

## Five Mile Lake Women's Triathlon

Turned out to be a great day, with no rain. The water temperature was around 67 degrees.

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 is available on our photographer's website at <http://imageartsphoto.com>.

You will need to select the photo of your choice from his website.

# Five Mile Lake Womens Triathlon 2010

## Overall Results

Saturday, July 03, 2010

Results By BuDu Racing, LLC

Place	Name	Bib No	Age	Gender	-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total Time	
					Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time		Pace
1	Kimberly Pancoast	19	26	F	9	5:36.7	22:24	0:56.8	1	37:47.2	22.6	0:57.1	1	17:07.9	5:31	1:02:25.7
2	Stacia McInnes	66	43	F	10	5:39.5	22:36	1:15.2	2	38:04.5	22.5	0:29.8	2	19:01.4	6:08	1:04:30.4
3	Patty Bredice	153	40	F	5	5:28.1	21:52	0:43.7	3	39:30.7	21.6	0:26.0	5	20:21.6	6:34	1:06:30.1
4	Patty Swedberg	89	45	F	2	5:07.5	20:28	0:42.4	5	40:28.5	21.1	0:28.3	11	22:24.3	7:14	1:09:11.0
5	Kelsey Kreft	7	20	F	14	6:09.7	24:36	0:47.0	10	42:47.1	20.0	0:58.4	4	20:14.8	6:32	1:10:57.0
6	Janelle Kay	147	39	F	12	5:44.3	22:56	1:01.1	4	40:28.5	21.1	0:51.5	19	23:09.0	7:28	1:11:14.4
7	Louise Montgomery	18	27	F	16	6:15.0	25:00	0:47.6	7	41:48.9	20.5	0:39.2	8	21:44.8	7:01	1:11:15.5
8	Mariana Cannon	79	47	F	6	5:29.0	21:56	0:53.5	8	42:18.7	20.2	0:42.2	10	21:54.7	7:04	1:11:18.1
9	Stephanie Haner	180	40	F	24	6:34.1	26:16	0:50.6	9	42:32.3	20.1	0:49.4	6	20:50.6	6:43	1:11:37.0
10	Sandra Bennett	78	47	F	25	6:34.4	26:16	1:58.6	16	44:22.7	19.3	0:49.6	3	19:15.2	6:13	1:13:00.5
11	Sarah Pohlmann	156	39	F	23	6:33.4	26:12	0:53.2	12	43:12.0	19.8	0:32.5	12	22:29.6	7:15	1:13:40.7
12	Emily Tacke	2	15	F	1	4:38.7	18:32	1:45.3	20	44:54.7	19.0	1:03.1	7	21:38.4	6:59	1:14:00.2
13	Karen Robbins	41	36	F	11	5:41.4	22:44	1:44.4	13	43:19.2	19.7	0:52.7	21	23:32.4	7:35	1:15:10.1
14	Tammy Wales	95	49	F	41	7:13.9	28:52	1:26.4	11	43:07.2	19.8	0:54.4	20	23:23.0	7:33	1:16:04.9
15	Jenell Outerson	64	42	F	13	5:45.7	23:00	1:53.2	19	44:51.7	19.1	0:48.9	15	22:52.8	7:23	1:16:12.3
16	Terri Glaberson	70	44	F	50	7:25.6	29:40	1:01.8	18	44:36.3	19.2	0:49.9	14	22:42.2	7:19	1:16:35.8
17	Kerri North	145	32	F	39	7:08.7	28:32	0:54.1	23	45:28.6	18.8	0:40.1	17	23:07.7	7:27	1:17:19.2
18	Katy Dougherty	85	48	F	28	6:41.9	26:44	1:55.7	14	43:31.0	19.6	0:55.3	25	24:27.0	7:53	1:17:30.9
19	Jennifer Kabacy	53	40	F	3	5:16.4	21:04	1:36.5	39	47:51.8	17.9	1:02.4	9	21:49.2	7:02	1:17:36.3
20	Wanda Rhunslo	162	48	F	56	7:37.4	30:28	1:36.0	27	46:01.1	18.6	1:09.8	16	22:53.9	7:23	1:19:18.2
21	Jodi Shook	43	36	F	106	9:29.7	37:56	1:34.4	22	45:19.0	18.9	1:24.0	13	22:37.1	7:18	1:20:24.2
22	Nancy Kummen	110	60	F	42	7:15.6	29:00	1:20.7	26	45:52.8	18.6	0:56.2	36	25:10.5	8:07	1:20:35.8
23	Brianna Leahy	20	28	F	18	6:17.8	25:08	1:16.3	38	47:49.2	17.9	0:56.1	27	24:28.7	7:54	1:20:48.1
24	Nina Binder	154	44	F	51	7:25.6	29:40	1:49.0	24	45:28.8	18.8	0:48.1	39	25:28.6	8:13	1:21:00.1
25	Kelly Christensen	168	41	F	27	6:38.3	26:32	1:11.5	15	44:13.0	19.3	0:56.0	78	28:24.7	9:10	1:21:23.5
26	Jennifer Vanderhoof	160	41	F	55	7:36.0	30:24	1:40.3	21	45:06.4	19.0	0:44.3	51	26:33.7	8:34	1:21:40.7
27	Emily Roy	169	32	F	8	5:33.6	22:12	1:40.7	45	48:26.7	17.7	1:21.9	34	24:51.4	8:01	1:21:54.3
28	Anita Uppal	157	46	F	59	7:46.3	31:04	1:44.7	34	47:31.8	18.0	1:12.9	22	23:42.1	7:39	1:21:57.8
29	Brooke Wales	8	20	F	103	9:20.2	37:20	1:13.0	31	46:30.2	18.4	0:36.9	29	24:30.2	7:54	1:22:10.5
30	Beth Brown	62	42	F	26	6:35.9	26:20	1:53.0	33	47:18.6	18.1	0:44.1	42	25:47.9	8:19	1:22:19.5
31	Allison Willhite	176	46	F	108	9:34.2	38:16	1:13.7	28	46:05.7	18.6	0:48.4	33	24:47.9	8:00	1:22:29.9
32	Barbara Huseby	151	59	F	74	8:29.8	33:56	2:09.0	17	44:30.2	19.2	1:19.7	50	26:27.5	8:32	1:22:56.2
33	Shelley Schmitz	42	36	F	73	8:29.4	33:56	1:11.2	54	49:20.0	17.3	1:03.2	18	23:07.7	7:27	1:23:11.5

## Results By BuDu Racing, LLC

Place	Name	Bib No	Age	Gender	-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total Time	
					Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time		Pace
34	Holly Chamberlain	38	36	F	49	7:24.8	29:36	1:29.7	29	46:20.0	18.5	1:19.4	59	27:10.3	8:46	1:23:44.2
35	Jennifer Bainbridge	47	38	F	64	8:03.9	32:12	1:44.7	46	48:27.4	17.6	0:58.9	28	24:29.6	7:54	1:23:44.5
36	Natalie Sandoval	25	30	F	20	6:27.8	25:48	1:26.9	67	51:12.3	16.7	0:23.3	24	24:21.5	7:51	1:23:51.8
37	Christina Spence	14	25	F	7	5:30.5	22:00	1:40.2	53	49:10.2	17.4	1:41.6	45	26:02.2	8:24	1:24:04.7
38	Emily Kelly	143	26	F	46	7:22.5	29:28	0:59.0	50	48:47.0	17.5	0:45.4	48	26:20.8	8:30	1:24:14.7
39	Laure Foley	175	50	F	35	7:01.8	28:04	1:28.9	25	45:41.5	18.7	1:02.6	88	29:11.5	9:25	1:24:26.3
40	Ankie Stroes	76	46	F	44	7:18.0	29:12	1:24.3	52	49:08.8	17.4	1:04.5	41	25:34.5	8:15	1:24:30.1
41	Renae Foster	106	44	F	61	7:54.1	31:36	2:41.8	49	48:42.2	17.6	0:48.2	30	24:34.2	7:55	1:24:40.5
42	Robin Korobkin	173	45	F	17	6:15.9	25:00	1:24.0	37	47:43.0	17.9	1:14.4	74	28:03.9	9:03	1:24:41.2
43	Renee Parsley	48	38	F	123	10:20.9	41:20	1:12.4	35	47:36.9	18.0	1:16.5	31	24:41.3	7:58	1:25:08.0
44	Jennifer Vacanti	21	28	F	22	6:28.6	25:52	1:39.2	40	48:04.1	17.8	1:09.2	66	27:55.1	9:00	1:25:16.2
45	Jill Bell	166	52	F	43	7:17.6	29:08	1:47.5	30	46:26.3	18.4	1:36.5	83	28:44.6	9:16	1:25:52.5
46	Tri Muffin Tops	141		F	138	10:56.0	43:44	0:39.8	6	41:20.2	20.7	0:21.5	118	33:01.3	10:39	1:26:18.8
47	Kate Iiams	104	55	F	40	7:13.4	28:52	2:29.9	62	50:54.8	16.8	1:14.8	26	24:27.5	7:53	1:26:20.4
48	Judy Fisher	40	67	F	110	9:39.0	38:36	2:14.1	55	49:36.0	17.2	1:06.6	23	24:04.4	7:46	1:26:40.1
49	Rebecca Reinauer	91	49	F	60	7:50.9	31:20	1:57.2	51	48:58.4	17.5	1:30.6	56	26:57.7	8:42	1:27:14.8
50	Mackenzie Hizon	26	31	F	19	6:20.7	25:20	2:19.2	65	50:58.5	16.8	1:11.6	49	26:26.6	8:32	1:27:16.6
51	Mona Petrou	115	62	F	31	6:46.0	27:04	1:29.1	58	50:21.9	17.0	0:59.9	64	27:45.7	8:57	1:27:22.6
52	Rachel de Rossi	155	43	F	92	9:07.8	36:28	1:46.3	32	47:04.5	18.2	1:02.4	85	28:50.7	9:18	1:27:51.7
53	Mary Jansen	15	26	F	38	7:05.5	28:20	2:27.2	56	49:37.7	17.2	0:49.5	67	27:55.6	9:00	1:27:55.5
54	Emma Eagles	39	36	F	77	8:31.9	34:04	1:35.6	76	52:36.5	16.3	0:46.7	32	24:43.3	7:58	1:28:14.0
55	Stacy Sayles	158	35	F	81	8:38.7	34:32	1:34.0	72	52:07.3	16.4	0:42.5	37	25:12.1	8:08	1:28:14.6
56	Hillery Smith	68	43	F	87	8:57.8	35:48	1:44.7	66	51:06.5	16.7	1:09.1	40	25:33.3	8:15	1:28:31.4
57	Karreen Pinnell	111	60	F	91	9:06.7	36:24	2:11.3	36	47:37.0	18.0	1:23.9	77	28:23.9	9:09	1:28:42.8
58	Joan Boyles	50	39	F	53	7:31.7	30:04	2:09.5	43	48:15.7	17.7	1:55.4	86	28:59.6	9:21	1:28:51.9
59	Jill Hudson	86	48	F	58	7:41.0	30:44	2:04.3	78	52:47.4	16.2	1:08.3	38	25:12.4	8:08	1:28:53.4
60	Mary Remoaldo	98	50	F	67	8:10.1	32:40	1:49.3	47	48:28.7	17.6	0:50.3	90	29:54.5	9:39	1:29:12.9
61	Karen Moerdyk	129	51	F	54	7:34.1	30:16	1:52.9	60	50:43.5	16.9	2:03.8	58	27:07.2	8:45	1:29:21.5
62	Toni Moe	165	38	F	45	7:19.2	29:16	2:27.2	48	48:35.9	17.6	1:20.6	93	30:03.8	9:42	1:29:46.7
63	Kathy Gendreau	167	43	F	36	7:03.1	28:12	1:35.4	44	48:19.7	17.7	1:08.1	110	31:55.1	10:18	1:30:01.4
64	Cynthia Johnson	80	47	F	71	8:16.1	33:04	2:30.5	61	50:53.5	16.8	1:24.8	62	27:19.5	8:49	1:30:24.4
65	Amy Bannister	37	36	F	32	6:54.7	27:36	2:31.9	90	54:30.1	15.7	0:26.4	46	26:07.8	8:25	1:30:30.9
66	Kathy Koehler	149	53	F	30	6:45.1	27:00	1:33.4	70	51:43.3	16.5	1:01.5	89	29:43.4	9:35	1:30:46.7
67	Kelsie Smith	12	23	F	109	9:36.0	38:24	2:55.8	59	50:40.9	16.9	1:16.8	54	26:48.6	8:39	1:31:18.1
68	Theresa Okell	73	45	F	80	8:35.4	34:20	3:20.7	92	54:59.9	15.6	1:00.9	35	24:53.1	8:02	1:32:50.0
69	Natasha Ludwig	10	22	F	21	6:27.9	25:48	2:00.0	99	55:39.5	15.4	1:00.1	73	28:03.1	9:03	1:33:10.6
70	Triple Trouble	142		F	169	15:40.7	62:40	0:40.7	42	48:08.9	17.8	0:35.6	76	28:15.4	9:07	1:33:21.3
71	Jennifer Benson	161	41	F	158	13:46.8	55:04	2:12.0	41	48:06.8	17.8	1:15.3	69	28:00.4	9:02	1:33:21.3
72	Sarah Edmark	29	32	F	128	10:42.2	42:48	3:23.3	63	50:55.7	16.8	1:30.3	57	26:57.8	8:42	1:33:29.3
73	Kristin Martin	5	29	F	114	10:06.8	40:24	2:25.3	79	52:50.4	16.2	1:22.8	61	27:13.4	8:47	1:33:58.7

## Results By BuDu Racing, LLC

Place	Name	Bib No	Age	Gender	-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total Time	
					Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time		Pace
74	Emily Meier	17	27	F	34	7:01.7	28:04	3:11.2	84	53:48.7	15.9	0:56.4	87	29:09.3	9:24	1:34:07.3
75	Tonda Taylor	82	47	F	37	7:05.4	28:20	1:52.7	69	51:30.4	16.6	1:00.3	116	32:46.7	10:34	1:34:15.5
76	Stacy Olin	11	23	F	66	8:09.5	32:36	1:54.6	97	55:30.6	15.4	0:47.6	70	28:01.0	9:02	1:34:23.3
77	Kristin Stocks	36	35	F	97	9:12.8	36:48	2:23.9	91	54:39.4	15.6	0:35.5	65	27:51.3	8:59	1:34:42.9
78	Claire Ely	9	22	F	82	8:43.4	34:52	2:15.8	94	55:24.9	15.4	0:33.8	68	27:56.5	9:01	1:34:54.4
79	Andrea Escame-Hedger	146	39	F	79	8:35.2	34:20	2:47.4	102	56:29.7	15.1	1:23.2	43	25:52.4	8:21	1:35:07.9
80	Carmel Schimmel	103	53	F	63	7:58.4	31:52	2:26.0	64	50:55.8	16.8	0:54.3	120	33:07.3	10:41	1:35:21.8
81	Brenda Fisher	45	37	F	113	10:04.9	40:16	3:40.2	83	53:39.5	15.9	0:52.7	60	27:11.0	8:46	1:35:28.3
82	Penelope Thompson	150	58	F	76	8:31.5	34:04	2:46.8	89	54:11.5	15.8	1:41.6	81	28:30.6	9:12	1:35:42.0
83	Mary Kate Perry	55	40	F	95	9:12.3	36:48	3:57.9	95	55:26.3	15.4	1:17.1	44	25:56.0	8:22	1:35:49.6
84	Lori O'Tool	148	46	F	47	7:22.6	29:28	2:24.9	88	54:06.2	15.8	1:08.2	98	30:51.8	9:57	1:35:53.7
85	Leena Hansen	74	46	F	29	6:42.2	26:48	2:32.5	87	54:04.7	15.8	1:58.8	99	30:58.0	9:59	1:36:16.2
86	Valerie Varin	163	50	F	89	9:03.0	36:12	2:09.3	93	55:13.5	15.5	1:03.9	84	28:49.7	9:18	1:36:19.4
87	Hannah Tacke	1	12	F	4	5:24.0	21:36	2:47.1	118	1:00:08.6	14.2	1:20.0	53	26:46.5	8:38	1:36:26.2
88	Jana Johnson	63	42	F	84	8:54.4	35:36	3:05.2	77	52:37.1	16.2	1:43.6	94	30:14.8	9:45	1:36:35.1
89	Melanie Tyler	109	59	F	65	8:06.2	32:24	2:56.9	73	52:19.4	16.3	1:37.8	111	32:03.3	10:20	1:37:03.6
90	Jenny Jirsa	134	34	F	111	9:41.0	38:44	2:21.3	74	52:26.4	16.3	1:10.7	107	31:41.9	10:13	1:37:21.3
91	Shalyn Shasteen	28	31	F	15	6:11.0	24:44	3:16.9	110	59:03.1	14.5	0:26.1	79	28:25.8	9:10	1:37:22.9
92	Jenna Tate	51	39	F	96	9:12.6	36:48	2:45.7	107	58:16.9	14.7	0:34.5	52	26:37.5	8:35	1:37:27.2
93	Taco Mas	172		F	70	8:15.8	33:00	0:48.6	116	1:00:00.4	14.3	0:24.6	71	28:02.0	9:03	1:37:31.4
94	Loretta Smith	59	41	F	83	8:51.0	35:24	3:21.5	85	53:54.7	15.9	0:37.5	97	30:47.4	9:56	1:37:32.1
95	Katie Hudson	34	35	F	115	10:09.6	40:36	1:56.7	80	52:53.2	16.2	1:23.4	102	31:20.5	10:06	1:37:43.4
96	Erin Hoag	90	49	F	104	9:24.2	37:36	2:56.9	75	52:27.4	16.3	1:08.9	112	32:07.1	10:22	1:38:04.5
97	Terri Morgan	54	40	F	57	7:40.5	30:40	2:40.8	68	51:28.8	16.6	1:40.8	130	35:04.1	11:19	1:38:35.0
98	Stana Landon	31	33	F	133	10:50.8	43:20	3:17.3	101	56:26.1	15.2	0:43.2	63	27:42.5	8:56	1:38:59.9
99	Jessy Beardemphl	58	41	F	90	9:05.2	36:20	4:56.9	98	55:36.6	15.4	1:04.2	82	28:32.4	9:12	1:39:15.3
100	Kristin Tague	46	37	F	148	12:11.7	48:44	3:39.9	103	56:58.9	15.0	0:52.4	47	26:09.6	8:26	1:39:52.5
101	Sue Stipe	164	73	F	124	10:24.5	41:36	5:24.1	96	55:29.3	15.4	0:55.2	75	28:12.6	9:06	1:40:25.7
102	Jolene Holmes	72	45	F	86	8:55.7	35:40	2:02.2	111	59:06.6	14.5	0:38.4	92	30:03.4	9:42	1:40:46.3
103	Gen Ludwig	23	29	F	122	10:19.5	41:16	2:48.0	105	57:29.2	14.9	0:40.8	101	31:02.4	10:01	1:42:19.9
104	Leslie Jirsa	136	39	F	72	8:22.2	33:28	3:50.2	100	56:11.2	15.2	0:57.7	119	33:06.9	10:41	1:42:28.2
105	Carrielyn Bays	52	40	F	99	9:15.5	37:00	2:18.9	86	53:58.2	15.8	1:23.6	134	35:49.3	11:33	1:42:45.5
106	Cindy Mcgonigal	101	53	F	68	8:13.4	32:52	2:16.8	71	51:52.7	16.5	1:15.4	144	39:11.3	12:38	1:42:49.6
107	Melissa Hoag	6	20	F	48	7:23.4	29:32	3:52.6	106	57:38.1	14.8	1:42.5	124	33:36.9	10:50	1:44:13.5
108	Jennifer Harrell	22	29	F	129	10:45.0	43:00	2:02.1	126	1:01:42.0	13.9	1:19.4	80	28:27.9	9:11	1:44:16.4
109	Stacey Nash	24	30	F	139	11:07.1	44:28	2:02.1	134	1:04:32.6	13.2	0:38.0	55	26:48.9	8:39	1:45:08.7
110	Staci Whitehouse	57	40	F	130	10:45.9	43:00	2:06.9	121	1:00:33.4	14.1	0:32.5	108	31:48.1	10:15	1:45:46.8
111	Karen Snyder	94	49	F	120	10:15.6	41:00	4:29.2	112	59:22.4	14.4	1:09.8	96	30:30.7	9:50	1:45:47.7
112	Kelly Merrill	67	43	F	93	9:08.5	36:32	2:16.7	130	1:03:09.1	13.5	0:45.7	95	30:27.9	9:49	1:45:47.9
113	Deena Heg	130	57	F	94	9:10.2	36:40	3:19.5	82	53:23.3	16.0	2:15.5	140	37:46.0	12:11	1:45:54.5

## Results By BuDu Racing, LLC

Place	Name	Bib No	Age	Gender	-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total Time	
					Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time		Pace
114	Celeste Waltermeyer	33	34	F	33	6:56.0	27:44	2:58.9	131	1:03:15.3	13.5	0:40.9	128	34:12.3	11:02	1:48:03.4
115	Laurie Clark	128	46	F	52	7:27.5	29:48	2:58.3	115	59:46.0	14.3	1:48.6	135	36:11.0	11:40	1:48:11.4
116	Kimberly Couret	44	37	F	118	10:14.3	40:56	4:20.1	119	1:00:17.0	14.2	1:16.9	113	32:12.4	10:23	1:48:20.7
117	Daphne Weaver	127	41	F	142	11:21.0	45:24	2:51.2	81	52:54.7	16.2	2:17.7	143	39:08.7	12:37	1:48:33.3
118	Lisa Sweeny	179	29	F	78	8:34.3	34:16	2:30.8	139	1:06:10.3	12.9	0:35.3	104	31:35.3	10:11	1:49:26.0
119	Lacy Waltermeyer	30	32	F	105	9:27.1	37:48	2:48.9	140	1:06:14.2	12.9	1:12.9	91	29:54.9	9:39	1:49:38.0
120	Nicole Kline	159	38	F	132	10:49.7	43:16	2:37.9	108	58:40.8	14.6	1:35.8	136	36:19.6	11:43	1:50:03.8
121	Diane Rolfe	105	55	F	98	9:13.7	36:52	5:36.0	109	58:55.8	14.5	3:09.1	127	33:45.9	10:53	1:50:40.5
122	Jeannie Jonason	114	62	F	159	13:50.9	55:20	6:49.3	104	57:13.3	14.9	1:37.8	105	31:35.7	10:11	1:51:07.0
123	Annisa Kriekenbeek	135	38	F	112	9:54.9	39:36	4:52.2	125	1:00:59.1	14.0	3:05.8	117	33:00.9	10:39	1:51:52.9
124	Sara Babani	16	27	F	144	11:26.3	45:44	3:05.5	138	1:06:06.0	12.9	0:33.5	100	30:58.4	9:59	1:52:09.7
125	Debbie Lainfiesta	124	33	F	136	10:54.9	43:36	4:15.8	133	1:04:32.0	13.2	1:04.4	106	31:41.6	10:13	1:52:28.7
126	Jodi Wright	61	41	F	127	10:38.9	42:32	5:43.0	57	49:57.3	17.1	1:26.2	157	45:20.6	14:37	1:53:06.0
127	Nancy Marshall	87	48	F	146	11:56.0	47:44	2:51.5	132	1:04:02.8	13.4	1:06.0	121	33:14.8	10:43	1:53:11.1
128	Susan Yakubovich	83	47	F	102	9:17.3	37:08	5:09.7	123	1:00:36.3	14.1	0:52.7	138	37:39.8	12:09	1:53:35.8
129	Trish Piercy	81	47	F	101	9:17.0	37:08	5:08.5	122	1:00:35.5	14.1	0:54.6	139	37:40.8	12:09	1:53:36.4
130	Sue Ann Bilanski	116	63	F	163	14:40.4	58:40	4:16.6	120	1:00:19.8	14.2	1:10.2	122	33:20.8	10:45	1:53:47.8
131	Lizzie Guess	131	22	F	75	8:30.3	34:00	5:50.1	135	1:04:42.3	13.2	2:46.4	114	32:17.7	10:25	1:54:06.8
132	Kelsey Weaver	3	15	F	107	9:32.3	38:08	3:17.3	124	1:00:54.7	14.0	1:00.3	148	39:26.4	12:43	1:54:11.0
133	Cynthia Gaub	65	43	F	116	10:09.7	40:36	3:40.6	113	59:37.7	14.3	1:38.4	145	39:14.1	12:39	1:54:20.5
134	Sarah Robertson Palmer	92	49	F	131	10:48.0	43:12	7:44.2	117	1:00:08.1	14.2	0:34.0	131	35:13.2	11:22	1:54:27.5
135	Team Towanda	140		F	69	8:15.0	33:00	0:39.8	152	1:13:33.7	11.6	0:29.4	115	32:19.9	10:25	1:55:17.8
136	Melissa Fritcher	144	29	F	153	13:18.6	53:12	2:40.1	127	1:01:44.2	13.8	0:57.0	142	38:44.1	12:30	1:57:24.0
137	Morgan Wilson-Meyers	32	33	F	62	7:54.2	31:36	2:24.2	158	1:15:51.8	11.3	0:37.2	103	31:24.8	10:08	1:58:12.2
138	Greta Nehrenberg	75	46	F	119	10:14.9	40:56	5:20.7	145	1:07:58.9	12.6	1:09.1	129	34:12.5	11:02	1:58:56.1
139	Kathy Schmidt	100	52	F	141	11:12.2	44:48	5:12.4	142	1:06:55.9	12.8	1:09.7	137	36:25.1	11:45	2:00:55.3
140	Penny Shepherd	93	49	F	156	13:41.1	54:44	2:57.9	128	1:01:45.7	13.8	0:47.6	153	42:37.7	13:45	2:01:50.0
141	Colleen Mawby	122	31	F	88	8:58.1	35:52	5:43.5	141	1:06:34.2	12.8	2:53.1	149	39:33.4	12:45	2:03:42.3
142	Sharon Herring	97	50	F	140	11:10.3	44:40	3:32.9	137	1:06:04.4	12.9	4:01.3	147	39:25.0	12:43	2:04:13.9
143	Shawna Godbolt	174	29	F	126	10:33.4	42:12	8:00.7	114	59:39.7	14.3	15:15.3	125	33:41.7	10:52	2:07:10.8
144	Diane Hayes	133	34	F	100	9:17.0	37:08	2:25.8	164	1:26:04.1	9.93	1:24.3	72	28:02.4	9:03	2:07:13.6
145	Colleen Rae Sanders	102	53	F	149	12:47.5	51:08	5:48.1	149	1:12:00.3	11.9	2:53.7	126	33:44.2	10:53	2:07:13.8
146	Toni Myhre	177	38	F	160	14:17.3	57:08	3:00.3	154	1:14:24.4	11.5	0:52.7	132	35:24.6	11:25	2:07:59.3
147	Bodacious Ladyhood	139		F	121	10:18.0	41:12	0:44.3	150	1:12:13.7	11.8	0:35.2	156	45:01.6	14:31	2:08:52.8
148	Lisa Kenney	121	29	F	143	11:21.5	45:24	3:42.2	147	1:09:47.1	12.3	1:28.9	152	42:37.4	13:45	2:08:57.1
149	Rindy Guess	138	50	F	125	10:32.9	42:08	3:51.7	144	1:07:52.2	12.6	0:45.6	160	46:07.5	14:53	2:09:09.9
150	Karen Nye	118	69	F	168	15:35.0	62:20	4:50.5	143	1:07:31.7	12.7	2:36.7	146	39:15.0	12:40	2:09:48.9
151	Jeanie Russ	108	59	F	157	13:42.8	54:48	4:03.3	136	1:04:58.5	13.2	1:24.9	159	45:44.3	14:45	2:09:53.8
152	Marete Eadie	69	44	F	145	11:51.0	47:24	2:16.5	146	1:09:35.6	12.3	0:55.2	158	45:24.0	14:39	2:10:02.3
153	Julie Timm	60	41	F	150	12:52.0	51:28	3:28.7	160	1:20:42.2	10.6	1:16.6	109	31:49.5	10:16	2:10:09.0

**Results By BuDu Racing, LLC**

Place	Name	Bib No	Age	Gender	-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total Time	
					Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time		Pace
154	Kate Leen	125	33	F	85	8:54.7	35:36	6:03.6	157	1:15:42.5	11.3	2:18.3	141	38:18.3	12:21	2:11:17.4
155	Cynthia Kannenberg	107	58	F	151	12:57.2	51:48	4:15.1	153	1:13:47.1	11.6	0:48.4	150	41:18.4	13:19	2:13:06.2
156	Casey Kilduff	123	32	F	135	10:54.3	43:36	5:09.6	151	1:12:48.4	11.7	2:13.6	155	44:52.6	14:28	2:15:58.5
157	Jan Grieve	112	61	F	161	14:17.8	57:08	2:27.9	148	1:11:09.4	12.0	0:57.6	164	47:17.3	15:15	2:16:10.0
158	Alicia Lochrie	13	25	F	117	10:11.4	40:44	4:31.9	167	1:27:05.0	9.82	1:18.0	123	33:23.8	10:46	2:16:30.1
159	Sheena Kriekenbeek	132	33	F	134	10:51.2	43:24	4:44.3	129	1:03:03.8	13.6	4:25.4	169	53:35.1	17:17	2:16:39.8
160	Courtney Weaver	4	16	F	147	11:57.2	47:48	3:02.4	159	1:17:16.3	11.1	0:53.4	165	48:24.5	15:37	2:21:33.8
161	Vee Dryver	99	51	F	165	14:55.9	59:40	7:11.0	161	1:22:50.6	10.3	1:50.7	133	35:24.9	11:25	2:22:13.1
162	Mona Coppoletti	113	62	F	164	14:55.5	59:40	5:04.0	155	1:14:54.9	11.4	1:05.8	161	46:22.8	14:57	2:22:23.0
163	Mary Smero	178	37	F	154	13:38.5	54:32	6:39.7	166	1:26:56.0	9.84	1:22.6	162	47:02.8	15:10	2:35:39.6
164	Jennifer Bowes	126	40	F	155	13:38.6	54:32	6:38.1	165	1:26:49.4	9.85	1:31.0	163	47:03.5	15:11	2:35:40.6
165	Erin Rutledge	120	28	F	137	10:55.5	43:40	4:20.0	172	1:36:21.8	8.87	1:05.6	154	43:20.1	13:59	2:36:03.0
166	Mary Roon	117	66	F	167	15:05.4	60:20	7:04.3	170	1:30:15.9	9.47	4:02.5	151	41:27.5	13:22	2:37:55.6
167	Nikki Staab	170	33	F	172	15:47.3	63:08	4:57.6	163	1:25:30.3	10.0	1:43.8	168	52:05.6	16:48	2:40:04.6
168	Kris Reisinger	137	42	F	171	15:46.7	63:04	4:55.1	156	1:15:08.4	11.4	7:27.4	171	56:47.2	18:19	2:40:04.8
169	Tracy Conrad	171	38	F	170	15:46.5	63:04	4:57.4	162	1:25:30.2	10.0	1:45.5	167	52:05.2	16:48	2:40:04.8
170	Jessica Karki	35	35	F	152	13:03.5	52:12	4:20.7	171	1:33:19.2	9.16	2:03.3	166	51:14.9	16:32	2:44:01.6
171	Cheri Golden	96	50	F	166	15:03.5	60:12	8:00.4	168	1:28:28.3	9.66	3:17.4	170	56:03.5	18:05	2:50:53.1
172	Mary Johnson	152	75	F	162	14:37.5	58:28	8:23.6	169	1:28:33.4	9.66	3:15.2	172	1:11:00.1	22:54	3:05:49.8

# Five Mile Lake Womens Triathlon 2010

## Age Group Results

Saturday, July 03, 2010

Results By BuDu Racing, LLC

Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
<b>Female 19 and under</b>													
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	12	Emily Tacke	2	15	1	4:38.7	1:45.3	1	44:54.7	1:03.1	1	21:38.4	1:14:00.2
2	83	Hannah Tacke	1	12	2	5:24.0	2:47.1	2	1:00:08.6	1:20.0	2	26:46.5	1:36:26.2
3	119	Kelsey Weaver	3	15	3	9:32.3	3:17.3	3	1:00:54.7	1:00.3	3	39:26.4	1:54:11.0
4	136	Courtney Weaver	4	16	4	11:57.2	3:02.4	4	1:17:16.3	0:53.4	4	48:24.5	2:21:33.8

Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
<b>Female 20 to 24</b>													
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	5	Kelsey Kreft	7	20	1	6:09.7	0:47.0	1	42:47.1	0:58.4	1	20:14.8	1:10:57.0
2	29	Brooke Wales	8	20	6	9:20.2	1:13.0	2	46:30.2	0:36.9	2	24:30.2	1:22:10.5
3	64	Kelsie Smith	12	23	7	9:36.0	2:55.8	3	50:40.9	1:16.8	3	26:48.6	1:31:18.1
4	66	Natasha Ludwig	10	22	2	6:27.9	2:00.0	6	55:39.5	1:00.1	6	28:03.1	1:33:10.6
5	72	Stacy Olin	11	23	4	8:09.5	1:54.6	5	55:30.6	0:47.6	5	28:01.0	1:34:23.3
6	74	Claire Ely	9	22	5	8:43.4	2:15.8	4	55:24.9	0:33.8	4	27:56.5	1:34:54.4
7	100	Melissa Hoag	6	20	3	7:23.4	3:52.6	7	57:38.1	1:42.5	7	33:36.9	1:44:13.5

Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
<b>Female 25 to 29</b>													
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	1	Kimberly Pancoast	19	26	2	5:36.7	0:56.8	1	37:47.2	0:57.1	1	17:07.9	1:02:25.7
2	7	Louise Montgomery	18	27	3	6:15.0	0:47.6	2	41:48.9	0:39.2	2	21:44.8	1:11:15.5
3	23	Brianna Leahy	20	28	4	6:17.8	1:16.3	3	47:49.2	0:56.1	3	24:28.7	1:20:48.1
4	37	Christina Spence	14	25	1	5:30.5	1:40.2	6	49:10.2	1:41.6	4	26:02.2	1:24:04.7
5	38	Emily Kelly	143	26	8	7:22.5	0:59.0	5	48:47.0	0:45.4	5	26:20.8	1:24:14.7
6	44	Jennifer Vacanti	21	28	5	6:28.6	1:39.2	4	48:04.1	1:09.2	7	27:55.1	1:25:16.2
7	52	Mary Jansen	15	26	7	7:05.5	2:27.2	7	49:37.7	0:49.5	8	27:55.6	1:27:55.5
8	69	Kristin Martin	5	29	10	10:06.8	2:25.3	8	52:50.4	1:22.8	6	27:13.4	1:33:58.7
9	70	Emily Meier	17	27	6	7:01.7	3:11.2	9	53:48.7	0:56.4	10	29:09.3	1:34:07.3
10	97	Gen Ludwig	23	29	12	10:19.5	2:48.0	10	57:29.2	0:40.8	12	31:02.4	1:42:19.9
11	101	Jennifer Harrell	22	29	13	10:45.0	2:02.1	11	1:01:42.0	1:19.4	9	28:27.9	1:44:16.4
12	108	Lisa Sweeny	179	29	9	8:34.3	2:30.8	14	1:06:10.3	0:35.3	13	31:35.3	1:49:26.0
13	113	Sara Babani	16	27	14	11:26.3	3:05.5	13	1:06:06.0	0:33.5	11	30:58.4	1:52:09.7
14	122	Melissa Fritcher	144	29	15	13:18.6	2:40.1	12	1:01:44.2	0:57.0	15	38:44.1	1:57:24.0
15	135	Alicia Lochrie	13	25	11	10:11.4	4:31.9	15	1:27:05.0	1:18.0	14	33:23.8	2:16:30.1

**Results By BuDu Racing, LLC**

Overall					-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Time	Time
<b>Female 30 to 34</b>															
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Time	Time
1	17	Kerri North	145	32	6	7:08.7	0:54.1	1	45:28.6	0:40.1	1	23:07.7	1:17:19.2		
2	27	Emily Roy	169	32	1	5:33.6	1:40.7	2	48:26.7	1:21.9	3	24:51.4	1:21:54.3		
3	36	Natalie Sandoval	25	30	4	6:27.8	1:26.9	5	51:12.3	0:23.3	2	24:21.5	1:23:51.8		
4	49	Mackenzie Hizon	26	31	3	6:20.7	2:19.2	4	50:58.5	1:11.6	4	26:26.6	1:27:16.6		
5	68	Sarah Edmark	29	32	9	10:42.2	3:23.3	3	50:55.7	1:30.3	6	26:57.8	1:33:29.3		
6	86	Shalyn Shasteen	28	31	2	6:11.0	3:16.9	7	59:03.1	0:26.1	8	28:25.8	1:37:22.9		
7	92	Stana Landon	31	33	10	10:50.8	3:17.3	6	56:26.1	0:43.2	7	27:42.5	1:38:59.9		
8	102	Stacey Nash	24	30	11	11:07.1	2:02.1	9	1:04:32.6	0:38.0	5	26:48.9	1:45:08.7		
9	106	Celeste Waltermeyer	33	34	5	6:56.0	2:58.9	8	1:03:15.3	0:40.9	11	34:12.3	1:48:03.4		
10	109	Lacy Waltermeyer	30	32	8	9:27.1	2:48.9	10	1:06:14.2	1:12.9	9	29:54.9	1:49:38.0		
11	123	Morgan Wilson-Meyers	32	33	7	7:54.2	2:24.2	11	1:15:51.8	0:37.2	10	31:24.8	1:58:12.2		

Overall					-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Time	Time
<b>Female 35 to 39</b>															
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Time	Time
1	6	Janelle Kay	147	39	2	5:44.3	1:01.1	1	40:28.5	0:51.5	4	23:09.0	1:11:14.4		
2	11	Sarah Pohlmann	156	39	3	6:33.4	0:53.2	2	43:12.0	0:32.5	1	22:29.6	1:13:40.7		
3	13	Karen Robbins	41	36	1	5:41.4	1:44.4	3	43:19.2	0:52.7	5	23:32.4	1:15:10.1		
4	21	Jodi Shook	43	36	14	9:29.7	1:34.4	4	45:19.0	1:24.0	2	22:37.1	1:20:24.2		
5	33	Shelley Schmitz	42	36	8	8:29.4	1:11.2	9	49:20.0	1:03.2	3	23:07.7	1:23:11.5		
6	34	Holly Chamberlain	38	36	5	7:24.8	1:29.7	5	46:20.0	1:19.4	14	27:10.3	1:23:44.2		
7	35	Jennifer Bainbridge	47	38	7	8:03.9	1:44.7	8	48:27.4	0:58.9	6	24:29.6	1:23:44.5		
8	43	Renee Parsley	48	38	18	10:20.9	1:12.4	6	47:36.9	1:16.5	7	24:41.3	1:25:08.0		
9	53	Emma Eagles	39	36	9	8:31.9	1:35.6	11	52:36.5	0:46.7	8	24:43.3	1:28:14.0		
10	54	Stacy Sayles	158	35	11	8:38.7	1:34.0	10	52:07.3	0:42.5	9	25:12.1	1:28:14.6		
11	57	Joan Boyles	50	39	6	7:31.7	2:09.5	7	48:15.7	1:55.4	17	28:59.6	1:28:51.9		
12	62	Amy Bannister	37	36	4	6:54.7	2:31.9	14	54:30.1	0:26.4	11	26:07.8	1:30:30.9		
13	73	Kristin Stocks	36	35	13	9:12.8	2:23.9	15	54:39.4	0:35.5	16	27:51.3	1:34:42.9		
14	75	Andrea Escame-Hedger	146	39	10	8:35.2	2:47.4	16	56:29.7	1:23.2	10	25:52.4	1:35:07.9		
15	77	Brenda Fisher	45	37	15	10:04.9	3:40.2	13	53:39.5	0:52.7	15	27:11.0	1:35:28.3		
16	87	Jenna Tate	51	39	12	9:12.6	2:45.7	18	58:16.9	0:34.5	13	26:37.5	1:37:27.2		
17	89	Katie Hudson	34	35	16	10:09.6	1:56.7	12	52:53.2	1:23.4	18	31:20.5	1:37:43.4		
18	94	Kristin Tague	46	37	20	12:11.7	3:39.9	17	56:58.9	0:52.4	12	26:09.6	1:39:52.5		
19	107	Kimberly Couret	44	37	17	10:14.3	4:20.1	20	1:00:17.0	1:16.9	19	32:12.4	1:48:20.7		
20	110	Nicole Kline	159	38	19	10:49.7	2:37.9	19	58:40.8	1:35.8	21	36:19.6	1:50:03.8		
21	128	Toni Myhre	177	38	23	14:17.3	3:00.3	21	1:14:24.4	0:52.7	20	35:24.6	2:07:59.3		
22	139	Mary Smero	178	37	22	13:38.5	6:39.7	22	1:26:56.0	1:22.6	22	47:02.8	2:35:39.6		
23	141	Jessica Karki	35	35	21	13:03.5	4:20.7	23	1:33:19.2	2:03.3	23	51:14.9	2:44:01.6		



**Results By BuDu Racing, LLC**

Overall					-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Time	Time
<b>Female 40 to 44</b>															
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Time	Time
1	2	Stacia McInnes	66	43	3	5:39.5	1:15.2	1	38:04.5	0:29.8	1	19:01.4	1:04:30.4		
2	3	Patty Bredice	153	40	2	5:28.1	0:43.7	2	39:30.7	0:26.0	2	20:21.6	1:06:30.1		
3	9	Stephanie Haner	180	40	5	6:34.1	0:50.6	3	42:32.3	0:49.4	3	20:50.6	1:11:37.0		
4	15	Jenell Outerson	64	42	4	5:45.7	1:53.2	6	44:51.7	0:48.9	6	22:52.8	1:16:12.3		
5	16	Terri Glaberson	70	44	9	7:25.6	1:01.8	5	44:36.3	0:49.9	5	22:42.2	1:16:35.8		
6	19	Jennifer Kabacy	53	40	1	5:16.4	1:36.5	11	47:51.8	1:02.4	4	21:49.2	1:17:36.3		
7	24	Nina Binder	154	44	10	7:25.6	1:49.0	8	45:28.8	0:48.1	8	25:28.6	1:21:00.1		
8	25	Kelly Christensen	168	41	7	6:38.3	1:11.5	4	44:13.0	0:56.0	14	28:24.7	1:21:23.5		
9	26	Jennifer Vanderhoof	160	41	11	7:36.0	1:40.3	7	45:06.4	0:44.3	12	26:33.7	1:21:40.7		
10	30	Beth Brown	62	42	6	6:35.9	1:53.0	10	47:18.6	0:44.1	10	25:47.9	1:22:19.5		
11	41	Rena Foster	106	44	13	7:54.1	2:41.8	14	48:42.2	0:48.2	7	24:34.2	1:24:40.5		
12	51	Rachel de Rossi	155	43	18	9:07.8	1:46.3	9	47:04.5	1:02.4	16	28:50.7	1:27:51.7		
13	55	Hillery Smith	68	43	16	8:57.8	1:44.7	16	51:06.5	1:09.1	9	25:33.3	1:28:31.4		
14	60	Kathy Gendreau	167	43	8	7:03.1	1:35.4	13	48:19.7	1:08.1	22	31:55.1	1:30:01.4		
15	67	Jennifer Benson	161	41	27	13:46.8	2:12.0	12	48:06.8	1:15.3	13	28:00.4	1:33:21.3		
16	79	Mary Kate Perry	55	40	20	9:12.3	3:57.9	21	55:26.3	1:17.1	11	25:56.0	1:35:49.6		
17	84	Jana Johnson	63	42	15	8:54.4	3:05.2	18	52:37.1	1:43.6	17	30:14.8	1:36:35.1		
18	88	Loretta Smith	59	41	14	8:51.0	3:21.5	19	53:54.7	0:37.5	19	30:47.4	1:37:32.1		
19	91	Terri Morgan	54	40	12	7:40.5	2:40.8	17	51:28.8	1:40.8	23	35:04.1	1:38:35.0		
20	93	Jessy Beardemphl	58	41	17	9:05.2	4:56.9	22	55:36.6	1:04.2	15	28:32.4	1:39:15.3		
21	98	Carrielyn Bays	52	40	21	9:15.5	2:18.9	20	53:58.2	1:23.6	24	35:49.3	1:42:45.5		
22	103	Staci Whitehouse	57	40	24	10:45.9	2:06.9	24	1:00:33.4	0:32.5	20	31:48.1	1:45:46.8		
23	105	Kelly Merrill	67	43	19	9:08.5	2:16.7	25	1:03:09.1	0:45.7	18	30:27.9	1:45:47.9		
24	114	Jodi Wright	61	41	23	10:38.9	5:43.0	15	49:57.3	1:26.2	26	45:20.6	1:53:06.0		
25	120	Cynthia Gaub	65	43	22	10:09.7	3:40.6	23	59:37.7	1:38.4	25	39:14.1	1:54:20.5		
26	131	Marete Eadie	69	44	25	11:51.0	2:16.5	26	1:09:35.6	0:55.2	27	45:24.0	2:10:02.3		
27	132	Julie Timm	60	41	26	12:52.0	3:28.7	27	1:20:42.2	1:16.6	21	31:49.5	2:10:09.0		

Overall					-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Time	Time
<b>Female 45 to 49</b>															
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Time	Time
1	4	Patty Swedberg	89	45	1	5:07.5	0:42.4	1	40:28.5	0:28.3	3	22:24.3	1:09:11.0		
2	8	Mariana Cannon	79	47	2	5:29.0	0:53.5	2	42:18.7	0:42.2	2	21:54.7	1:11:18.1		
3	10	Sandra Bennett	78	47	4	6:34.4	1:58.6	5	44:22.7	0:49.6	1	19:15.2	1:13:00.5		
4	14	Tammy Wales	95	49	8	7:13.9	1:26.4	3	43:07.2	0:54.4	5	23:23.0	1:16:04.9		
5	18	Katy Dougherty	85	48	5	6:41.9	1:55.7	4	43:31.0	0:55.3	7	24:27.0	1:17:30.9		
6	20	Wanda Rhunslo	162	48	11	7:37.4	1:36.0	6	46:01.1	1:09.8	4	22:53.9	1:19:18.2		
7	28	Anita Uppal	157	46	13	7:46.3	1:44.7	8	47:31.8	1:12.9	6	23:42.1	1:21:57.8		
8	31	Allison Willhite	176	46	21	9:34.2	1:13.7	7	46:05.7	0:48.4	8	24:47.9	1:22:29.9		
9	40	Ankie Stroes	76	46	9	7:18.0	1:24.3	11	49:08.8	1:04.5	11	25:34.5	1:24:30.1		
10	42	Robin Korobkin	173	45	3	6:15.9	1:24.0	9	47:43.0	1:14.4	14	28:03.9	1:24:41.2		
11	48	Rebecca Reinauer	91	49	14	7:50.9	1:57.2	10	48:58.4	1:30.6	12	26:57.7	1:27:14.8		
12	58	Jill Hudson	86	48	12	7:41.0	2:04.3	15	52:47.4	1:08.3	10	25:12.4	1:28:53.4		
13	61	Cynthia Johnson	80	47	15	8:16.1	2:30.5	12	50:53.5	1:24.8	13	27:19.5	1:30:24.4		
14	65	Theresa Okell	73	45	16	8:35.4	3:20.7	18	54:59.9	1:00.9	9	24:53.1	1:32:50.0		
15	71	Tonda Taylor	82	47	7	7:05.4	1:52.7	13	51:30.4	1:00.3	20	32:46.7	1:34:15.5		
16	80	Lori O'Tool	148	46	10	7:22.6	2:24.9	17	54:06.2	1:08.2	17	30:51.8	1:35:53.7		
17	81	Leena Hansen	74	46	6	6:42.2	2:32.5	16	54:04.7	1:58.8	18	30:58.0	1:36:16.2		
18	90	Erin Hoag	90	49	20	9:24.2	2:56.9	14	52:27.4	1:08.9	19	32:07.1	1:38:04.5		
19	96	Jolene Holmes	72	45	17	8:55.7	2:02.2	19	59:06.6	0:38.4	15	30:03.4	1:40:46.3		

### Results By BuDu Racing, LLC

Overall			-- Swim --				T-1	-- Bike --			T-2	-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
20	104	Karen Snyder	94	49	23	10:15.6	4:29.2	20	59:22.4	1:09.8	16	30:30.7	1:45:47.7	
21	115	Nancy Marshall	87	48	25	11:56.0	2:51.5	25	1:04:02.8	1:06.0	21	33:14.8	1:53:11.1	
22	116	Susan Yakubovich	83	47	19	9:17.3	5:09.7	23	1:00:36.3	0:52.7	24	37:39.8	1:53:35.8	
23	117	Trish Piercy	81	47	18	9:17.0	5:08.5	22	1:00:35.5	0:54.6	25	37:40.8	1:53:36.4	
24	121	Sarah Robertson Palmer	92	49	24	10:48.0	7:44.2	21	1:00:08.1	0:34.0	23	35:13.2	1:54:27.5	
25	124	Greta Nehrenberg	75	46	22	10:14.9	5:20.7	26	1:07:58.9	1:09.1	22	34:12.5	1:58:56.1	
26	126	Penny Shepherd	93	49	26	13:41.1	2:57.9	24	1:01:45.7	0:47.6	26	42:37.7	2:01:50.0	

### Female 50 to 54

Overall			-- Swim --				T-1	-- Bike --			T-2	-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
1	39	Laure Foley	175	50	2	7:01.8	1:28.9	1	45:41.5	1:02.6	3	29:11.5	1:24:26.3	
2	45	Jill Bell	166	52	3	7:17.6	1:47.5	2	46:26.3	1:36.5	1	28:44.6	1:25:52.5	
3	59	Mary Remoaldo	98	50	5	8:10.1	1:49.3	3	48:28.7	0:50.3	5	29:54.5	1:29:12.9	
4	63	Kathy Koehler	149	53	1	6:45.1	1:33.4	5	51:43.3	1:01.5	4	29:43.4	1:30:46.7	
5	76	Carmel Schimmel	103	53	4	7:58.4	2:26.0	4	50:55.8	0:54.3	6	33:07.3	1:35:21.8	
6	82	Valerie Varin	163	50	7	9:03.0	2:09.3	7	55:13.5	1:03.9	2	28:49.7	1:36:19.4	
7	99	Cindy Mcgonigal	101	53	6	8:13.4	2:16.8	6	51:52.7	1:15.4	9	39:11.3	1:42:49.6	
8	125	Kathy Schmidt	100	52	9	11:12.2	5:12.4	9	1:06:55.9	1:09.7	8	36:25.1	2:00:55.3	
9	127	Sharon Herring	97	50	8	11:10.3	3:32.9	8	1:06:04.4	4:01.3	10	39:25.0	2:04:13.9	
10	137	Vee Dryver	99	51	10	14:55.9	7:11.0	10	1:22:50.6	1:50.7	7	35:24.9	2:22:13.1	
11	142	Cheri Golden	96	50	11	15:03.5	8:00.4	11	1:28:28.3	3:17.4	11	56:03.5	2:50:53.1	

### Female 55 to 59

Overall			-- Swim --				T-1	-- Bike --			T-2	-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
1	32	Barbara Huseby	151	59	3	8:29.8	2:09.0	1	44:30.2	1:19.7	2	26:27.5	1:22:56.2	
2	46	Kate Iiams	104	55	1	7:13.4	2:29.9	2	50:54.8	1:14.8	1	24:27.5	1:26:20.4	
3	78	Penelope Thompson	150	58	4	8:31.5	2:46.8	4	54:11.5	1:41.6	3	28:30.6	1:35:42.0	
4	85	Melanie Tyler	109	59	2	8:06.2	2:56.9	3	52:19.4	1:37.8	4	32:03.3	1:37:03.6	
5	111	Diane Rolfe	105	55	5	9:13.7	5:36.0	5	58:55.8	3:09.1	5	33:45.9	1:50:40.5	
6	130	Jeanie Russ	108	59	7	13:42.8	4:03.3	6	1:04:58.5	1:24.9	7	45:44.3	2:09:53.8	
7	133	Cynthia Kannenberg	107	58	6	12:57.2	4:15.1	7	1:13:47.1	0:48.4	6	41:18.4	2:13:06.2	

### Female 60 to 64

Overall			-- Swim --				T-1	-- Bike --			T-2	-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
1	22	Nancy Kummern	110	60	2	7:15.6	1:20.7	1	45:52.8	0:56.2	1	25:10.5	1:20:35.8	
2	50	Mona Petrou	115	62	1	6:46.0	1:29.1	3	50:21.9	0:59.9	2	27:45.7	1:27:22.6	
3	56	Karreen Pinnell	111	60	3	9:06.7	2:11.3	2	47:37.0	1:23.9	3	28:23.9	1:28:42.8	
4	112	Jeannie Jonason	114	62	4	13:50.9	6:49.3	4	57:13.3	1:37.8	4	31:35.7	1:51:07.0	
5	118	Sue Ann Bilanski	116	63	6	14:40.4	4:16.6	5	1:00:19.8	1:10.2	5	33:20.8	1:53:47.8	
6	134	Jan Grieve	112	61	5	14:17.8	2:27.9	6	1:11:09.4	0:57.6	7	47:17.3	2:16:10.0	
7	138	Mona Coppoletti	113	62	7	14:55.5	5:04.0	7	1:14:54.9	1:05.8	6	46:22.8	2:22:23.0	

### Female 65 to 69

Overall			-- Swim --				T-1	-- Bike --			T-2	-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
1	47	Judy Fisher	40	67	1	9:39.0	2:14.1	1	49:36.0	1:06.6	1	24:04.4	1:26:40.1	
2	129	Karen Nye	118	69	3	15:35.0	4:50.5	2	1:07:31.7	2:36.7	2	39:15.0	2:09:48.9	
3	140	Mary Roon	117	66	2	15:05.4	7:04.3	3	1:30:15.9	4:02.5	3	41:27.5	2:37:55.6	

### Female 70 and over

Overall			-- Swim --				T-1	-- Bike --			T-2	-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	
1	95	Sue Stipe	164	73	1	10:24.5	5:24.1	1	55:29.3	0:55.2	1	28:12.6	1:40:25.7	
2	143	Mary Johnson	152	75	2	14:37.5	8:23.6	2	1:28:33.4	3:15.2	2	1:11:00.1	3:05:49.8	

**Results By BuDu Racing, LLC**

Overall					-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time
<b>Athena</b>															
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time
1	1	Karen Moerdyk	129	51	3	7:34.1	1:52.9	2	50:43.5	2:03.8	1	27:07.2	1:29:21.5		
2	2	Toni Moe	165	38	1	7:19.2	2:27.2	1	48:35.9	1:20.6	2	30:03.8	1:29:46.7		
3	3	Deena Heg	130	57	6	9:10.2	3:19.5	4	53:23.3	2:15.5	5	37:46.0	1:45:54.5		
4	4	Laurie Clark	128	46	2	7:27.5	2:58.3	5	59:46.0	1:48.6	4	36:11.0	1:48:11.4		
5	5	Daphne Weaver	127	41	10	11:21.0	2:51.2	3	52:54.7	2:17.7	7	39:08.7	1:48:33.3		
6	6	Debbie Lainfiesta	124	33	8	10:54.9	4:15.8	6	1:04:32.0	1:04.4	3	31:41.6	1:52:28.7		
7	7	Colleen Mawby	122	31	5	8:58.1	5:43.5	7	1:06:34.2	2:53.1	8	39:33.4	2:03:42.3		
8	8	Lisa Kenney	121	29	11	11:21.5	3:42.2	8	1:09:47.1	1:28.9	9	42:37.4	2:08:57.1		
9	9	Kate Leen	125	33	4	8:54.7	6:03.6	10	1:15:42.5	2:18.3	6	38:18.3	2:11:17.4		
10	10	Casey Kilduff	123	32	7	10:54.3	5:09.6	9	1:12:48.4	2:13.6	11	44:52.6	2:15:58.5		
11	11	Jennifer Bowes	126	40	12	13:38.6	6:38.1	11	1:26:49.4	1:31.0	12	47:03.5	2:35:40.6		
12	12	Erin Rutledge	120	28	9	10:55.5	4:20.0	12	1:36:21.8	1:05.6	10	43:20.1	2:36:03.0		

<b>Relay</b>															
Overall					-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time
1	1	Triathlon Tops Stephanie Warren Lori Montoya Brazel Chris Brazel	141		4	10:56.0	0:39.8	1	41:20.2	0:21.5	4	33:01.3	1:26:18.8		
2	2	Triple Trouble Sage Smith Robin Richie Cathy Harvey	142		5	15:40.7	0:40.7	2	48:08.9	0:35.6	2	28:15.4	1:33:21.3		
3	3	Team Towanda Elizabeth Lefebvre Bridget Copes Britani Hollis	172		2	8:15.8	0:48.6	3	1:00:00.4	0:24.6	1	28:02.0	1:37:31.4		
4	4	Team Towanda Leigh Simon Erin Murphy Susan Burt	140		1	8:15.0	0:39.8	5	1:13:33.7	0:29.4	3	32:19.9	1:55:17.8		
5	5	Ladyhood Carolyn Hastings Jenny Buehler Loretta Deranleau-Howard	139		3	10:18.0	0:44.3	4	1:12:13.7	0:35.2	5	45:01.6	2:08:52.8		

<b>Friends and Family</b>															
Overall					-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time
1	1	Jenny Jirsa	134	34	4	9:41.0	2:21.3	1	52:26.4	1:10.7	2	31:41.9	1:37:21.3		
2	2	Leslie Jirsa	136	39	1	8:22.2	3:50.2	2	56:11.2	0:57.7	5	33:06.9	1:42:28.2		
3	3	Annisa Kriekenbeek	135	38	5	9:54.9	4:52.2	4	1:00:59.1	3:05.8	4	33:00.9	1:51:52.9		
4	4	Lizzie Guess	131	22	2	8:30.3	5:50.1	6	1:04:42.3	2:46.4	3	32:17.7	1:54:06.8		
5	5	Shawna Godbolt	174	29	7	10:33.4	8:00.7	3	59:39.7	3	6	33:41.7	2:07:10.8		
6	6	Diane Hayes	133	34	3	9:17.0	2:25.8	12	1:26:04.1	1:24.3	1	28:02.4	2:07:13.6		
7	7	Colleen Rae Sanders	102	53	9	12:47.5	5:48.1	8	1:12:00.3	2:53.7	7	33:44.2	2:07:13.8		
8	8	Rindy Guess	138	50	6	10:32.9	3:51.7	7	1:07:52.2	0:45.6	8	46:07.5	2:09:09.9		
9	9	Sheena Kriekenbeek	132	33	8	10:51.2	4:44.3	5	1:03:03.8	4:25.4	11	53:35.1	2:16:39.8		
10	10	Nikki Staab	170	33	12	15:47.3	4:57.6	11	1:25:30.3	1:43.8	10	52:05.6	2:40:04.6		
11	11	Kris Reisinger	137	42	11	15:46.7	4:55.1	9	1:15:08.4	7:27.4	12	56:47.2	2:40:04.8		
12	12	Tracy Conrad	171	38	10	15:46.5	4:57.4	10	1:25:30.2	1:45.5	9	52:05.2	2:40:04.8		