M
6	Oconee High School	1	4	9:36.18	10.0000 5:12/M
	John Martin, Kevin O'Shea, Adam Traill, Laurie Traill				
			Lap 1	9:36.18	2.50000 3:50/M
			Lap 2	12:58.73	2.50000 5:11/M
			Lap 3	14:05.30	2.50000 5:38/M
			Lap 4	15:24.29	2.50000 6:10/M
7	Big Creek Composite	1	4	10:04.38	10.0000 5:17/M
	Aaron Horton, Niki Buchanan, Peyton McGee, Eric Buchanan				
			Lap 1	10:04.38	2.50000 4:02/M
			Lap 2	12:15.02	2.50000 4:54/M
			Lap 3	18:13.82	2.50000 7:18/M
			Lap 4	12:20.72	2.50000 4:56/M
8	Lumpkin County	1	4	10:25.43	10.0000 5:17/M
	Seth Alahdeff, Bennett Norton, Dave Webber, Sarah Claussen				
			Lap 1	10:25.43	2.50000 4:10/M
			Lap 2	12:52.70	2.50000 5:09/M
			Lap 3	14:49.83	2.50000 5:56/M
			Lap 4	14:46.99	2.50000 5:55/M

9	West Gwinnett	1	4	11:35.68	10.0000 5:26/M
	Ben Manley, Jane Mitchko, Mike Mitchko, Carlos López				
			Lap 1	11:35.68	2.50000 4:38/M
			Lap 2	13:38.52	2.50000 5:27/M
			Lap 3	16:09.12	2.50000 6:28/M
			Lap 4	12:58.45	2.50000 5:11/M
10	Cohutta Composite	1	4	11:37.90	10.0000 5:32/M
	Chris Harbin, Nick Cianciolo, Larry Alonso, Laura Lea Alonso				
			Lap 1	11:37.90	2.50000 4:39/M
			Lap 2	13:34.69	2.50000 5:26/M
			Lap 3	14:37.56	2.50000 5:51/M
			Lap 4	15:30.58	2.50000 6:12/M
11	Dawson Co	1	4	12:29.60	10.0000 5:40/M
	Tyler Jones, Mark Legaspi, Christine Grant, David Luckie				
			Lap 1	12:29.60	2.50000 5:00/M
			Lap 2	13:37.03	2.50000 5:27/M
			Lap 3	12:41.54	2.50000 5:05/M
			Lap 4	17:50.28	2.50000 7:08/M
12	White County High	1	4	11:58.61	10.0000 5:41/M
	Payton Miller, Tommy Allen, Joel Bowen, Tasha Allen				
			Lap 1	11:58.61	2.50000 4:47/M
			Lap 2	13:50.09	2.50000 5:32/M
			Lap 3	14:42.72	2.50000 5:53/M
			Lap 4	16:21.27	2.50000 6:33/M
13	Cherokee Bluff High	1	4	12:10.18	10.0000 5:46/M
	Dennis Demars, Scott Cargile, Lauren Crocker, Todd Tremblay				
			Lap 1	12:10.18	2.50000 4:52/M
			Lap 2	16:01.69	2.50000 6:25/M
			Lap 3	13:41.62	2.50000 5:29/M
			Lap 4	15:41.74	2.50000 6:17/M
14	East Forsyth	1	4	12:19.84	10.0000 5:54/M
	Ryan Smith, Megan DeCosta, Dan Brown, Ricky Harper				
			Lap 1	12:19.84	2.50000 4:56/M
			Lap 2	19:01.63	2.50000 7:37/M
			Lap 3	14:51.77	2.50000 5:57/M
			Lap 4	12:48.99	2.50000 5:08/M
15	Augusta Composite	1	4	11:55.63	10.0000 6:17/M
	Greg Hylton, Mandy Jones, David Verdery, Nathan Beninati				
			Lap 1	11:55.63	2.50000 4:46/M
			Lap 2	12:29.79	2.50000 5:00/M
			Lap 3	20:03.72	2.50000 8:01/M
			Lap 4	18:19.27	2.50000 7:20/M
16	North Forsyth MTB	1	4	13:31.15	10.0000 6:19/M
	Jeff Weiner, Matt Wood, Mike Jones, Misty Wise				
			Lap 1	13:31.15	2.50000 5:24/M
			Lap 2	15:48.07	2.50000 6:19/M
			Lap 3	17:09.95	2.50000 6:52/M
			Lap 4	16:38.96	2.50000 6:40/M
17	Gilmer Cartecay	1	4	15:37.55	10.0000 7:35/M
	Tina Calabretta, Doug Moore, Leigh Ann Harbin, Lisa Adams				
			Lap 1	15:37.55	2.50000 6:15/M
			Lap 2	17:16.17	2.50000 6:54/M
			Lap 3	30:52.52	2.50000 12:21/M
			Lap 4	12:06.03	2.50000 4:50/M