

Mount Rainier Duathlon - 04/25/10

WOW! After the crazy weather on Saturday, the sun was shining on Sunday!

This is an Excel spreadsheet, please look at the tabs on the bottom of the screen to see the different results and select the tab you want to review.

We hope you like the finisher award. These were created by Callahan (He makes some amazing pieces of art). Visit his facebook at:

<http://www.facebook.com/home.php?#!/callahansfirehouse?ref=ts>

Many thanks to the great Sponsors of this event. For more information about them, please visit our website and follow the link to their website.



Event Photos:

Our photographer is Image Arts Photography. Your complimentary digital photo will be available on our photographer's website at <http://imageartsphoto.com>.

More information will follow.

Mt Rainier Duathlon 2010

Long Course Overall Results

April 25, 2010

BuDu Racing, LLC

Place	Name	Team	Bib No	Age	Gender	Rnk	-- First Run --		T-1		-- Bike --		MPH	T-2		-- Second Run --		Total
							Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	Chris Springer		28	29	M	1	29:56.4	5:52	0:40.6	2	1:19:23.9	21.8	0:35.8	3	23:02.7	6:04	2:13:39.4	
2	Nick Johnson	Raise the Bar	22	24	M	3	30:58.6	6:04	0:53.7	3	1:20:29.4	21.5	0:29.6	1	22:33.9	5:56	2:15:25.2	
3	Ryan Koenig	TN Multisport	6	31	M	2	30:13.8	5:55	0:51.7	4	1:21:16.5	21.3	0:46.0	2	22:49.7	6:00	2:15:57.7	
4	Chris Blair	KBA Racing	96	43	M	9	33:16.6	6:31	0:49.6	1	1:18:09.8	22.1	0:29.0	13	25:27.7	6:42	2:18:12.7	
5	Brian Guillen	Raise the Bar	35	35	M	5	32:06.6	6:18	0:45.6	9	1:24:08.2	20.5	0:51.9	4	23:57.1	6:18	2:21:49.4	
6	Mike Keenan	KBA Racing	59	45	M	12	33:32.8	6:35	1:02.0	5	1:22:02.1	21.1	0:46.4	12	25:25.3	6:41	2:22:48.6	
7	Steven Wade		68	52	M	7	32:38.0	6:24	0:50.1	11	1:24:44.8	20.4	0:47.9	6	24:32.9	6:27	2:23:33.7	
8	Ed Clarke	Raise the Bar	63	47	M	15	33:55.2	6:39	0:49.7	6	1:23:02.6	20.8	0:40.9	14	25:38.6	6:45	2:24:07.0	
9	Cody Novak	PRO Sports Club	93	26	M	11	33:32.0	6:35	0:58.5	15	1:25:24.6	20.2	0:51.4	5	24:22.8	6:25	2:25:09.3	
10	Dan Thorson		49	40	M	4	32:04.7	6:17	0:46.5	25	1:28:24.0	19.5	0:49.5	7	24:45.2	6:31	2:26:49.9	
11	Eric Sach	KBA Racing	77	42	M	6	32:18.6	6:20	0:44.9	27	1:28:43.6	19.5	0:41.9	8	24:49.7	6:32	2:27:18.7	
12	Erik DeRoche		120	34	M	13	33:36.2	6:35	0:46.8	19	1:26:12.5	20.0	0:43.9	25	26:51.1	7:04	2:28:10.5	
13	Jim Boswell		64	47	M	24	35:43.2	7:00	1:21.6	12	1:24:50.3	20.4	1:03.1	11	25:24.2	6:41	2:28:22.4	
14	Lawrence Beck		62	46	M	8	32:58.4	6:28	1:21.6	21	1:26:28.1	20.0	1:53.9	16	25:49.4	6:48	2:28:31.4	
15	Johnna Koenig	TN Multisport	5	31	F	10	33:29.0	6:34	1:19.2	20	1:26:24.8	20.0	1:18.9	18	26:03.3	6:51	2:28:35.2	
16	Jeff Cunningham	TN Multisports	98	40	M	23	35:35.6	6:59	1:07.4	14	1:25:20.2	20.3	0:50.4	15	25:48.4	6:47	2:28:42.0	
17	Trev Dakan	Raise the Bar	51	41	M	21	34:55.1	6:51	1:32.4	16	1:25:33.7	20.2	1:04.3	17	26:00.1	6:51	2:29:05.6	
18	Teresa Nelson	TN Multisports	7	33	F	45	37:14.3	7:18	0:45.4	7	1:23:11.1	20.8	0:39.6	29	27:21.3	7:12	2:29:11.7	
19	Kirk Sall	Team VO2 Multisport	55	43	M	41	36:48.1	7:13	0:49.2	8	1:23:17.5	20.7	1:03.6	44	28:07.3	7:24	2:30:05.7	
20	Kevin Hasley		40	36	M	27	36:02.5	7:04	0:41.8	13	1:25:01.1	20.3	0:28.8	37	27:53.0	7:20	2:30:07.2	
21	Werner Baron	Jill Fry Tri Team	58	45	M	42	36:59.0	7:15	0:58.1	10	1:24:44.2	20.4	0:45.8	27	27:08.2	7:08	2:30:35.3	
22	Michael Horntuedt		119	44	M	26	36:00.9	7:04	1:07.5	18	1:25:58.3	20.1	1:21.9	33	27:37.8	7:16	2:32:06.4	
23	Jay Nygaard	Club Emerald	87	31	M	20	34:47.6	6:49	1:12.4	28	1:28:46.3	19.5	1:10.8	19	26:14.4	6:54	2:32:11.5	
24	Laura O'Meara		105	28	F	30	36:05.2	7:05	0:40.6	26	1:28:25.7	19.5	0:43.5	20	26:19.8	6:56	2:32:14.8	
25	Blake Ilstrup	JFT2	46	39	M	14	33:41.5	6:36	0:51.0	35	1:31:28.7	18.9	0:53.2	10	25:23.7	6:41	2:32:18.1	
26	Ron Collins		111	46	M	29	36:04.6	7:04	1:13.9	23	1:27:12.8	19.8	0:49.1	40	27:56.7	7:21	2:33:17.1	
27	Colin Ferguson		34	33	M	32	36:05.9	7:05	2:09.5	22	1:27:02.1	19.9	1:24.1	28	27:09.1	7:09	2:33:50.7	
28	Justin Bell	TN Multisport	32	32	M	17	34:09.2	6:42	0:36.4	32	1:31:11.9	19.0	0:45.0	31	27:28.9	7:14	2:34:11.4	
29	Jorge Alfonso Vargas Retana	KBA Racing	26	28	M	19	34:37.0	6:47	0:36.6	37	1:32:00.0	18.8	0:31.8	23	26:36.5	7:00	2:34:21.9	
30	Bridget Jones	TN Multisports	3	29	F	28	36:03.5	7:04	0:53.5	30	1:30:03.6	19.2	0:41.3	24	26:50.0	7:04	2:34:31.9	
31	James Upchurch	Jill Fry Tri Team	25	28	M	16	34:03.1	6:41	0:50.5	46	1:33:43.0	18.4	1:09.1	9	25:13.8	6:38	2:34:59.5	
32	Rick zangrillo		122	46	M	25	35:53.4	7:02	0:45.5	29	1:29:24.2	19.3	1:04.6	48	28:41.4	7:33	2:35:49.1	
33	Scott Hale		83	55	M	40	36:44.5	7:12	1:01.0	42	1:32:45.6	18.6	0:48.8	22	26:27.5	6:58	2:37:47.4	
34	Sean Hackney		102	39	M	33	36:24.0	7:08	0:38.6	40	1:32:24.7	18.7	0:55.4	35	27:41.3	7:17	2:38:04.0	
35	Jeff Wagner	TN Multisports	114	47	M	34	36:26.5	7:09	1:15.5	33	1:31:14.8	18.9		54	29:17.3	7:42	2:38:14.1	
36	Tjalling Ypma	Bellingham Tri Club	70	57	M	71	40:45.1	7:59	0:44.8	17	1:25:51.5	20.1	0:43.1	69	31:08.9	8:12	2:39:13.4	
37	Heather Martin	TN Multisport	106	30	F	39	36:43.2	7:12	0:55.6	44	1:32:50.7	18.6	0:52.4	41	27:59.6	7:22	2:39:21.5	
38	Steve Duniho	Jill Fry Tri Team	57	45	M	49	37:55.5	7:26	0:44.7	36	1:31:57.2	18.8	1:28.3	30	27:28.4	7:14	2:39:34.1	
39	Rick Heckenlaible	Cucina Fresca Cycling	65	48	M	47	37:44.9	7:24	1:32.7	31	1:30:39.3	19.1	1:24.1	51	28:56.5	7:37	2:40:17.5	

BuDu Racing, LLC

Place	Name	Team	Bib No	Age	Gender	-- First Run --			T-1	-- Bike --		MPH	T-2	-- Second Run --			Total
						Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
40	Mark Drangsholt		110	53	M	37	36:39.9	7:11	0:33.4	41	1:32:38.6	18.7	0:43.5	57	29:51.7	7:51	2:40:27.1
41	Craig Thomas		61	45	M	62	39:39.2	7:46	1:16.6	38	1:32:07.7	18.8	1:03.9	21	26:24.6	6:57	2:40:32.0
42	Matt Wise	Paoule Sport	47	40	M	44	37:12.5	7:18	1:33.8	39	1:32:24.2	18.7	1:35.3	52	29:02.0	7:38	2:41:47.8
43	Ki Shin		56	44	M	36	36:34.8	7:10	1:15.5	50	1:36:04.4	18.0	0:51.2	36	27:43.4	7:18	2:42:29.3
44	Jason Hanleybrown	Pro Sports Club	44	39	M	43	37:10.1	7:17	1:08.2	51	1:36:52.7	17.8	0:56.0	34	27:39.3	7:17	2:43:46.3
45	Ross Drangsholt		115	45	M	88	43:01.8	8:26	0:59.0	24	1:27:53.5	19.7	0:37.1	77	31:43.8	8:21	2:44:15.2
46	Matthew Post		42	37	M	53	38:01.7	7:27	1:25.5	49	1:35:56.7	18.0	1:08.8	42	28:05.0	7:23	2:44:37.7
47	Matthew Millen		27	28	M	38	36:41.0	7:12	2:22.2	45	1:33:08.3	18.6	1:48.3	81	32:29.2	8:33	2:46:29.0
48	Ken Nakata		112	46	M	64	39:48.2	7:48	2:10.0	34	1:31:28.6	18.9	2:14.9	66	30:55.0	8:08	2:46:36.7
49	Omar Elofir		37	35	M	31	36:05.9	7:05	1:04.6	66	1:41:37.5	17.0	1:26.3	26	27:03.7	7:07	2:47:18.0
50	Patty Bredice	Teamfastt	107	40	F	52	37:58.8	7:27	0:57.5	59	1:38:15.2	17.6	0:55.3	53	29:15.1	7:42	2:47:21.9
51	Adam Heiner		41	36	M	48	37:49.4	7:25	1:45.9	61	1:38:33.2	17.5	1:34.7	38	27:54.2	7:21	2:47:37.4
52	Randy Hefley	Raise the Bar	31	32	M	51	37:57.8	7:26	2:17.1	62	1:38:50.3	17.5	1:12.0	32	27:33.7	7:15	2:47:50.9
53	Michael Leccisi		81	40	M	56	39:10.5	7:41	1:29.8	60	1:38:21.4	17.6	1:00.0	47	28:28.8	7:29	2:48:30.5
54	Barret Seifer		54	41	M	72	40:56.2	8:02	1:33.3	43	1:32:48.0	18.6	1:13.7	80	32:02.3	8:26	2:48:33.5
55	Patty McKeirney		19	48	F	61	39:37.4	7:46	1:48.5	55	1:37:32.1	17.7	1:21.7	46	28:26.1	7:29	2:48:45.8
56	Greg Taylor	Jill Fry Tri Team	38	36	M	63	39:42.2	7:47	1:06.7	58	1:38:07.7	17.6	0:43.7	55	29:18.5	7:43	2:48:58.8
57	Haley Morin	Cycle U Multisport	95	32	F	67	39:59.0	7:50	1:37.7	57	1:37:59.0	17.6	1:34.7	39	27:56.1	7:21	2:49:06.5
58	Lafe Purvis		30	30	M	46	37:29.5	7:21	0:58.9	71	1:42:13.5	16.9	1:02.6	45	28:13.0	7:26	2:49:57.5
59	Nick Moody	Cycle University	85	42	M	59	39:23.3	7:43	2:20.1	48	1:35:55.0	18.0	1:08.8	71	31:12.6	8:13	2:49:59.8
60	Anna Grunwald	Jill Fry Tri Team	21	51	F	75	41:35.1	8:09	1:52.1	47	1:34:38.2	18.3	1:25.5	64	30:48.5	8:06	2:50:19.4
61	Kevin Christian	Jill Fry Tri Team	33	33	M	55	38:57.5	7:38	1:09.9	70	1:42:05.5	16.9	0:53.6	50	28:49.9	7:35	2:51:56.4
62	Wanda Howlett		619	47	F	65	39:49.8	7:48	1:04.2	54	1:37:12.4	17.8	1:03.3	86	33:21.3	8:47	2:52:31.0
63	J Gregory Kline	Raise the Bar	48	40	M	73	41:23.7	8:07	0:47.4	52	1:37:01.3	17.8	1:15.0	83	32:42.2	8:36	2:53:09.6
64	<u>Team Free Beer</u> Josh Donoghue Lance Deskins		76		M	54	38:16.0	7:30	0:44.4	74	1:44:53.1	16.5	0:33.4	49	28:43.5	7:33	2:53:10.4
65	Carly Tu	Cycle University	108	28	F	93	43:40.1	8:34	0:58.2	56	1:37:33.1	17.7	0:44.4	70	31:12.3	8:13	2:54:08.1
66	Tracy Henderson	TN Multisports	90	36	M	35	36:28.8	7:09	0:51.5	86	1:48:48.0	15.9	0:38.9	43	28:05.2	7:23	2:54:52.4
67	Greg Wornell		69	53	M	79	41:57.3	8:14	1:50.3	65	1:39:47.5	17.3	1:48.7	60	30:09.8	7:56	2:55:33.6
68	Karen O'Connell	TN Multisport	15	40	F	68	40:04.0	7:51	0:45.8	73	1:43:45.0	16.7	0:48.3	61	30:10.9	7:56	2:55:34.0
69	Alexis Taylor	Vo2 Multisport	2	29	F	85	42:55.1	8:25	0:55.2	69	1:42:04.3	16.9	1:17.2	65	30:50.4	8:07	2:58:02.2
70	Doug Mowbray		53	41	M	58	39:15.2	7:42	1:46.1	79	1:47:10.5	16.1	1:26.2	56	29:22.5	7:44	2:59:00.5
71	Chris Gibbs		24	27	M	107	47:24.2	9:18	1:04.9	64	1:39:29.8	17.4	1:19.9	63	30:33.4	8:02	2:59:52.2
72	Rena Goldsmith		10	36	F	50	37:56.2	7:26	2:40.4	78	1:46:44.1	16.2	1:01.6	76	31:38.8	8:19	3:00:01.1
73	Todd Ujifusa		622	42	M	81	42:27.7	8:19	1:02.1	53	1:37:04.1	17.8	1:09.6	106	38:36.4	10:09	3:00:19.9
74	Kelly Richards	Raise the Bar	117	41	F	104	46:22.6	9:05	1:11.4	63	1:39:07.7	17.4	1:30.4	82	32:38.1	8:35	3:00:50.2
75	<u>Big Slow & Little Fast</u> Randy Bostrom Tracey Donaldson		109		M	87	43:00.3	8:26	0:46.1	72	1:43:25.2	16.7	0:39.1	90	34:00.9	8:57	3:01:51.6
76	Eric Hallstead		36	35	M	60	39:36.1	7:46	1:03.9	87	1:48:58.0	15.9	1:50.2	62	30:28.8	8:01	3:01:57.0
77	Jalen Johansen		104	29	M	57	39:14.5	7:42	1:26.8	81	1:47:25.3	16.1	0:43.2	85	33:09.6	8:43	3:01:59.4
78	Ralph Havens		52	41	M	77	41:49.0	8:12	1:06.3	77	1:45:06.6	16.4	1:11.7	87	33:21.8	8:47	3:02:35.4
79	Sara Keogh	TN Multisport	20	49	F	103	45:48.4	8:59	0:35.8	67	1:41:45.1	17.0	0:38.3	92	34:03.0	8:58	3:02:50.6
80	Rachel O'Connor	Jill Fry Tri Team	11	37	F	100	45:21.3	8:54	0:48.2	68	1:41:51.4	17.0	0:43.3	97	35:34.1	9:22	3:04:18.3
81	Terri Gray		16	42	F	78	41:53.7	8:13	1:22.4	90	1:50:21.9	15.7	1:25.8	59	30:01.9	7:54	3:05:05.7

BuDu Racing, LLC

Place	Name	Team	Bib No	Age	Gender	-- First Run --			T-1	-- Bike --		MPH	T-2	-- Second Run --			Total
						Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
82	Karen Jones	TN Multisports	86	57	F	99	45:20.2	8:53	1:19.8	76	1:45:02.4	16.5	1:27.2	84	33:03.3	8:42	3:06:12.9
83	Christine Lindquist	Cycle University	84	42	F	69	40:27.8	7:56	2:10.1	84	1:47:42.8	16.0	1:50.0	94	34:15.5	9:01	3:06:26.2
84	Andy Seres	Pro Sports Club	89	40	M	70	40:42.2	7:59	2:58.8	88	1:49:02.4	15.8	2:25.3	74	31:35.1	8:19	3:06:43.8
85	Morgan Hale		82	24	F	91	43:11.7	8:28	1:00.3	89	1:50:12.9	15.7	1:28.4	72	31:14.8	8:13	3:07:08.1
86	Aziz Karim	Jill Fry Tri Team	23	26	M	74	41:27.7	8:08	1:54.3	93	1:52:00.2	15.4	1:03.8	67	31:01.2	8:10	3:07:27.2
87	Nicole Fortier		18	42	F	80	42:22.3	8:18	2:06.8	83	1:47:33.9	16.1	2:10.0	91	34:01.6	8:57	3:08:14.6
88	Dale McClure	vo2 multisport	138	67	M	97	44:40.1	8:45	2:23.0	82	1:47:28.6	16.1	2:31.1	73	31:33.3	8:18	3:08:36.1
89	April Rezendes	Cycle U	94	26	F	66	39:54.6	7:49	1:30.0	100	1:58:17.2	14.6	1:22.8	58	29:52.6	7:52	3:10:57.2
90	Ana Huston	Jill Fry Tri Team	14	40	F	76	41:37.5	8:10	2:16.5	95	1:54:10.6	15.1	1:21.1	75	31:37.7	8:19	3:11:03.4
91	Tom Camp	TN Multisport	39	36	M	83	42:36.7	8:21	1:54.0	85	1:48:19.8	16.0	0:48.0	102	37:40.6	9:55	3:11:19.1
92	Jerry Sommerman		118	58	M	108	48:00.8	9:25	2:41.5	75	1:45:01.4	16.5	2:04.6	93	34:12.9	9:00	3:12:01.2
93	Christine Estrada		8	34	F	95	44:17.0	8:41	1:39.2	91	1:51:23.0	15.5	1:16.9	95	34:26.8	9:04	3:13:02.9
94	Beth O'Connor		116	50	F	96	44:30.7	8:44	2:11.9	92	1:51:34.0	15.5	1:38.5	88	33:35.8	8:50	3:13:30.9
95	John Bahlenhorst	Raise the Bar	100	50	M	102	45:45.3	8:58	3:11.4	80	1:47:20.6	16.1	3:16.2	99	36:17.0	9:33	3:15:50.5
96	Greg Proulx	Pro Sports Club	66	50	M	101	45:36.8	8:56	1:22.1	94	1:52:16.8	15.4	1:54.6	103	38:02.4	10:01	3:19:12.7
97	Jennifer Berlin		91	56	F	98	45:19.3	8:53	1:41.8	97	1:55:49.3	14.9	1:48.3	96	35:04.5	9:14	3:19:43.2
98	Lisa Pascale		121	49	F	90	43:05.1	8:27	1:13.6	103	2:02:14.1	14.1	1:34.9	78	31:49.9	8:22	3:19:57.6
99	Geoff Owen		75	39	M	94	44:04.1	8:38	1:50.7	101	1:58:30.8	14.6	1:50.9	100	36:44.9	9:40	3:23:01.4
100	Brent Spilsbury		71	62	M	89	43:02.2	8:26	2:15.4	105	2:05:51.8	13.7	1:47.0	79	31:54.7	8:24	3:24:51.1
101	Sarah McCarthy	Team LUNA Chix	103	32	F	110	48:02.5	9:25	1:02.4	99	1:57:23.8	14.7	1:22.8	101	37:04.5	9:45	3:24:56.0
102	Tiffany Dodson		101	32	F	82	42:31.6	8:20	3:04.1	104	2:03:21.5	14.0	2:43.3	89	33:54.4	8:55	3:25:34.9
103	Melanie Mariott		97	37	F	106	47:18.4	9:16	1:49.4	102	1:59:11.8	14.5	1:27.7	98	36:13.0	9:32	3:26:00.3
104	Peter ONeil		72	64	M	112	49:46.0	9:45	1:19.8	98	1:57:03.1	14.8	1:59.1	104	38:06.0	10:02	3:28:14.0
105	Pamela Wuest		99	36	F	84	42:54.5	8:25	3:12.2	106	2:09:16.0	13.4	2:19.6	68	31:02.5	8:10	3:28:44.8
106	Jennifer Vanderhoof		92	41	F	109	48:02.4	9:25	1:07.3	96	1:55:47.8	14.9	1:10.2	107	43:22.7	11:25	3:29:30.4
107	Julie Bulow		73	34	F	111	49:43.3	9:45	2:09.5	111	2:17:17.8	12.6	1:51.4	105	38:08.0	10:02	3:49:10.0
108	Daniel Moate		74	34	M	105	46:25.5	9:06	1:34.4	110	2:16:12.9	12.7	2:01.7	109	44:48.4	11:47	3:51:02.9
109	Shokofeh Tabaraie	Club Emerald	88	30	F	115	57:08.0	11:12	2:46.9	107	2:10:29.5	13.2	2:21.5	108	44:47.9	11:47	3:57:33.8
110	Nicholas Palumbo	Club Emerald Tri Team	80	32	M	113	50:51.3	9:58	2:27.0	109	2:14:05.1	12.9	2:35.9	111	49:01.8	12:54	3:59:01.1
111	Jennifer Strelow	Club Emerald Tri Team	79	31	F	114	57:01.5	11:11	2:07.9	108	2:11:48.4	13.1	1:57.6	110	46:12.2	12:09	3:59:07.6
DNF	Laura Springer		1	28	F	18	34:34.0	6:47	0:44.6								
DNF	Annie Malone		12	37	F	86	42:55.6	8:25	0:59.9								
DNF	Manlio Vecchiet		50	40	M	22	35:00.9	6:52	0:45.2								
DNF	Barb Fox	TN Multisports	113	42	F	92	43:35.8	8:33	2:23.5								

Mt Rainier Duathlon 2010

Long Course Age Group Results

April 25, 2010

BuDu Racing, LLC

Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
Female 20 to 29																
1	24	Laura O'Meara	105	28	3	36:05.2	7:05	0:40.6	1	1:28:25.7	19.5	0:43.5	1	26:19.8	6:56	2:32:14.8
2	30	Bridget Jones	3	29	2	36:03.5	7:04	0:53.5	2	1:30:03.6	19.2	0:41.3	2	26:50.0	7:04	2:34:31.9
3	64	Carly Tu	108	28	7	43:40.1	8:34	0:58.2	3	1:37:33.1	17.7	0:44.4	5	31:12.3	8:13	2:54:08.1
4	68	Alexis Taylor	2	29	5	42:55.1	8:25	0:55.2	4	1:42:04.3	16.9	1:17.2	4	30:50.4	8:07	2:58:02.2
5	82	Morgan Hale	82	24	6	43:11.7	8:28	1:00.3	5	1:50:12.9	15.7	1:28.4	6	31:14.8	8:13	3:07:08.1
6	86	April Rezendes	94	26	4	39:54.6	7:49	1:30.0	6	1:58:17.2	14.6	1:22.8	3	29:52.6	7:52	3:10:57.2

Female 30 to 39																
Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	15	Johnna Koenig	5	31	1	33:29.0	6:34	1:19.2	2	1:26:24.8	20.0	1:18.9	1	26:03.3	6:51	2:28:35.2
2	18	Teresa Nelson	7	33	3	37:14.3	7:18	0:45.4	1	1:23:11.1	20.8	0:39.6	2	27:21.3	7:12	2:29:11.7
3	37	Heather Martin	106	30	2	36:43.2	7:12	0:55.6	3	1:32:50.7	18.6	0:52.4	4	27:59.6	7:22	2:39:21.5
4	57	Haley Morin	95	32	5	39:59.0	7:50	1:37.7	4	1:37:59.0	17.6	1:34.7	3	27:56.1	7:21	2:49:06.5
5	70	Rena Goldsmith	10	36	4	37:56.2	7:26	2:40.4	6	1:46:44.1	16.2	1:01.6	6	31:38.8	8:19	3:00:01.1
6	77	Rachel O'Connor	11	37	10	45:21.3	8:54	0:48.2	5	1:41:51.4	17.0	0:43.3	9	35:34.1	9:22	3:04:18.3
7	90	Christine Estrada	8	34	9	44:17.0	8:41	1:39.2	7	1:51:23.0	15.5	1:16.9	8	34:26.8	9:04	3:13:02.9
8	97	Sarah McCarthy	103	32	12	48:02.5	9:25	1:02.4	8	1:57:23.8	14.7	1:22.8	11	37:04.5	9:45	3:24:56.0
9	98	Tiffany Dodson	101	32	6	42:31.6	8:20	3:04.1	10	2:03:21.5	14.0	2:43.3	7	33:54.4	8:55	3:25:34.9
10	99	Melanie Mariott	97	37	11	47:18.4	9:16	1:49.4	9	1:59:11.8	14.5	1:27.7	10	36:13.0	9:32	3:26:00.3
11	101	Pamela Wuest	99	36	7	42:54.5	8:25	3:12.2	11	2:09:16.0	13.4	2:19.6	5	31:02.5	8:10	3:28:44.8
12	103	Shokofeh Tabaraie	88	30	14	57:08.0	11:12	2:46.9	12	2:10:29.5	13.2	2:21.5	12	44:47.9	11:47	3:57:33.8
13	105	Jennifer Strelow	79	31	13	57:01.5	11:11	2:07.9	13	2:11:48.4	13.1	1:57.6	13	46:12.2	12:09	3:59:07.6

Female 40 to 49																
Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	50	Patty Bredice	107	40	1	37:58.8	7:27	0:57.5	3	1:38:15.2	17.6	0:55.3	2	29:15.1	7:42	2:47:21.9
2	55	Patty McKerney	19	48	2	39:37.4	7:46	1:48.5	2	1:37:32.1	17.7	1:21.7	1	28:26.1	7:29	2:48:45.8
3	62	Wanda Howlett	619	47	3	39:49.8	7:48	1:04.2	1	1:37:12.4	17.8	1:03.3	8	33:21.3	8:47	2:52:31.0
4	67	Karen O'Connell	15	40	4	40:04.0	7:51	0:45.8	6	1:43:45.0	16.7	0:48.3	4	30:10.9	7:56	2:55:34.0
5	72	Kelly Richards	117	41	12	46:22.6	9:05	1:11.4	4	1:39:07.7	17.4	1:30.4	7	32:38.1	8:35	3:00:50.2
6	76	Sara Keogh	20	49	11	45:48.4	8:59	0:35.8	5	1:41:45.1	17.0	0:38.3	10	34:03.0	8:58	3:02:50.6
7	78	Terri Gray	16	42	7	41:53.7	8:13	1:22.4	9	1:50:21.9	15.7	1:25.8	3	30:01.9	7:54	3:05:05.7
8	80	Christine Lindquist	84	42	5	40:27.8	7:56	2:10.1	8	1:47:42.8	16.0	1:50.0	11	34:15.5	9:01	3:06:26.2

BuDu Racing, LLC

Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
9	84	Nicole Fortier	18	42	8	42:22.3	8:18	2:06.8	7	1:47:33.9	16.1	2:10.0	9	34:01.6	8:57	3:08:14.6
10	87	Ana Huston	14	40	6	41:37.5	8:10	2:16.5	10	1:54:10.6	15.1	1:21.1	5	31:37.7	8:19	3:11:03.4
11	95	Lisa Pascale	121	49	9	43:05.1	8:27	1:13.6	12	2:02:14.1	14.1	1:34.9	6	31:49.9	8:22	3:19:57.6
12	102	Jennifer Vanderhoof	92	41	13	48:02.4	9:25	1:07.3	11	1:55:47.8	14.9	1:10.2	12	43:22.7	11:25	3:29:30.4

Female 50 to 59

Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	60	Anna Grunwald	21	51	1	41:35.1	8:09	1:52.1	1	1:34:38.2	18.3	1:25.5	1	30:48.5	8:06	2:50:19.4
2	79	Karen Jones	86	57	4	45:20.2	8:53	1:19.8	2	1:45:02.4	16.5	1:27.2	2	33:03.3	8:42	3:06:12.9
3	91	Beth O'Connor	116	50	2	44:30.7	8:44	2:11.9	3	1:51:34.0	15.5	1:38.5	3	33:35.8	8:50	3:13:30.9
4	94	Jennifer Berlin	91	56	3	45:19.3	8:53	1:41.8	4	1:55:49.3	14.9	1:48.3	4	35:04.5	9:14	3:19:43.2

Male 20 to 29

Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	1	Chris Springer	28	29	1	29:56.4	5:52	0:40.6	1	1:19:23.9	21.8	0:35.8	2	23:02.7	6:04	2:13:39.4
2	2	Nick Johnson	22	24	2	30:58.6	6:04	0:53.7	2	1:20:29.4	21.5	0:29.6	1	22:33.9	5:56	2:15:25.2
3	9	Cody Novak	93	26	3	33:32.0	6:35	0:58.5	3	1:25:24.6	20.2	0:51.4	3	24:22.8	6:25	2:25:09.3
4	29	Jorge Alfonso Vargas Retana	26	28	5	34:37.0	6:47	0:36.6	4	1:32:00.0	18.8	0:31.8	5	26:36.5	7:00	2:34:21.9
5	31	James Upchurch	25	28	4	34:03.1	6:41	0:50.5	6	1:33:43.0	18.4	1:09.1	4	25:13.8	6:38	2:34:59.5
6	47	Matthew Millen	27	28	6	36:41.0	7:12	2:22.2	5	1:33:08.3	18.6	1:48.3	7	32:29.2	8:33	2:46:29.0
7	74	Jalen Johansen	104	29	7	39:14.5	7:42	1:26.8	7	1:47:25.3	16.1	0:43.2	8	33:09.6	8:43	3:01:59.4
8	83	Aziz Karim	23	26	8	41:27.7	8:08	1:54.3	8	1:52:00.2	15.4	1:03.8	6	31:01.2	8:10	3:07:27.2

Male 30 to 39

Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	3	Ryan Koenig	6	31	1	30:13.8	5:55	0:51.7	1	1:21:16.5	21.3	0:46.0	1	22:49.7	6:00	2:15:57.7
2	5	Brian Guillen	35	35	2	32:06.6	6:18	0:45.6	2	1:24:08.2	20.5	0:51.9	2	23:57.1	6:18	2:21:49.4
3	12	Erik DeRoche	120	34	3	33:36.2	6:35	0:46.8	4	1:26:12.5	20.0	0:43.9	5	26:51.1	7:04	2:28:10.5
4	20	Kevin Hasley	40	36	7	36:02.5	7:04	0:41.8	3	1:25:01.1	20.3	0:28.8	12	27:53.0	7:20	2:30:07.2
5	23	Jay Nygaard	87	31	6	34:47.6	6:49	1:12.4	6	1:28:46.3	19.5	1:10.8	4	26:14.4	6:54	2:32:11.5
6	25	Blake Ilstrup	46	39	4	33:41.5	6:36	0:51.0	8	1:31:28.7	18.9	0:53.2	3	25:23.7	6:41	2:32:18.1
7	27	Colin Ferguson	34	33	9	36:05.9	7:05	2:09.5	5	1:27:02.1	19.9	1:24.1	7	27:09.1	7:09	2:33:50.7
8	28	Justin Bell	32	32	5	34:09.2	6:42	0:36.4	7	1:31:11.9	19.0	0:45.0	8	27:28.9	7:14	2:34:11.4
9	34	Sean Hackney	102	39	10	36:24.0	7:08	0:38.6	9	1:32:24.7	18.7	0:55.4	11	27:41.3	7:17	2:38:04.0
10	44	Jason Hanleybrown	44	39	12	37:10.1	7:17	1:08.2	11	1:36:52.7	17.8	0:56.0	10	27:39.3	7:17	2:43:46.3
11	46	Matthew Post	42	37	16	38:01.7	7:27	1:25.5	10	1:35:56.7	18.0	1:08.8	14	28:05.0	7:23	2:44:37.7
12	49	Omar Elofir	37	35	8	36:05.9	7:05	1:04.6	15	1:41:37.5	17.0	1:26.3	6	27:03.7	7:07	2:47:18.0
13	51	Adam Heiner	41	36	14	37:49.4	7:25	1:45.9	13	1:38:33.2	17.5	1:34.7	13	27:54.2	7:21	2:47:37.4
14	52	Randy Hefley	31	32	15	37:57.8	7:26	2:17.1	14	1:38:50.3	17.5	1:12.0	9	27:33.7	7:15	2:47:50.9
15	56	Greg Taylor	38	36	19	39:42.2	7:47	1:06.7	12	1:38:07.7	17.6	0:43.7	18	29:18.5	7:43	2:48:58.8

BuDu Racing, LLC

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
16	58	Lafe Purvis	30	30	13	37:29.5	7:21	0:58.9	17	1:42:13.5	16.9	1:02.6	16	28:13.0	7:26	2:49:57.5
17	61	Kevin Christian	33	33	17	38:57.5	7:38	1:09.9	16	1:42:05.5	16.9	0:53.6	17	28:49.9	7:35	2:51:56.4
18	65	Tracy Henderson	90	36	11	36:28.8	7:09	0:51.5	19	1:48:48.0	15.9	0:38.9	15	28:05.2	7:23	2:54:52.4
19	73	Eric Hallstead	36	35	18	39:36.1	7:46	1:03.9	20	1:48:58.0	15.9	1:50.2	19	30:28.8	8:01	3:01:57.0
20	88	Tom Camp	39	36	20	42:36.7	8:21	1:54.0	18	1:48:19.8	16.0	0:48.0	20	37:40.6	9:55	3:11:19.1
21	104	Nicholas Palumbo	80	32	21	50:51.3	9:58	2:27.0	21	2:14:05.1	12.9	2:35.9	21	49:01.8	12:54	3:59:01.1

Male 40 to 49

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	4	Chris Blair	96	43	4	33:16.6	6:31	0:49.6	1	1:18:09.8	22.1	0:29.0	5	25:27.7	6:42	2:18:12.7
2	6	Mike Keenan	59	45	5	33:32.8	6:35	1:02.0	2	1:22:02.1	21.1	0:46.4	4	25:25.3	6:41	2:22:48.6
3	8	Ed Clarke	63	47	6	33:55.2	6:39	0:49.7	3	1:23:02.6	20.8	0:40.9	6	25:38.6	6:45	2:24:07.0
4	10	Dan Thorson	49	40	1	32:04.7	6:17	0:46.5	13	1:28:24.0	19.5	0:49.5	1	24:45.2	6:31	2:26:49.9
5	11	Eric Sach	77	42	2	32:18.6	6:20	0:44.9	14	1:28:43.6	19.5	0:41.9	2	24:49.7	6:32	2:27:18.7
6	13	Jim Boswell	64	47	10	35:43.2	7:00	1:21.6	6	1:24:50.3	20.4	1:03.1	3	25:24.2	6:41	2:28:22.4
7	14	Lawrence Beck	62	46	3	32:58.4	6:28	1:21.6	10	1:26:28.1	20.0	1:53.9	8	25:49.4	6:48	2:28:31.4
8	16	Jeff Cunningham	98	40	9	35:35.6	6:59	1:07.4	7	1:25:20.2	20.3	0:50.4	7	25:48.4	6:47	2:28:42.0
9	17	Trev Dakan	51	41	7	34:55.1	6:51	1:32.4	8	1:25:33.7	20.2	1:04.3	9	26:00.1	6:51	2:29:05.6
10	19	Kirk Sall	55	43	16	36:48.1	7:13	0:49.2	4	1:23:17.5	20.7	1:03.6	16	28:07.3	7:24	2:30:05.7
11	21	Werner Baron	58	45	17	36:59.0	7:15	0:58.1	5	1:24:44.2	20.4	0:45.8	11	27:08.2	7:08	2:30:35.3
12	22	Michael Horntuedt	119	44	12	36:00.9	7:04	1:07.5	9	1:25:58.3	20.1	1:21.9	13	27:37.8	7:16	2:32:06.4
13	26	Ron Collins	111	46	13	36:04.6	7:04	1:13.9	11	1:27:12.8	19.8	0:49.1	15	27:56.7	7:21	2:33:17.1
14	32	Rick zangrillo	122	46	11	35:53.4	7:02	0:45.5	15	1:29:24.2	19.3	1:04.6	18	28:41.4	7:33	2:35:49.1
15	35	Jeff Wagner	114	47	14	36:26.5	7:09	1:15.5	17	1:31:14.8	18.9		21	29:17.3	7:42	2:38:14.1
16	38	Steve Duniho	57	45	20	37:55.5	7:26	0:44.7	19	1:31:57.2	18.8	1:28.3	12	27:28.4	7:14	2:39:34.1
17	39	Rick Heckenlaible	65	48	19	37:44.9	7:24	1:32.7	16	1:30:39.3	19.1	1:24.1	19	28:56.5	7:37	2:40:17.5
18	41	Craig Thomas	61	45	24	39:39.2	7:46	1:16.6	20	1:32:07.7	18.8	1:03.9	10	26:24.6	6:57	2:40:32.0
19	42	Matt Wise	47	40	18	37:12.5	7:18	1:33.8	21	1:32:24.2	18.7	1:35.3	20	29:02.0	7:38	2:41:47.8
20	43	Ki Shin	56	44	15	36:34.8	7:10	1:15.5	24	1:36:04.4	18.0	0:51.2	14	27:43.4	7:18	2:42:29.3
21	45	Ross Drangsholt	115	45	31	43:01.8	8:26	0:59.0	12	1:27:53.5	19.7	0:37.1	26	31:43.8	8:21	2:44:15.2
22	48	Ken Nakata	112	46	25	39:48.2	7:48	2:10.0	18	1:31:28.6	18.9	2:14.9	23	30:55.0	8:08	2:46:36.7
23	53	Michael Leccisi	81	40	21	39:10.5	7:41	1:29.8	27	1:38:21.4	17.6	1:00.0	17	28:28.8	7:29	2:48:30.5
24	54	Barret Seifer	54	41	27	40:56.2	8:02	1:33.3	22	1:32:48.0	18.6	1:13.7	27	32:02.3	8:26	2:48:33.5
25	59	Nick Moody	85	42	23	39:23.3	7:43	2:20.1	23	1:35:55.0	18.0	1:08.8	24	31:12.6	8:13	2:49:59.8
26	63	J Gregory Kline	48	40	28	41:23.7	8:07	0:47.4	25	1:37:01.3	17.8	1:15.0	28	32:42.2	8:36	2:53:09.6
27	69	Doug Mowbray	53	41	22	39:15.2	7:42	1:46.1	29	1:47:10.5	16.1	1:26.2	22	29:22.5	7:44	2:59:00.5
28	71	Todd Ujifusa	622	42	30	42:27.7	8:19	1:02.1	26	1:37:04.1	17.8	1:09.6	30	38:36.4	10:09	3:00:19.9
29	75	Ralph Havens	52	41	29	41:49.0	8:12	1:06.3	28	1:45:06.6	16.4	1:11.7	29	33:21.8	8:47	3:02:35.4
30	81	Andy Seres	89	40	26	40:42.2	7:59	2:58.8	30	1:49:02.4	15.8	2:25.3	25	31:35.1	8:19	3:06:43.8

Male 50 to 59

BuDu Racing, LLC

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
Male 50 to 59																
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	7	Steven Wade	68	52	1	32:38.0	6:24	0:50.1	1	1:24:44.8	20.4	0:47.9	1	24:32.9	6:27	2:23:33.7
2	33	Scott Hale	83	55	3	36:44.5	7:12	1:01.0	4	1:32:45.6	18.6	0:48.8	2	26:27.5	6:58	2:37:47.4
3	36	Tjalling Ypma	70	57	4	40:45.1	7:59	0:44.8	2	1:25:51.5	20.1	0:43.1	5	31:08.9	8:12	2:39:13.4
4	40	Mark Drangsholt	110	53	2	36:39.9	7:11	0:33.4	3	1:32:38.6	18.7	0:43.5	3	29:51.7	7:51	2:40:27.1
5	66	Greg Wornell	69	53	5	41:57.3	8:14	1:50.3	5	1:39:47.5	17.3	1:48.7	4	30:09.8	7:56	2:55:33.6
6	89	Jerry Sommerman	118	58	8	48:00.8	9:25	2:41.5	6	1:45:01.4	16.5	2:04.6	6	34:12.9	9:00	3:12:01.2
7	92	John Bahlenhorst	100	50	7	45:45.3	8:58	3:11.4	7	1:47:20.6	16.1	3:16.2	7	36:17.0	9:33	3:15:50.5
8	93	Greg Proulx	66	50	6	45:36.8	8:56	1:22.1	8	1:52:16.8	15.4	1:54.6	8	38:02.4	10:01	3:19:12.7

Male 60 and over																
Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	85	Dale McClure	138	67	2	44:40.1	8:45	2:23.0	1	1:47:28.6	16.1	2:31.1	1	31:33.3	8:18	3:08:36.1
2	96	Brent Spilsbury	71	62	1	43:02.2	8:26	2:15.4	3	2:05:51.8	13.7	1:47.0	2	31:54.7	8:24	3:24:51.1
3	100	Peter O'Neil	72	64	3	49:46.0	9:45	1:19.8	2	1:57:03.1	14.8	1:59.1	3	38:06.0	10:02	3:28:14.0

Athena																
Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	3	Julie Bulow	73	34	1	49:43.3	9:45	2:09.5	1	2:17:17.8	12.6	1:51.4	1	38:08.0	10:02	3:49:10.0

Clydesdale																
Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	1	Chris Gibbs	24	27	3	47:24.2	9:18	1:04.9	1	1:39:29.8	17.4	1:19.9	1	30:33.4	8:02	2:59:52.2
2	2	Geoff Owen	75	39	1	44:04.1	8:38	1:50.7	2	1:58:30.8	14.6	1:50.9	2	36:44.9	9:40	3:23:01.4
3	4	Daniel Moate	74	34	2	46:25.5	9:06	1:34.4	3	2:16:12.9	12.7	2:01.7	3	44:48.4	11:47	3:51:02.9

Relay																
Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
		<u>Team Free Beer</u>														
1	1	Josh Donoghue Lance Deskins	76		1	38:16.0	7:30	0:44.4	2	1:44:53.1	16.5	0:33.4	1	28:43.5	7:33	2:53:10.4
		<u>Big Slow & Little Fast</u>														
2	2	Randy Bostrom Tracey Donaldson	109		2	43:00.3	8:26	0:46.1	1	1:43:25.2	16.7	0:39.1	2	34:00.9	8:57	3:01:51.6

Mt Rainier Duathlon 2010

Short Course Overall Results

Sunday, April 25, 2010

BuDu Racing, LLC

Place	Name	Team	Bib No	Age	Gender	-- First Run --			T-1	-- Bike --		MPH	T-2	-- Second Run --			Total
						Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	Ladd Preppernau		173	34	M	4	9:47.1	6:07	0:41.6	1	38:14.1	22.6	0:29.1	1	23:06.5	6:05	1:12:18.4
2	Tom Roseberry	Cycle University	137	27	M	6	10:02.6	6:16	0:20.3	2	40:30.4	21.3	0:25.2	2	24:17.6	6:23	1:15:36.1
3	Jamie Schild		136	27	M	3	9:30.0	5:56	0:53.8	3	40:46.5	21.2	0:35.3	5	25:01.4	6:35	1:16:47.0
4	Thomas Goos	Pro Sports Club	149	39	M	2	9:22.4	5:51	0:39.7	4	41:52.4	20.6	0:37.3	3	24:30.2	6:27	1:17:02.0
5	Mark Webb	TN Multisports	134	34	M	1	9:08.7	5:43	0:38.5	5	42:23.0	20.4	0:27.4	4	24:30.2	6:27	1:17:07.8
6	Maxwell Long		620	44	M	5	9:50.4	6:09	0:40.4	7	43:52.2	3:03	0:30.5	7	25:11.1	6:38	1:20:04.6
7	Luke Jones		125	27	M	8	10:10.3	6:21	0:45.5	6	43:30.0	19.9	0:39.9	6	25:05.2	6:36	1:20:10.9
8	Rich Bennett	Team Fastt	131	45	M	7	10:06.7	6:19	0:25.5	14	46:28.0	18.6	0:27.8	8	25:50.9	6:48	1:23:18.9
9	Cindy Bigglestone	Vo2 Multisport	129	36	F	10	10:14.2	6:24	0:38.5	9	45:13.6	19.1	0:41.1	18	28:15.4	7:26	1:25:02.8
10	Loren Pokorny		135	39	M	18	10:48.2	6:45	0:37.3	10	45:20.7	19.1	0:28.8	14	27:56.5	7:21	1:25:11.5
11	Amadeo Casas Cuadrado		144	30	M	11	10:21.6	6:28	0:51.8	12	46:04.6	18.8	0:35.5	12	27:51.7	7:20	1:25:45.2
12	Drew Graham	VO2 Multisport	174	30	M	12	10:23.9	6:29	1:11.2	11	46:03.3	18.8	1:16.1	11	27:23.3	7:12	1:26:17.8
13	William McCarthy		162	47	M	20	11:12.8	7:00	0:55.4	13	46:22.2	18.6	1:07.3	10	27:03.2	7:07	1:26:40.9
14	Christopher Clifford	South Sound Triathletes	164	45	M	13	10:27.0	6:32	0:49.9	20	48:39.0	17.8	0:44.3	9	26:59.9	7:06	1:27:40.1
15	Sarah Kjorstad		9	35	F	14	10:34.1	6:36	1:22.5	24	49:16.7	17.5		13	27:53.9	7:20	1:29:07.2
16	Jason Arango	TN Multisports	156	28	M	9	10:11.5	6:22	0:53.3	8	44:40.1	3:06	0:55.9	36	32:39.2	8:36	1:29:20.0
17	Rebecca Kelley	TN Multisport	199	27	F	30	12:02.5	7:31	0:41.2	19	48:15.9	17.9	0:30.0	15	28:07.1	7:24	1:29:36.7
18	Patty Swedberg	Raise the Bar	181	45	F	27	11:49.9	7:23	0:43.3	16	47:13.8	18.3	0:43.7	31	30:26.2	8:01	1:30:56.9
19	Paul Everett		126	14	M	17	10:47.6	6:44	0:39.1	27	50:20.9	17.2	0:27.7	20	28:55.8	7:37	1:31:11.1
20	Joseph Swenson		170	36	M	23	11:36.8	7:15	0:38.8	25	49:30.4	17.5	0:53.7	21	29:03.8	7:39	1:31:43.5
21	Kyle Murphy		143	38	M	21	11:30.1	7:11	1:04.5	17	47:33.3	18.2	1:07.4	32	31:19.9	8:14	1:32:35.2
22	Alex McFadden	Paoule Sport	166	42	M	26	11:47.3	7:22	1:00.8	21	48:48.1	17.7	1:15.1	25	30:02.1	7:54	1:32:53.4
23	Ross Craig	South Sound Triathletes	140	26	M	16	10:47.2	6:44	1:06.4	26	50:16.0	17.2	1:29.4	22	29:14.4	7:42	1:32:53.4
24	Jason Bourne		171	35	M	24	11:44.2	7:20	1:21.6	28	50:44.6	17.0	1:12.3	27	30:13.6	7:57	1:35:16.3
25	Ryan French		150	34	M	22	11:33.8	7:13	0:32.7	34	52:40.2	3:39	0:47.7	23	29:43.0	7:49	1:35:17.4
26	Jason Cadle		124	35	M	15	10:46.0	6:44	0:46.6	42	54:36.6	15.8	0:47.7	26	30:11.8	7:57	1:37:08.7
27	Thomas Ritter		165	43	M	34	12:17.7	7:41	0:43.1	22	48:51.4	17.7	0:58.1	43	34:32.6	9:05	1:37:22.9
28	Kyle Howlett		618	15	M	33	12:08.1	7:35	1:24.7	35	52:44.6	16.4	1:06.6	30	30:22.8	7:59	1:37:46.8
29	Kerri North		147	32	F	29	11:57.8	7:28	0:46.1	43	54:48.2	15.8	0:45.0	24	29:46.8	7:50	1:38:03.9
30	Emily Ness	Pro Sports Club	193	35	F	25	11:45.1	7:21	1:28.9	39	53:53.7	16.0	2:11.8	19	28:54.8	7:36	1:38:14.3
31	Debbie Preller	Team Fastt	146	45	F	36	12:32.2	7:50	1:22.8	18	47:54.1	18.0	0:49.7	47	35:39.5	9:23	1:38:18.3
32	Rob Hayes		141	40	M	48	13:21.0	8:21	1:35.9	29	51:26.1	16.8	1:55.8	28	30:14.6	7:57	1:38:33.4
33	Jim Buckley		158	53	M	19	10:57.2	6:51	1:29.1	49	56:37.7	15.3	1:37.0	17	28:11.6	7:25	1:38:52.6
34	Peter Wild		161	49	M	53	13:32.2	8:28	1:32.4	23	48:59.5	17.6	1:37.6	39	33:17.4	8:46	1:38:59.1
35	Angie Tague		194	31	F	28	11:51.3	7:24	1:17.4	50	56:51.5	15.2	1:49.5	16	28:09.5	7:24	1:39:59.2
36	Fred Ginithan		132	45	M	44	12:56.7	8:05	1:23.4	40	53:56.3	16.0	1:42.6	29	30:21.6	7:59	1:40:20.6
37	Menko Ypma		128	17	M	41	12:45.7	7:58	0:49.6	33	52:32.9	16.4	0:41.6	41	33:54.0	8:55	1:40:43.8
38	Tina Ziegler		127	49	F	56	14:03.9	8:47	1:25.4	15	46:51.4	18.4	1:34.1	52	36:51.7	9:42	1:40:46.5

BuDu Racing, LLC

Place	Name	Team	Bib No	Age	Gender	-- First Run --			T-1	-- Bike --		MPH	T-2	-- Second Run --			Total
						Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
39	Giovanni Mezgec	VO2 MultiSport	142	45	M	46	13:08.5	8:13	1:04.8	31	51:53.5	16.7	1:11.2	42	34:01.8	8:57	1:41:19.8
40	Christiane Reikai		145	38	F	37	12:32.8	7:50	1:44.1	36	52:47.1	16.4	1:14.0	45	34:54.8	9:11	1:43:12.8
41	Judy Fisher		175	67	F	35	12:30.3	7:49	1:23.7	54	57:31.6	15.0	1:21.6	33	31:25.0	8:16	1:44:12.2
42	Kathy Mattioda		185	42	F	42	12:52.6	8:03	1:18.3	41	54:14.0	15.9	1:25.9	44	34:33.0	9:06	1:44:23.8
43	Shayla Millen		198	28	F	32	12:06.8	7:34	1:36.0	45	56:06.3	15.4	1:43.4	38	32:53.7	8:39	1:44:26.2
44	Brianna Leahy		148	28	F	52	13:30.0	8:26	0:55.0	53	57:21.2	15.1	0:59.0	34	31:42.5	8:21	1:44:27.7
45	Jason Renfroe		168	40	M	51	13:26.1	8:24	1:09.0	30	51:26.5	16.8	1:15.4	56	37:29.8	9:52	1:44:46.8
46	Ron Martin	West Sound Tri Club	159	53	M	39	12:38.9	7:54	1:00.0	37	53:27.2	16.2	1:05.9	59	38:34.9	10:09	1:46:46.9
47	Amanda Camp	TN Multisports	133	40	F	55	13:48.1	8:38	2:12.0	32	52:23.8	16.5	2:20.9	50	36:31.7	9:37	1:47:16.5
48	Dan Arvidson		29	30	M	50	13:24.9	8:23	1:04.2	46	56:12.7	15.4	0:47.1	49	36:26.6	9:35	1:47:55.5
49	Debbie Renner		178	49	F	54	13:34.9	8:29	1:36.1	56	58:07.7	14.9	1:00.2	40	33:41.7	8:52	1:48:00.6
50	Dana Pederson		123	36	F	38	12:33.2	7:51	1:07.9	58	58:08.6	14.9	2:20.7	46	35:33.8	9:21	1:49:44.2
51	Heather Woloshyn		130	48	F	49	13:22.2	8:21	0:58.9	51	57:12.7	15.1	1:14.8	57	38:08.4	10:02	1:50:57.0
52	Rich Mayer	Cycle U	155	39	M	40	12:44.1	7:58	1:38.3	52	57:14.6	3:58	1:48.5	58	38:09.2	10:02	1:51:34.7
53	Rahul Singh		172	34	M	45	13:07.7	8:12	1:39.8	57	58:07.8	14.9	1:54.1	54	37:16.8	9:48	1:52:06.2
54	Brian Johnson		163	46	M	47	13:18.5	8:19	1:42.4	59	58:26.9	14.8	1:24.8	55	37:25.0	9:51	1:52:17.6
55	Patricia Lytle		179	46	F	60	15:11.8	9:29	1:07.2	44	55:05.7	15.7	1:26.9	64	40:21.5	10:37	1:53:13.1
56	laura lee	TN Multisport	177	50	F	62	15:13.7	9:31	0:49.6	48	56:36.3	15.3	0:56.0	62	39:44.0	10:27	1:53:19.6
57	Beth Wild		182	44	F	63	15:17.0	9:33	1:04.6	62	1:00:08.7	14.4	1:02.8	48	36:21.0	9:34	1:53:54.1
58	Jon Scott		154	42	M	59	14:51.4	9:17	1:59.1	47	56:19.9	3:55	1:43.7	63	40:06.5	10:33	1:55:00.6
59	Craig Nelson		169	38	M	31	12:03.1	7:32	0:51.4	68	1:08:59.9	12.5	1:16.1	35	32:26.1	8:32	1:55:36.6
60	Steven Wick	Team Fastt	153	50	M	69	16:27.1	10:17	1:15.2	38	53:34.3	3:43	1:27.1	66	45:35.2	12:00	1:58:18.9
61	Rebecca Wade		176	53	F	68	16:04.7	10:03	1:23.6	63	1:01:25.8	14.1	1:13.6	61	39:06.5	10:17	1:59:14.2
62	Lisa Strom		186	41	F	61	15:12.6	9:30	1:13.6	66	1:05:19.4	13.2	0:44.6	53	36:53.6	9:42	1:59:23.8
63	Angela Morrow		192	36	F	58	14:13.4	8:53	2:58.4	64	1:01:46.7	14.0	2:20.5	60	39:03.5	10:17	2:00:22.5
64	Katie Henry		13	38	F	65	15:34.7	9:44	2:26.5	55	57:35.4	15.0	1:54.1	67	46:23.5	12:12	2:03:54.2
65	Nichelle Rosier-Butler		183	43	F	57	14:12.6	8:53	2:52.9	67	1:08:19.6	12.6	2:25.7	51	36:38.0	9:38	2:04:28.8
66	Randy Perkins	TN Multisport	139	44	M	67	15:41.3	9:48	2:13.3	60	59:03.8	14.6	3:05.1	70	47:06.9	12:24	2:07:10.4
67	Leonore Faulds		191	37	F	66	15:40.0	9:48	1:01.2	65	1:04:41.7	13.4	1:59.6	69	47:02.0	12:23	2:10:24.5
68	Dawnielle Hallstead		196	30	F	64	15:33.4	9:43	0:53.9	75	1:14:22.6	11.6	0:53.9	65	41:13.9	10:51	2:12:57.7
69	Nicole Kline	Raise the Bar	190	38	F	73	17:40.0	11:03	1:45.2	73	1:14:11.6	11.6	2:07.8	68	46:27.3	12:13	2:22:11.9
70	Ben Bailey		167	40	M	72	17:36.5	11:00	1:57.7	71	1:13:06.0	11.8	2:51.6	71	47:31.9	12:30	2:23:03.7
71	Stacy Moate		157	33	F	70	17:08.1	10:43	2:09.4	72	1:13:57.6	5:08	2:26.9	72	47:54.6	12:36	2:23:36.6
72	Team Shatto Sephenie Shatto Tony Shatto		152		M	77	25:28.8	15:55	0:48.0	61	59:17.8	4:07	1:04.9	76	58:03.2	15:17	2:24:42.7
73	John Witt		621	38	M	78	38:45.8	24:13	1:08.9	70	1:11:36.1	12.1	1:16.5	37	32:43.4	8:37	2:25:30.7
74	Jodi Granger		623	23	F	71	17:31.7	10:57	2:50.6	74	1:14:13.6	5:09	2:15.1	74	49:47.7	13:06	2:26:38.7
75	Robyn Perkins		188	40	F	75	17:59.3	11:14	0:59.1	77	1:19:45.4	10.8	1:31.6	73	48:20.5	12:43	2:28:35.9
76	Rose DaGama		184	43	F	74	17:42.0	11:04	4:15.5	78	1:22:06.6	10.5	2:45.4	75	52:03.3	13:42	2:38:52.8
77	Stacie Stansfield	Pro Sports Club	151	40	F	76	21:44.0	13:35	1:42.9	76	1:16:45.8	11.3	2:04.9	77	3	15:51	2:42:29.9
DNF	Lisa Narkiewicz	Pro Sports Club	197	29	F	43	12:54.4	8:04	1:21.4	69	1:09:56.8	12.4					

Mt Rainier Duathlon 2010

Short Course Age Group Results

April 25, 2010

BuDu Racing, LLC

Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time

Female 20 to 29

Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	15	Rebecca Kelley	199	27	1	12:02.5	7:31	0:41.2	1	48:15.9	17.9	0:30.0	1	28:07.1	7:24	1:29:36.7
2	40	Shayla Millen	198	28	2	12:06.8	7:34	1:36.0	2	56:06.3	15.4	1:43.4	3	32:53.7	8:39	1:44:26.2
3	41	Brianna Leahy	148	28	4	13:30.0	8:26	0:55.0	3	57:21.2	15.1	0:59.0	2	31:42.5	8:21	1:44:27.7

Female 30 to 39

Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	8	Cindy Bigglestone	129	36	1	10:14.2	6:24	0:38.5	1	45:13.6	19.1	0:41.1	3	28:15.4	7:26	1:25:02.8
2	14	Sarah Kjorstad	9	35	2	10:34.1	6:36	1:22.5	2	49:16.7	17.5		1	27:53.9	7:20	1:29:07.2
3	26	Kerri North	147	32	5	11:57.8	7:28	0:46.1	5	54:48.2	15.8	0:45.0	5	29:46.8	7:50	1:38:03.9
4	27	Emily Ness	193	35	3	11:45.1	7:21	1:28.9	4	53:53.7	16.0	2:11.8	4	28:54.8	7:36	1:38:14.3
5	32	Angie Tague	194	31	4	11:51.3	7:24	1:17.4	6	56:51.5	15.2	1:49.5	2	28:09.5	7:24	1:39:59.2
6	37	Christiane Reikai	145	38	6	12:32.8	7:50	1:44.1	3	52:47.1	16.4	1:14.0	6	34:54.8	9:11	1:43:12.8
7	47	Dana Pederson	123	36	7	12:33.2	7:51	1:07.9	8	58:08.6	14.9	2:20.7	7	35:33.8	9:21	1:49:44.2
8	57	Angela Morrow	192	36	8	14:13.4	8:53	2:58.4	9	1:01:46.7	14.0	2:20.5	8	39:03.5	10:17	2:00:22.5
9	58	Katie Henry	13	38	10	15:34.7	9:44	2:26.5	7	57:35.4	15.0	1:54.1	10	46:23.5	12:12	2:03:54.2
10	61	Leonore Faulds	191	37	11	15:40.0	9:48	1:01.2	10	1:04:41.7	13.4	1:59.6	12	47:02.0	12:23	2:10:24.5
11	62	Dawnielle Hallstead	196	30	9	15:33.4	9:43	0:53.9	12	1:14:22.6	11.6	0:53.9	9	41:13.9	10:51	2:12:57.7
12	63	Nicole Kline	190	38	12	17:40.0	11:03	1:45.2	11	1:14:11.6	11.6	2:07.8	11	46:27.3	12:13	2:22:11.9

Female 40 to 49

Overall			-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	16	Patty Swedberg	181	45	1	11:49.9	7:23	0:43.3	2	47:13.8	18.3	0:43.7	1	30:26.2	8:01	1:30:56.9
2	28	Debbie Preller	146	45	2	12:32.2	7:50	1:22.8	3	47:54.1	18.0	0:49.7	4	35:39.5	9:23	1:38:18.3
3	35	Tina Ziegler	127	49	7	14:03.9	8:47	1:25.4	1	46:51.4	18.4	1:34.1	8	36:51.7	9:42	1:40:46.5
4	39	Kathy Mattioda	185	42	3	12:52.6	8:03	1:18.3	5	54:14.0	15.9	1:25.9	3	34:33.0	9:06	1:44:23.8
5	44	Amanda Camp	133	40	6	13:48.1	8:38	2:12.0	4	52:23.8	16.5	2:20.9	6	36:31.7	9:37	1:47:16.5
6	46	Debbie Renner	178	49	5	13:34.9	8:29	1:36.1	8	58:07.7	14.9	1:00.2	2	33:41.7	8:52	1:48:00.6
7	48	Heather Woloshyn	130	48	4	13:22.2	8:21	0:58.9	7	57:12.7	15.1	1:14.8	10	38:08.4	10:02	1:50:57.0
8	51	Patricia Lytle	179	46	9	15:11.8	9:29	1:07.2	6	55:05.7	15.7	1:26.9	11	40:21.5	10:37	1:53:13.1
9	53	Beth Wild	182	44	11	15:17.0	9:33	1:04.6	9	1:00:08.7	14.4	1:02.8	5	36:21.0	9:34	1:53:54.1
10	56	Lisa Strom	186	41	10	15:12.6	9:30	1:13.6	10	1:05:19.4	13.2	0:44.6	9	36:53.6	9:42	1:59:23.8
11	59	Nichelle Rosier-Butler	183	43	8	14:12.6	8:53	2:52.9	11	1:08:19.6	12.6	2:25.7	7	36:38.0	9:38	2:04:28.8
12	66	Robyn Perkins	188	40	13	17:59.3	11:14	0:59.1	13	1:19:45.4	10.8	1:31.6	12	48:20.5	12:43	2:28:35.9
13	67	Rose DaGama	184	43	12	17:42.0	11:04	4:15.5	14	1:22:06.6	10.5	2:45.4	13	52:03.3	13:42	2:38:52.8
14	68	Stacie Stansfield	151	40	14	21:44.0	13:35	1:42.9	12	1:16:45.8	11.3	2:04.9	14	1:00:12.3	15:51	2:42:29.9

BuDu Racing, LLC

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time

Female 50 to 59

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	52	laura lee	177	50	1	15:13.7	9:31	0:49.6	1	56:36.3	15.3	0:56.0	2	39:44.0	10:27	1:53:19.6
2	55	Rebecca Wade	176	53	2	16:04.7	10:03	1:23.6	2	1:01:25.8	14.1	1:13.6	1	39:06.5	10:17	1:59:14.2

Female 60 and over

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	38	Judy Fisher	175	67	1	12:30.3	7:49	1:23.7	1	57:31.6	15.0	1:21.6	1	31:25.0	8:16	1:44:12.2

Male 19 and under

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	17	Paul Everett	126	14	1	10:47.6	6:44	0:39.1	1	50:20.9	17.2	0:27.7	1	28:55.8	7:37	1:31:11.1
2	25	Kyle Howlett	618	15	2	12:08.1	7:35	1:24.7	3	52:44.6	16.4	1:06.6	2	30:22.8	7:59	1:37:46.8
3	34	Menko Ypma	128	17	3	12:45.7	7:58	0:49.6	2	52:32.9	16.4	0:41.6	3	33:54.0	8:55	1:40:43.8

Male 20 to 29

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	2	Tom Roseberry	137	27	2	10:02.6	6:16	0:20.3	1	40:30.4	21.3	0:25.2	1	24:17.6	6:23	1:15:36.1
2	3	Jamie Schild	136	27	1	9:30.0	5:56	0:53.8	2	40:46.5	21.2	0:35.3	2	25:01.4	6:35	1:16:47.0
3	6	Luke Jones	125	27	3	10:10.3	6:21	0:45.5	3	43:30.0	19.9	0:39.9	3	25:05.2	6:36	1:20:10.9
4	21	Ross Craig	140	26	4	10:47.2	6:44	1:06.4	4	50:16.0	17.2	1:29.4	4	29:14.4	7:42	1:32:53.4

Male 30 to 39

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	1	Ladd Preppernau	173	34	3	9:47.1	6:07	0:41.6	1	38:14.1	22.6	0:29.1	1	23:06.5	6:05	1:12:18.4
2	4	Thomas Goos	149	39	2	9:22.4	5:51	0:39.7	2	41:52.4	20.6	0:37.3	3	24:30.2	6:27	1:17:02.0
3	5	Mark Webb	134	34	1	9:08.7	5:43	0:38.5	3	42:23.0	20.4	0:27.4	2	24:30.2	6:27	1:17:07.8
4	9	Loren Pokorny	135	39	7	10:48.2	6:45	0:37.3	4	45:20.7	19.1	0:28.8	6	27:56.5	7:21	1:25:11.5
5	10	Amadeo Casas Cuadrado	144	30	4	10:21.6	6:28	0:51.8	6	46:04.6	18.8	0:35.5	5	27:51.7	7:20	1:25:45.2
6	11	Drew Graham	174	30	5	10:23.9	6:29	1:11.2	5	46:03.3	18.8	1:16.1	4	27:23.3	7:12	1:26:17.8
7	18	Joseph Swenson	170	36	9	11:36.8	7:15	0:38.8	8	49:30.4	17.5	0:53.7	7	29:03.8	7:39	1:31:43.5
8	19	Kyle Murphy	143	38	8	11:30.1	7:11	1:04.5	7	47:33.3	18.2	1:07.4	10	31:19.9	8:14	1:32:35.2
9	22	Jason Bourne	171	35	10	11:44.2	7:20	1:21.6	9	50:44.6	17.0	1:12.3	9	30:13.6	7:57	1:35:16.3
10	23	Jason Cadle	124	35	6	10:46.0	6:44	0:46.6	10	54:36.6	15.8	0:47.7	8	30:11.8	7:57	1:37:08.7
11	45	Dan Arvidson	29	30	13	13:24.9	8:23	1:04.2	11	56:12.7	15.4	0:47.1	13	36:26.6	9:35	1:47:55.5
12	49	Rahul Singh	172	34	12	13:07.7	8:12	1:39.8	12	58:07.8	14.9	1:54.1	14	37:16.8	9:48	1:52:06.2
13	54	Craig Nelson	169	38	11	12:03.1	7:32	0:51.4	13	1:08:59.9	12.5	1:16.1	11	32:26.1	8:32	1:55:36.6
14	65	John Witt	621	38	14	38:45.8	24:13	1:08.9	14	1:11:36.1	12.1	1:16.5	12	32:43.4	8:37	2:25:30.7

Male 40 to 49

Overall			-- First Run --			T-1	-- Bike --			T-2	-- Second Run --			Total		
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	7	Rich Bennett	131	45	1	10:06.7	6:19	0:25.5	2	46:28.0	18.6	0:27.8	1	25:50.9	6:48	1:23:18.9

BuDu Racing, LLC

Overall		-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total	
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
2	12	William McCarthy	162	47	3	11:12.8	7:00	0:55.4	1	46:22.2	18.6	1:07.3	3	27:03.2	7:07	1:26:40.9
3	13	Christopher Clifford	164	45	2	10:27.0	6:32	0:49.9	3	48:39.0	17.8	0:44.3	2	26:59.9	7:06	1:27:40.1
4	20	Alex McFadden	166	42	4	11:47.3	7:22	1:00.8	4	48:48.1	17.7	1:15.1	4	30:02.1	7:54	1:32:53.4
5	24	Thomas Ritter	165	43	5	12:17.7	7:41	0:43.1	5	48:51.4	17.7	0:58.1	9	34:32.6	9:05	1:37:22.9
6	29	Rob Hayes	141	40	9	13:21.0	8:21	1:35.9	7	51:26.1	16.8	1:55.8	5	30:14.6	7:57	1:38:33.4
7	31	Peter Wild	161	49	11	13:32.2	8:28	1:32.4	6	48:59.5	17.6	1:37.6	7	33:17.4	8:46	1:38:59.1
8	33	Fred Giniathan	132	45	6	12:56.7	8:05	1:23.4	10	53:56.3	16.0	1:42.6	6	30:21.6	7:59	1:40:20.6
9	36	Giovanni Mezgec	142	45	7	13:08.5	8:13	1:04.8	9	51:53.5	16.7	1:11.2	8	34:01.8	8:57	1:41:19.8
10	42	Jason Renfroe	168	40	10	13:26.1	8:24	1:09.0	8	51:26.5	16.8	1:15.4	11	37:29.8	9:52	1:44:46.8
11	50	Brian Johnson	163	46	8	13:18.5	8:19	1:42.4	11	58:26.9	14.8	1:24.8	10	37:25.0	9:51	1:52:17.6
12	60	Randy Perkins	139	44	12	15:41.3	9:48	2:13.3	12	59:03.8	14.6	3:05.1	12	47:06.9	12:24	2:07:10.4
13	64	Ben Bailey	167	40	13	17:36.5	11:00	1:57.7	13	1:13:06.0	11.8	2:51.6	13	47:31.9	12:30	2:23:03.7

Male 50 to 59

Overall		-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total	
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	30	Jim Buckley	158	53	1	10:57.2	6:51	1:29.1	2	56:37.7	15.3	1:37.0	1	28:11.6	7:25	1:38:52.6
2	43	Ron Martin	159	53	2	12:38.9	7:54	1:00.0	1	53:27.2	16.2	1:05.9	2	38:34.9	10:09	1:46:46.9

Athena

Overall		-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total	
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	7	Stacy Moate	157	33	1	17:08.1	10:43	2:09.4	1	1:13:57.6	5:08	2:26.9	1	47:54.6	12:36	2:23:36.6
2	8	Jodi Granger	623	23	2	17:31.7	10:57	2:50.6	2	1:14:13.6	5:09	2:15.1	2	49:47.7	13:06	2:26:38.7

Clydesdale

Overall		-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total	
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	1	Maxwell Long	620	44	1	9:50.4	6:09	0:40.4	1	43:52.2	3:03	0:30.5	1	25:11.1	6:38	1:20:04.6
2	2	Jason Arango	156	28	2	10:11.5	6:22	0:53.3	2	44:40.1	3:06	0:55.9	3	32:39.2	8:36	1:29:20.0
3	3	Ryan French	150	34	3	11:33.8	7:13	0:32.7	3	52:40.2	3:39	0:47.7	2	29:43.0	7:49	1:35:17.4
4	4	Rich Mayer	155	39	4	12:44.1	7:58	1:38.3	6	57:14.6	3:58	1:48.5	4	38:09.2	10:02	1:51:34.7
5	5	Jon Scott	154	42	5	14:51.4	9:17	1:59.1	5	56:19.9	3:55	1:43.7	5	40:06.5	10:33	1:55:00.6
6	6	Steven Wick	153	50	6	16:27.1	10:17	1:15.2	4	53:34.3	3:43	1:27.1	6	45:35.2	12:00	1:58:18.9

Relay

Overall		-- First Run --			T-1		-- Bike --			T-2		-- Second Run --			Total	
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	1	Team Shatto Sephenie Shatto Tony Shatto	152		1	25:28.8	15:55	0:48.0	1	59:17.8	4:07	1:04.9	1	58:03.2	15:17	2:24:42.7