

AMH Anchorage Cup race series #7
Phat and Free duathlon
10 km (3 laps) ski + 8 km bike
Kincaid Park: 1 deg F with wind !!

Solo Male

1) Tom Hoosier [14:15 / 14:49 / 15:13 / 39:43] total = 84:00;

Solo Male Lite

1) Ben Michaelson [11:23 / 11:55 / 12:27 / na] total = 35:45;

Team Women

1) Kathleen Amore, Ellie Mitchell [11:41 / 12:22 / 12:14 / 34:11] total = 70:28;