

## Spring Festival - 5/30/16

What a wonderful day at Montlake Park, in Moses Lake. The winds held off this morning for a calm swim/first run, the temperatures were comfortable for the rest of the event. Thanks to Moses Lake Parks and Rec, Moses Lake Police, Grant County Sheriffs, Moses Lake Fire Department, Moses Lake Key Club, Lake City Foursquare, Sally and Judy for all your help on course. Hope you all had fun! See you in two weeks for the Moses Lake Triathlon!

This is the second event of the BuDu Champion Series. For more information on the series, please go to:

[http://www.buduracing.com/events\\_detail.php?e=1362](http://www.buduracing.com/events_detail.php?e=1362)

Mjolnir Cycles is donating a custom bike frame to the series. Check out the link above for more information.



## Finisher certificates, Finish Line Video and Age Group results are available at this link:

<http://buduracing.racetecresults.com/Results.aspx?CId=16618&RId=105>

BuDu Racing, LLC Charity of Choice: JDRF!



BuDu Racing, LLC is proud to pledge a portion of the registration fees to support the Juvenile Diabetes Research Foundation (JDRF). The mission of JDRF is to find a cure for diabetes and its complications through the support of research. Type 1 diabetes is an autoimmune disease that strikes children and adults suddenly, and can be fatal. Until a cure is found, people with type 1 diabetes have to test their blood sugar and give themselves insulin, every day of their lives. And even with that intensive care, insulin is not a cure for diabetes, nor does it prevent its eventual and devastating complications, which may include kidney failure, blindness, heart disease, stroke, and amputation.

Thanks to local sponsors:



We love our sponsors, and hope you do too! Please support them.





Timing by BuDu Racing, LLC

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Team Name	City	Age	Swim	Swim PACE	Swim Gender	T1	T1 Gender Pos	Cycle	Cycle PACE	Cycle Gender	T2	T2 Gender Pos	Run	Run PACE	Run Gender
61	Charla Saranovich	42	01:28:44	Ages 55 - 59	4	F	22	Team in Training	Kennewick	57	00:15:13	1.0 m/hr	26	00:03:12	20	00:38:32	15.6 m/hr	15	00:01:20	22	00:30:26	9:49 min/m	16
62	Holli Bosnar	33	01:29:23	Athena	1	F	23		Ephrata	29	00:13:39	1.1 m/hr	21	00:02:50	17	00:39:15	15.3 m/hr	17	00:00:26	3	00:33:10	10:42 min/m	22
63	Jonathan Sandquist	76	01:33:12	Ages 19 and Under	4	M	40		Mill Creek	15	00:13:55	1.1 m/hr	41	00:06:38	42	00:45:33	13.2 m/hr	40	00:00:56	32	00:26:08	8:26 min/m	34
64	Davis	86	01:41:36	Relay	1	M	41		Hermiston	0	00:13:10	1.1 m/hr	40	00:00:27	1	00:45:39	13.1 m/hr	41	00:00:30	8	00:41:49	13:29 min/m	41
65	Rocio Mendoza	43	01:42:28	Athena	2	F	24	Razo	Ephrata	26	00:13:40	1.1 m/hr	22	00:03:55	23	00:50:34	11.9 m/hr	25	00:01:05	19	00:33:12	10:42 min/m	23
66	Janine Zietlow	39	01:47:50	Ages 50 - 54	3	F	25		Moses Lake	52	00:12:56	1.2 m/hr	20	00:04:17	25	00:46:25	12.9 m/hr	24	00:00:50	13	00:43:20	13:58 min/m	26
67	Brett Kast	85	01:54:54	Clydesdale	5	M	42		Spokane	34	00:16:31	0.9 m/hr	42	00:02:30	37	00:51:55	11.6 m/hr	42	00:01:13	39	00:42:43	13:46 min/m	42
68	Carol Barney	30	02:02:24	Ages 35 - 39	4	F	26		Tacoma	35	00:14:03	1.1 m/hr	25	00:05:35	26	00:58:59	10.2 m/hr	26	00:01:12	20	00:42:33	13:43 min/m	25

-- Age Graded --

Adj Time	Percent	Rnk
1:12:31	70.1	50
1:21:29	62.39	60
1:19:51	55.84	64
1:33:24	54.42	65
1:30:50	55.96	63
1:44:51	42.53	67
1:48:37	46.8	66

# Spring Festival Duathlon Overall Results

Monday, May 30, 2016

If you have questions about your results, please email [Info@BuDuRacing.com](mailto:Info@BuDuRacing.com).

Thanks to Michael Gray for the Age Graded Results.

Timing by BuDu Racing, LLC

-- Age Graded --

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Team Name	City	Age	Run1	Run1 PACE	Run1 Gender	T1	T1 Gender Pos	Cycle	Cycle PACE	Cycle Gender	T2	T2 Gender Pos	Run2	Run2 PACE	Run2 Gender	Adj Time	Percent	Rank
1	Scott Harder	11	01:08:33	Top Overall	1	M	1	Snoqualmie Ice Cream Racing	Mill Creek	45	00:19:26	6:16 min/m	1	00:00:39	6	00:26:58	22.2 m/hr	1	00:00:35	8	00:20:54	6:44 min/m	1	0:59:24	90.4	2
2	Andrew Mcallister	10	01:10:58	Top Overall	2	M	2		Kirkland	41	00:19:27	6:16 min/m	2	00:00:19	1	00:27:55	21.5 m/hr	2	00:00:16	1	00:23:00	7:25 min/m	5	1:02:16	86.23	5
3	Joey Collins	17	01:12:39	Top Overall	3	M	3	Snoqualmie Ice Cream Racing	Everett	52	00:21:16	6:51 min/m	4	00:00:34	3	00:28:01	21.4 m/hr	3	00:00:30	3	00:22:16	7:11 min/m	3	1:01:37	87.15	4
4	Wade Hoiland	14	01:13:29	Ages 60 and Older	1	M	4	Team Wade	Pullman	60	00:21:11	6:50 min/m	3	00:00:38	5	00:29:37	20.3 m/hr	5	00:00:28	2	00:21:33	6:57 min/m	2	0:58:32	91.74	1
5	Kirk Herring	9	01:16:11	Ages 60 and Older	2	M	5		Spokane Valley	62	00:22:32	7:16 min/m	5	00:00:59	12	00:28:53	20.8 m/hr	4	00:00:45	11	00:22:59	7:25 min/m	4	1:00:41	88.49	3
6	Jeff Thomas	20	01:18:56	Ages 40 to 49	1	M	6		Portland	48	00:22:59	7:25 min/m	6	00:00:49	11	00:31:05	19.3 m/hr	6	00:00:42	10	00:23:19	7:31 min/m	6	1:08:24	78.51	8
7	Kc Flynn	18	01:22:10	Ages 30 to 39	1	M	7		Pasco	38	00:24:03	7:45 min/m	8	00:01:14	13	00:32:10	18.6 m/hr	7	00:00:32	4	00:24:09	7:47 min/m	7	1:13:14	73.33	12
8	Jaime Greene	7	01:23:18	Top Overall	1	F	1		Renton	40	00:24:41	7:57 min/m	3	00:00:38	3	00:32:18	18.6 m/hr	1	00:00:32	3	00:25:07	8:06 min/m	2	1:13:02	83.82	6
9	Garrett Moore	8	01:24:27	Ages 20 to 29	1	M	8	Team CFNW	Bellevue	22	00:23:46	7:40 min/m	7	00:00:34	4	00:33:38	17.8 m/hr	9	00:00:35	7	00:25:51	8:20 min/m	8	1:20:25	66.77	16
10	John Stroupe	15	01:26:51	Ages 50 to 59	1	M	9		Lewiston	54	00:25:17	8:09 min/m	9	00:00:45	9	00:32:57	18.2 m/hr	8	00:00:33	5	00:27:17	8:48 min/m	9	1:13:40	72.9	13
11	Mayra Cuenca	1	01:28:42	Top Overall	2	F	2		Ellensburg	28	00:23:57	7:43 min/m	1	00:00:40	4	00:39:19	15.3 m/hr	6	00:00:25	2	00:24:20	7:51 min/m	1	1:20:51	75.71	10
12	Rebecka Isaksson	3	01:28:56	Top Overall	3	F	3		Seattle	41	00:25:31	8:13 min/m	6	00:00:27	1	00:35:44	16.8 m/hr	2	00:00:22	1	00:26:51	8:39 min/m	6	1:17:58	78.51	7
13	Antje Russell	2	01:30:46	Ages 40 to 49	1	F	4		Issaquah	41	00:24:32	7:54 min/m	2	00:01:01	6	00:39:10	15.3 m/hr	4	00:00:47	4	00:25:15	8:08 min/m	3	1:19:35	76.92	9
14	Dan Zenner	19	01:30:51	Ages 60 and Older	3	M	10		Moscow	63	00:26:21	8:30 min/m	10	00:00:49	10	00:33:59	17.7 m/hr	10	00:00:39	9	00:29:01	9:21 min/m	11	1:12:22	74.2	11
15	Sara Price	6	01:33:51	Ages 20 to 29	1	F	5		Ephrata	27	00:25:26	8:12 min/m	4	00:01:33	9	00:39:43	15.1 m/hr	7	00:00:51	6	00:26:16	8:28 min/m	4	1:25:33	71.56	15
16	Ruth Tadema	5	01:33:52	Ages 30 to 39	1	F	6		Moses Lake	31	00:25:27	8:12 min/m	5	00:01:33	10	00:39:12	15.3 m/hr	5	00:01:20	9	00:26:17	8:28 min/m	5	1:24:13	72.68	14
17	Ludwig Zavala	16	01:40:42	Ages 30 to 39	2	M	11		Ellensburg	37	00:27:50	8:58 min/m	11	00:00:27	2	00:43:58	13.6 m/hr	12	00:00:51	12	00:27:35	8:53 min/m	10	1:29:45	59.84	22
18	Ty Moore	12	01:43:24	Ages 50 to 59	2	M	12	Team CFNW	Bellevue	51	00:29:30	9:31 min/m	12	00:00:44	8	00:38:03	15.8 m/hr	11	00:00:34	6	00:34:31	11:08 min/m	13	1:27:42	61.23	21
19	Leeann Zavala	4	01:43:54	Ages 30 to 39	2	F	7		Ellensburg	33	00:29:35	9:32 min/m	9	00:00:55	5	00:42:37	14.1 m/hr	10	00:01:02	8	00:29:43	9:35 min/m	7	1:33:14	65.66	17
20	Michelle Ayers	22	01:45:21	Ages 30 to 39	3	F	8		Snoqualmie	32	00:28:41	9:15 min/m	8	00:01:02	7	00:42:29	14.1 m/hr	9	00:00:50	5	00:32:16	10:24 min/m	8	1:34:32	64.76	18
21	Heather Adkins	99	01:52:11	Ages 40 to 49	2	F	9			42	00:28:06	9:03 min/m	7	00:00:34	2	00:37:36	16.0 m/hr	3	00:01:01	7	00:44:53	14:28 min/m	9	1:38:22	62.24	20
22	Fully Loaded Baked Potato - Carol Kennedy, Nicholas Kennedy	23	01:55:10	Relay	1	M	13		Seattle	0	00:34:07	11:00 min/m	13	00:00:39	7	00:45:42	13.1 m/hr	13	00:00:52	13	00:33:48	10:54 min/m	12	0:00:00	0	0
23	Frances Marquart	21	02:13:21	Ages 60 and Older	1	F	10		Lakewood	74	00:38:18	12:21 min/m	10	00:01:27	8	00:41:08	14.6 m/hr	8	00:02:18	10	00:50:09	16:10 min/m	10	1:36:35	63.39	19