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## Lake Sammamish Triathlon

### Age Group Results

August 26, 2006

If you would like a copy of the overall results, click on the following link: [http://www.buduracing.com/raceresults/20060826\\_142.pdf](http://www.buduracing.com/raceresults/20060826_142.pdf)  
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## Open

### Female 19 and under

Overall			--- Swim ---		--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total	
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	113	Bailey Granstrom	17	8:15.3	20:38/K	1:36.7		49:49.6	16.9MPH	1:32.1		23:04.5	8.58MPH	2		2
2	250	Taryn Clark	19	8:54.8	22:15/K	2:34.7		56:34.5	14.8MPH	0:49.0		30:11.9	6.56MPH	9		9
3	283	Brittany Walters	18	3	31:50/K	2:34.8		55:41.2	15.1MPH	0:48.1		33:54.5	5.84MPH	9		9

### Female 20 to 24

Overall			--- Swim ---		--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total	
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	66	Brianna Home	24	7:23.8	18:28/K	1:51.7		44:32.0	18.9MPH	1:12.4		25:16.1	7.84MPH	0		0
2	105	Kimberly Heys	21	6:36.9	16:30/K	2:19.3		47:14.3	17.8MPH	0:36.2		26:36.1	7.44MPH	8		8
3	131	Jennifer Johnson	22	8:44.5	21:50/K	1:21.3		49:11.0	17.1MPH			27:00.6	7.33MPH	4		4
4	142	Maria Ardissono	21	8:42.2	21:45/K	3:02.6		49:53.8	16.8MPH	0:40.9		24:50.5	7.97MPH	0		0
5	218	Alicia Benish	22	8:40.3	21:40/K	2:00.4		54:16.6	15.5MPH	0:48.7		30:02.2	6.59MPH	2		2
6	236	Laurin Hammond	20	7:44.8	19:20/K	2:41.5		56:16.6	14.9MPH	1:06.2		29:57.5	6.61MPH	6		6
7	294	Chloe Slichter	22	9:22.4	23:25/K	3:26.1		55:25.6	15.2MPH	1:12.5		38:23.2	5.16MPH	8		8
8	334	Jillian Eidinger	21			14:36.8		4	12.8MPH	2:36.2		37:42.8	5.25MPH	2		2
9	355	Lynn Root	20	7:59.9	19:58/K	4:16.4		0	8.54MPH	1:18.9		57:25.4	3.45MPH	6		6

### Female 25 to 29

Overall			--- Swim ---		--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total	
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	67	Amy Sheridan	28	8:52.8	22:10/K	2:11.1		45:37.4	18.4MPH	0:36.3		23:12.4	8.53MPH	0		0
2	83	Rachel Cole	26	7:37.9	19:03/K	1:31.3						3	2.74MPH	5		5
3	96	Sarah Lynch	28	8:20.0	20:50/K	1:40.1		47:10.2	17.8MPH			25:26.8	7.79MPH	1		1
4	102	Britt Sweeney	29	9:53.9	24:43/K	1:49.5				44:03.9		27:16.0	7.26MPH	3		3
5	122	Joanna Wilson	25	7:49.6	19:33/K	2:30.2		46:36.7	18.0MPH	1:03.7		27:23.2	7.23MPH	4		4
6	132	Susan Schmelzer	27	7:43.7	19:18/K	2:06.0		50:50.0	16.5MPH	0:53.5		24:49.0	7.98MPH	2		2
7	138	Kelly Adsero	29	7:25.8	18:33/K	1:56.1		47:29.9	17.7MPH	1:26.6		28:27.8	6.96MPH	2		2
8	159	Stephanie Whitaker	26	7:46.0	19:25/K	2:15.6		46:47.3	18.0MPH			32:01.0	6.18MPH	9		9
9	163	Emily Traverse	25	7:44.8	19:20/K	2:20.6		50:50.0	16.5MPH	1:24.6		26:54.5	7.36MPH	5		5
10	165	Macbeth Watson	26	9:07.8	22:48/K	3:05.5		46:03.3	18.2MPH	1:31.7		29:34.9	6.70MPH	2		2
11	166	Neely Jarrell	27	8:51.6	22:08/K	2:50.7		48:23.1	17.4MPH	1:37.7		27:49.5	7.12MPH	6		6
12	171	Christina Fleming	28	4	25:40/K	2:48.3		46:44.0	18.0MPH	2:15.6		28:01.5	7.07MPH	8		8
13	172	Cheryl Marcos	29	9:06.8	22:45/K	3:04.7		48:48.3	17.2MPH	1:39.3		27:43.8	7.14MPH	9		9
14	173	Esther Foote	25	9:08.7	22:50/K	3:53.5		50:22.2	16.7MPH	1:03.6		26:01.0	7.61MPH	0		0
15	174	Marni Entrop	28	8:12.6	20:30/K	1:32.9		50:36.6	16.6MPH	1:06.6		29:11.9	6.78MPH	6		6
16	196	Kendra Kowal	29	8:55.4	22:18/K	2:49.1		51:50.9	16.2MPH	0:48.4		29:19.4	6.75MPH	2		2
17	212	Jennifer Mcconnell	25	9:35.3	23:58/K	1:18.5		52:39.0	16.0MPH	1:19.9		30:12.4	6.56MPH	1		1
18	217	Allison Eidinger	27	9:03.9	22:38/K	2:20.4		53:31.4	15.7MPH	1:18.3		29:29.7	6.72MPH	7		7
19	219	Teresa Hamblton	26	7:35.8	18:58/K	2:01.7		52:40.7	15.9MPH	1:21.5		32:15.6	6.14MPH	3		3
20	224	Jessianna Toland	25	9:44.2	24:20/K	3:15.0		52:14.2	16.1MPH	0:46.8		30:45.4	6.44MPH	6		6
21	235	Renee Warrick	29	2	28:55/K	1:42.7		54:55.5	15.3MPH	0:46.3		28:24.4	6.97MPH	1		1
22	245	Kristin Kennedy	26	8:05.4	20:13/K	3:25.6		55:29.2	15.1MPH	0:52.0		30:37.7	6.47MPH	9		9
23	258	Lisa Rooney	26	3	28:53/K	3:18.6		56:41.6	14.8MPH	1:15.7		27:36.0	7.17MPH	2		2
24	261	Katie Farmer	25	8:08.1	20:20/K	2:06.2		56:09.3	15.0MPH	0:58.9		33:57.9	5.83MPH	4		4
25	265	Sonya Poland	25	8:41.4	21:43/K	2:58.1		57:40.5	14.6MPH	2:06.1		30:12.6	6.56MPH	7		7
26	282	Ashley Carlson	27	8:24.6	21:00/K	2:48.8		54:18.7	15.5MPH	1:54.3		38:03.1	5.20MPH	5		5

27	285	Richelle Nordeen	27	2	28:25/K	3:31.7		59:10.3	14.2MPH	1:02.2	30:39.0	6.46MPH	4		4
28	296	Laura Saganic	25	8:06.2	20:15/K	3:30.3		1	12.7MPH	0:58.0	30:00.6	6.60MPH	2		2
29	300	Kimberly Jones	27	7	36:43/K	3:49.9		57:13.4	14.7MPH	1:45.7	31:18.3	6.33MPH	0		0
30	307	Tifin Kidder	25	9:19.7	23:18/K	4:09.1		59:41.1	14.1MPH	2:48.4	34:01.8	5.82MPH	1		1
31	340	Renee Knollman	29	4	31:05/K	5:12.0		0	12.8MPH	2:00.9	39:44.1	4.98MPH	4		4
32	346	Erin Madden	29	8	29:58/K	2:19.4		8	11.5MPH	1:21.5	46:24.0	4.27MPH	5		5
33	350	Jennifer Geise	28	7	27:13/K	4:47.5		2	11.5MPH	2:03.7	51:03.5	3.88MPH	6		6

## Female 30 to 34

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	59	Amy Mohelnitzky	32	7:05.2	17:43/K	1:08.8		43:41.9	19.2MPH	0:59.4	26:10.5	7.57MPH	8		8	
2	76	Jessica Zahn	31	8:02.0	20:05/K	1:46.8		43:28.5	19.3MPH	0:52.2	26:57.9	7.35MPH	4		4	
3	89	Heidi Gaertner	33	7:48.6	19:30/K	1:14.6		45:18.3	18.5MPH	1:07.6	26:45.0	7.40MPH	1		1	
4	111	Julie Guillien	34	7:46.1	19:25/K	1:47.4		47:58.6	17.5MPH	1:19.3	25:22.1	7.81MPH	5		5	
5	130	Yuko Kameoka	33	8:02.4	20:05/K	1:29.8		48:15.7	17.4MPH	1:08.0	27:12.8	7.28MPH	7		7	
6	148	Nina Grossman	31	8:40.6	21:40/K	4:06.3		50:00.9	16.8MPH	1:09.8	23:54.3	8.28MPH	9		9	
7	156	Sarah Bender	32	6	27:45/K	1:43.0		47:47.5	17.6MPH	1:19.0	26:19.6	7.52MPH	7		7	
8	184	Joanne Linerud	32	8:31.1	21:18/K	2:50.7		51:51.8	16.2MPH	1:12.2	27:33.9	7.19MPH	7		7	
9	199	Stephanie Rogers	32	5	28:45/K	3:00.4		49:46.7	16.9MPH	2:10.6	27:25.2	7.22MPH	4		4	
10	200	Jen Boesflug	30	9:09.1	22:53/K	2:02.3		52:07.3	16.1MPH	0:52.4	29:45.4	6.66MPH	5		5	
11	207	Carrie Wells	34	1	28:08/K	3:39.6		51:53.4	16.2MPH	1:20.4	26:27.8	7.49MPH	3		3	
12	213	Carrie Atwood	32	9:56.9	24:50/K	3:27.4		49:41.7	16.9MPH	1:15.4	31:08.7	6.36MPH	1		1	
13	214	Dawn Carlo	34	9:40.9	24:10/K	1:17.8		53:37.7	15.7MPH	0:48.7	30:08.6	6.57MPH	7		7	
14	225	Elicia Hawken	30	9:34.4	23:55/K	3:27.5		53:38.8	15.7MPH	0:57.0	29:09.5	6.79MPH	2		2	
15	230	Julie Dresch	32	8:24.9	21:00/K	3:00.8		53:40.6	15.7MPH	1:25.5	30:29.6	6.50MPH	4		4	
16	238	Bridget Dick	34	8:32.0	21:20/K	2:04.5		55:51.9	15.0MPH	0:55.5	30:30.9	6.49MPH	8		8	
17	242	Christine Emswiler	32	9:39.6	24:08/K	2:18.3		51:10.6	16.4MPH	0:51.6	34:24.5	5.76MPH	6		6	
18	253	Sarah Pollari	31	9:39.2	24:08/K	3:17.8		47:57.3	17.5MPH	2:04.4	36:41.8	5.40MPH	5		5	
19	255	Tracy Harris	32	9:40.0	24:10/K	2:03.4		55:07.2	15.2MPH	1:29.6	31:34.4	6.27MPH	6		6	
20	264	Gizela Berreth	32	6	29:15/K	2:27.3		57:10.1	14.7MPH	0:54.1	29:14.3	6.77MPH	4		4	
21	268	Jenna Arnaiz	34	9:24.2	23:30/K	3:12.4		54:49.4	15.3MPH	1:06.6	33:29.3	5.91MPH	9		9	
22	275	Jennifer Steinbuch	33	2	30:20/K	3:17.2		55:08.2	15.2MPH	1:49.0	31:08.1	6.36MPH	7		7	
23	280	Jen Fleming	34	9:41.3	24:13/K	4:24.7		56:34.5	14.8MPH	1:48.1	32:58.2	6.01MPH	8		8	
24	286	Olympia Granger	33	6	32:00/K	2:09.7		51:54.1	16.2MPH	1:42.9	37:31.6	5.28MPH	9		9	
25	298	Julie Guest	31	8:37.5	21:33/K	4:05.4		58:19.1	14.4MPH	1:39.0	36:01.9	5.50MPH	9		9	
26	305	Shoshauna Mohlman	31	2	27:03/K	3:32.8		9	14.0MPH	1:32.5	33:40.3	5.88MPH	7		7	
27	323	Lisa Suarez	34	6	31:58/K	2:57.9		3	12.6MPH	1:22.1	33:40.2	5.88MPH	1		1	
28	333	Rachel Ingle	33	3	38:38/K	4:11.5		57:10.5	14.7MPH	1:48.6	40:48.4	4.85MPH	3		3	
29	335	Thanh Ton	34	6	28:15/K	4:09.3		2	12.5MPH	1:50.7	36:31.3	5.42MPH	1		1	
30	336	Heather Rogers	30	9:56.0	24:50/K	3:22.4		8	14.0MPH		47:34.0	4.16MPH	2		2	

## Female 35 to 39

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	34	Patty Bredice	36	6:37.7	16:33/K	1:05.5				43:51.6	23:48.0	8.32MPH	8		8	
2	62	Sarah Mackay	36	0:00.0	0:00/K	9:44.9		45:37.8	18.4MPH	1:11.2	22:45.7	8.70MPH	6		6	
3	82	Carey Farquhar	38	7:36.2	19:00/K	1:49.3		47:09.0	17.8MPH	0:35.6	24:16.7	8.16MPH	8		8	
4	99	Leah Dillingham	37	7:28.6	18:40/K	1:38.6		45:22.8	18.5MPH	1:18.6	27:07.9	7.30MPH	5		5	
5	112	Laura Retzler	37	8:03.2	20:08/K	1:40.5		44:06.4	19.0MPH	1:13.0	29:12.6	6.78MPH	7		7	
6	120	Greta Perales	36	8:12.4	20:30/K	2:18.6		48:23.8	17.4MPH	0:44.4	25:39.2	7.72MPH	4		4	
7	129	Christina Clarke	37	7:34.1	18:55/K	2:16.6		47:43.3	17.6MPH	1:27.4	27:03.1	7.32MPH	5		5	
8	150	Sandra Pearce	38	8	27:03/K	1:54.6		45:48.8	18.3MPH	1:13.3	28:12.5	7.02MPH	0		0	
9	152	Laurie Kutter	39	9:00.6	22:30/K	1:41.0		47:03.9	17.9MPH	1:16.8	28:57.6	6.84MPH	9		9	
10	153	Lavonne Finnerud	36	7:58.2	19:55/K	1:19.2		47:17.7	17.8MPH	1:03.8	30:23.9	6.52MPH	8		8	
11	154	Erica Mitterdorfer	35	8:22.3	20:55/K	2:42.0		47:39.1	17.6MPH	1:54.2	27:29.7	7.20MPH	3		3	
12	157	Florence Stahura	38	8:32.5	21:20/K	3:41.7		50:08.4	16.8MPH	1:13.2	24:52.6	7.96MPH	4		4	
13	162	Lisa Miller	37	8:40.0	21:40/K	2:17.5		49:15.0	17.1MPH	1:34.8	27:23.0	7.23MPH	3		3	
14	176	Carroll Haymon	37	2	25:08/K	2:31.2		48:38.1	17.3MPH	1:29.0	28:06.5	7.05MPH	0		0	
15	185	Roberta Fuerst	39	9:28.0	23:40/K	3:19.2		52:02.2	16.1MPH	1:54.6	25:31.3	7.76MPH	3		3	
16	195	Danette Dye	37	9:25.6	23:33/K	3:10.2		51:43.0	16.2MPH	1:06.2	28:17.2	7.00MPH	2		2	
17	198	Fawn Coussens	35	2	25:15/K	3:44.9		50:42.9	16.6MPH	2:06.2	27:08.9	7.30MPH	1		1	
18	201	Marcy Candland	37	8:23.6	20:58/K	2:53.3		52:50.6	15.9MPH	1:18.2	28:31.7	6.94MPH	4		4	
19	202	Mary Upton	36	7	27:20/K			53:31.6	15.7MPH	1:06.8	28:34.2	6.93MPH	3		3	
20	205	Shelley Holm	36	9	30:35/K	3:51.1		48:37.2	17.3MPH	2:05.0	27:43.2	7.14MPH	4		4	
21	220	Dawn Hoffer	36	8:13.3	20:33/K	3:20.8		52:27.0	16.0MPH	2:44.1	29:21.0	6.75MPH	2		2	

22	226	Carol Richardson	37	1	27:40/K	2:37.3		50:36.3	16.6MPH	1:13.3		31:19.7	6.32MPH	7	7
23	228	Kerry Deutsch	36		9:24.3 23:30/K	2:39.4		52:19.7	16.1MPH	1:20.3		31:13.3	6.34MPH	0	0
24	248	Anne Ensminger	38	8	25:15/K	4:01.0		50:28.1	16.6MPH	2:18.2		31:59.5	6.19MPH	6	6
25	249	Roberta McMichael	38	5	25:18/K	3:56.5		50:30.8	16.6MPH			34:20.2	5.77MPH	0	0
26	252	Ellen Kaje	36		8:20.4 20:50/K	2:22.0		54:30.9	15.4MPH	1:27.9		32:56.3	6.01MPH	5	5
27	256	Lisa Smith	38		9:37.1 24:03/K	3:59.7		51:14.0	16.4MPH	1:46.7		33:27.2	5.92MPH	7	7
28	257	Kimberly Sheely	37		9:01.9 22:33/K	3:41.0		54:41.0	15.4MPH	1:10.4		31:49.6	6.22MPH	9	9
29	263	Rachael Ramey	35		7:51.8 19:38/K	3:41.3		56:36.8	14.8MPH	1:03.6		32:11.2	6.15MPH	7	7
30	273	Paula Emerick	37		7:47.7 19:28/K	2:52.6		50:48.6	16.5MPH	1:42.7		39:44.1	4.98MPH	7	7
31	279	Rebecca Relyea	35		9:52.4 24:40/K	2:20.7		58:29.5	14.4MPH	1:32.5		32:39.3	6.06MPH	4	4
32	297	Wendy Darcy	36	5	29:15/K	4:31.5		58:01.8	14.5MPH	1:26.5		32:49.3	6.03MPH	6	6
33	306	Cherie Williams	36	0	31:43/K	3:59.1		57:05.2	14.7MPH	1:10.6		34:54.2	5.67MPH	1	1
34	310	Susan Thordarason	39		8:54.0 22:15/K	4:28.1		54:39.3	15.4MPH	4:34.6		38:15.9	5.18MPH	9	9
35	316	Suzanne Tidwell	37	0	35:38/K	2:22.7		58:47.3	14.3MPH			39:20.5	5.03MPH	5	5
36	317	Cindy Price	36	2	43:35/K	4:27.9		59:28.3	14.1MPH	1:39.1		31:59.5	6.19MPH	0	0
37	324	Kelly Whitehill	36	2	27:05/K	3:47.9		1	13.6MPH	3:23.4		37:51.7	5.23MPH	3	3
38	325	Michelle Walters	39	4	28:00/K	4:50.1		1	13.8MPH	4:14.5		36:36.9	5.41MPH	0	0
39	328	Cari Lee	37	0	29:25/K	5:03.8		5	12.4MPH	1:35.3		31:38.2	6.26MPH	8	8
40	338	Mary Vandehey	39	0	26:25/K	2:58.8		2	12.3MPH	1:15.7		40:44.3	4.86MPH	0	0
41	352	Hang Ly	35	8	50:28/K			8:46.5	95.8MPH	1:21:10.2		45:21.2	4.37MPH	7	7
42	354	Janet Duggly-Anderson	38		8:48.8 22:00/K			18:01.6	46.6MPH	1:20:56.3		56:42.0	3.49MPH	7	7
DNF	DNF	Jody Hardoby	37	9	26:50/K	4:35.2									

## Female 40 to 44

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	11	Catherine Rodeheffer	40	7:37.5	19:03/K	1:28.3				41:43.8		19:58.3	9.92MPH	9		9
2	65	Johanna Oseland	44	7:17.4	18:13/K	1:38.4		45:35.9	18.4MPH	1:27.4		24:13.8	8.18MPH	9		9
3	84	Katy Dougherty	44	9:13.6	23:03/K	2:21.9		44:01.8	19.1MPH	1:21.0		24:48.2	7.98MPH	5		5
4	90	Molly Hurd	44	8:24.8	21:00/K	2:47.7		48:03.4	17.5MPH	0:51.2		22:09.1	8.94MPH	2		2
5	92	Tory Haschak	43			9:08.8		46:27.4	18.1MPH			26:44.3	7.41MPH	5		5
6	98	Lisa Wicklund	40	7:18.3	18:15/K	1:38.6		46:21.8	18.1MPH			27:29.1	7.20MPH	8		8
7	103	Janice Jentz	42	7:42.1	19:15/K	2:17.6		44:42.6	18.8MPH	2:25.1		25:57.2	7.63MPH	6		6
8	109	Anita Uppal	41	9:19.0	23:18/K	1:23.8		47:35.9	17.7MPH	1:20.8		24:28.0	8.09MPH	5		5
9	118	Jennifer Hallett	40	9:50.6	24:35/K	2:40.8		47:34.6	17.7MPH	0:53.9		24:08.1	8.20MPH	0		0
10	125	Jennifer Ferrill	40	7:22.6	18:25/K	1:47.4		48:24.4	17.4MPH	0:54.8		27:17.5	7.26MPH	7		7
11	139	Heather Allen	41	8:17.7	20:43/K	1:44.5		49:51.4	16.9MPH	1:21.3		25:47.8	7.68MPH	7		7
12	175	Eddie Lie	41	8:15.2	20:38/K	2:43.4		49:59.9	16.8MPH	1:28.4		28:17.9	7.00MPH	8		8
13	179	Amanda Gaudet	44									9	2.17MPH	9		9
14	180	Ingrid Jarvis	42	9:24.0	23:30/K	2:46.0		47:58.2	17.5MPH	1:39.8		29:40.4	6.67MPH	4		4
15	181	Kathi Charlton	41	8:59.7	22:28/K	2:54.0		48:50.3	17.2MPH	1:02.4		29:54.2	6.62MPH	6		6
16	186	Sandra Brodsky	43	5	25:18/K	1:41.8		47:36.1	17.6MPH			32:52.7	6.02MPH	1		1
17	190	Debera Riggle	43	9:53.2	24:43/K	2:42.2		49:44.7	16.9MPH	1:46.3		28:29.0	6.95MPH	4		4
18	191	Chris Soverel	42	9:22.2	23:25/K	3:58.3		49:45.8	16.9MPH	1:55.5		27:43.5	7.14MPH	3		3
19	192	Joanna Martin	41	9:47.5	24:28/K	2:21.3		52:45.2	15.9MPH	0:58.0		27:27.3	7.21MPH	3		3
20	209	Lisa Reid	41	9:45.9	24:23/K	2:42.8		51:27.1	16.3MPH	1:47.6		28:58.0	6.84MPH	4		4
21	210	Tracy Boyd	43	7	25:40/K	2:15.8		49:12.3	17.1MPH	1:58.9		31:06.3	6.37MPH	0		0
22	211	Lori Honeywell	44	7:46.0	19:25/K	2:10.2		52:15.9	16.1MPH	1:06.1		31:32.2	6.28MPH	4		4
23	246	Suzy Cornell	43	7	28:55/K	5:38.9		50:33.4	16.6MPH	3:31.4		27:13.9	7.27MPH	3		3
24	259	Bridget Magwood	40	8:26.2	21:05/K	3:36.8		50:18.2	16.7MPH	3:09.9		35:12.8	5.63MPH	9		9
25	267	Heather Woloshyn	44	8	26:08/K							8	2.16MPH	6		6
26	284	Stephanie Hutchinson	41	4	26:28/K	2:20.4		52:58.5	15.9MPH	2:01.3		37:49.7	5.24MPH	3		3
27	290	Mary Brillault	40	1	34:48/K	3:05.1		54:20.3	15.5MPH	2:00.4		33:34.3	5.90MPH	2		2
28	292	Barbara Klevgaard	42	7	25:25/K	2:54.5		3	13.5MPH	1:25.6		30:09.1	6.57MPH	2		2
29	304	Audrey Hudgins	41	6	25:35/K	7:48.1		56:48.2	14.8MPH	2:26.9		32:16.8	6.14MPH	6		6
30	313	Cathy Bustad	42	9	26:50/K	2:57.0		1	13.7MPH	0:55.9		36:32.0	5.42MPH	9		9
31	318	Misha Henshaw	41					5	12.4MPH	1:58.9		45:32.4	4.35MPH	8		8
32	329	Cherie Megran	40	4	29:28/K	2:55.5		6	13.5MPH	1:23.5		39:53.1	4.96MPH	1		1
33	339	Rebecca Evans	42	5	36:10/K	5:56.3		57:59.3	14.5MPH	4:06.1		42:19.5	4.68MPH	7		7
34	342	Sharon Borough	44	4	37:58/K	4:46.5		58:39.8	14.3MPH	3:25.0		44:01.3	4.50MPH	0		0
35	348	Jeanine Granstrom	41	7	36:55/K	5:59.4		2	11.0MPH	1:53.1		39:21.5	5.03MPH	9		9

## Female 45 to 49

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	52	Tammy Wales	45	8:02.2	20:05/K	1:36.8		42:02.2	20.0MPH	1:08.8		25:04.0	7.90MPH	0		0
2	108	Michelle Cunningham	45	7:03.2	17:38/K	2:50.1		48:51.0	17.2MPH	1:34.3		23:30.8	8.43MPH	4		4
3	121	Ana Tessadro	45	0:00.0	0:00/K	9:40.1		47:27.0	17.7MPH	0:36.6		27:34.8	7.18MPH	5		5
4	123	Gina Walton	45	9:09.8	22:53/K	1:54.7		44:23.3	18.9MPH	1:42.5		28:14.8	7.01MPH	1		1
5	134	Karen De Jongh	46	7:32.0	18:50/K	2:01.8		49:41.6	16.9MPH	1:19.1		25:53.0	7.65MPH	5		5
6	203	Belle Ruiz	45	8:41.7	21:43/K	2:13.0		49:33.2	17.0MPH	1:29.4		32:23.3	6.11MPH	6		6
7	222	Daria Rurkly	46	6	26:40/K	1:30.2		51:05.5	16.4MPH	1:28.9		31:58.3	6.19MPH	5		5
8	240	Darcy Parker	48	8:55.2	22:18/K	3:00.8		53:57.7	15.6MPH	2:17.1		30:05.3	6.58MPH	1		1
9	241	Jan Griffith	48	0:00.0	0:00/K	11:44.0		51:46.9	16.2MPH	1:23.4		33:25.2	5.93MPH	5		5
10	254	Melissa Atkins	48	8:55.5	22:18/K					1:00:23.7		30:32.5	6.48MPH	7		7
11	262	Mary Robbers	45	5	26:18/K	2:53.2		59:19.8	14.2MPH	1:20.3		27:15.7	7.27MPH	5		5
12	312	Julianne Mitchell	45	8:17.4	20:43/K	3:40.2		56:46.7	14.8MPH	1:03.1		41:53.0	4.73MPH	4		4
13	314	Alexandra Clark	48	4	44:10/K			3:12.9	263MPH			5	2.06MPH	9		9
14	320	Leslie Hayton	46	5	30:10/K	4:58.8		7	13.0MPH	1:43.8		32:40.3	6.06MPH	1		1
15	326	Kate Tomlin	45	5	29:23/K	5:15.2		9	13.4MPH	2:40.2		35:24.7	5.59MPH	5		5
16	332	Susan Ardissono	49	3	29:33/K	4:44.3		6	13.8MPH	1:11.6		40:23.8	4.90MPH	6		6
DNF	DNF	Susie Beach	45	9:38.5	24:05/K	2:41.4										

## Female 50 to 54

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	143	Karen Wolf	50	7:08.8	17:50/K	1:42.9		48:42.9	17.2MPH	1:05.9		28:51.9	6.86MPH	4		4
2	144	Debbie Kotz	52	8:03.2	20:08/K	2:00.4		47:52.4	17.5MPH	1:23.8		28:18.6	7.00MPH	4		4
3	147	Donna Jorlin	52	8:09.9	20:23/K	2:41.7		50:34.0	16.6MPH	1:36.6		24:49.0	7.98MPH	2		2
4	151	Ann Judd	51	8:13.7	20:33/K	2:22.3		46:59.7	17.9MPH	1:11.1		29:12.7	6.78MPH	5		5
5	243	Janet Hominda	50	9:41.3	24:13/K	1:57.9		51:59.0	16.2MPH	1:34.1		33:12.6	5.96MPH	9		9
6	260	Dyan Colven	51	8:52.6	22:10/K	4:00.0		59:31.5	14.1MPH	1:11.4		27:41.7	7.15MPH	2		2
7	269	Debra D'Acquisto	51	8:48.4	22:00/K	3:19.4		55:57.9	15.0MPH	1:35.7		32:23.8	6.11MPH	2		2
8	276	Melissa Vrbanac	51	7:59.9	19:58/K	2:57.7		55:06.6	15.2MPH	1:56.2		35:30.6	5.58MPH	0		0
9	287	Deb McKinney	54	1	27:28/K	3:26.2		53:10.3	15.8MPH	2:43.5		35:55.0	5.51MPH	1		1
10	291	Deanna Freeman	50	3	32:53/K	3:46.5		50:18.5	16.7MPH	3:31.3		36:09.7	5.48MPH	3		3
11	293	Tina Drain	51	2	33:15/K	3:17.6		59:53.9	14.0MPH	1:09.8		29:36.8	6.69MPH	3		3
12	301	Mary K Koon	50	2	29:50/K	2:48.1		57:52.8	14.5MPH	2:03.7		34:24.7	5.76MPH	5		5
13	302	Julie Barber	51	1	27:25/K	4:42.1		57:48.8	14.5MPH	1:38.9		34:21.3	5.76MPH	2		2
14	308	Christi Spencer	52	2	30:25/K	3:00.5		58:29.4	14.4MPH	2:08.3		34:12.9	5.79MPH	3		3
15	309	Bonnie Patey	51	7	26:38/K	4:28.5		58:39.8	14.3MPH	2:01.2		34:17.2	5.78MPH	4		4
16	337	Celia Jensen	53	7	27:20/K	5:01.6		5	13.5MPH	1:51.1		41:47.9	4.74MPH	8		8
17	353	Kathy Mier	52	2	40:15/K			4:45.5	177MPH	1:20:55.9		2	3.27MPH	8		8

## Female 55 to 59

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	251	Vinette Tichi	58	2	27:00/K	1:55.0		52:29.2	16.0MPH			34:13.9	5.79MPH	3		3
2	288	Barbara Selfridge	55	9:58.4	24:55/K	4:04.4		56:50.2	14.8MPH	4:02.7		31:26.5	6.30MPH	2		2

## Female 60 and over

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	127	Judy Fisher	63	7	26:13/K	1:35.5		47:51.6	17.6MPH	0:59.8		24:56.1	7.94MPH	7		7

## Male 19 and under

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	13	Josh Fountain	19	5:43.9	14:18/K	1:22.4		44:15.2	19.0MPH	1:04.8		19:19.2	10.3MPH	5		5
2	20	Wes Furlong	17	6:56.8	17:20/K	1:59.5		40:39.9	20.7MPH	0:58.8		22:47.6	8.69MPH	6		6
3	23	Jeff Rixe	18	8:33.9	21:23/K	2:21.0		41:26.6	20.3MPH	0:51.6		20:21.4	9.73MPH	5		5
4	27	Elliott Bogle	18	7:34.9	18:55/K	2:58.2		43:04.2	19.5MPH	0:56.1		19:33.9	10.1MPH	3		3
5	61	Colby Granstrom	16	7:42.3	19:15/K	1:56.0		42:47.4	19.6MPH	1:26.1		25:26.2	7.79MPH	0		0
6	70	Guillermo S Romano	16	5:30.2	13:45/K	3:03.7		44:56.7	18.7MPH	0:42.1		26:23.9	7.50MPH	6		6
7	135	Brent Couvrette	17	8:46.5	21:55/K	3:20.8		48:40.2	17.3MPH	1:35.9		24:08.0	8.20MPH	4		4

8	164	Derrick Smith	16	8:02.5	20:05/K	3:08.9		48:51.9	17.2MPH		29:17.4	6.76MPH	7	7
9	244	Dave Wilson	0	9	31:08/K	3:04.6		55:50.2	15.0MPH	1:13.4	25:50.9	7.66MPH	0	0

## Male 20 to 24

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	303	David Couvrette	20	8:48.5	22:00/K	1:59.9		4	11.2MPH			23:59.4	8.26MPH	2		2
2	327	Kevin Brown	21	9	40:38/K	4:35.2		0	12.9MPH	1:43.1		30:03.3	6.59MPH	5		5

## Male 25 to 29

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	2	Michael Suomi	25			8:23.0		38:13.1	22.0MPH	0:51.3		20:27.3	9.68MPH	7		7
2	9	Ben Rathkamp	25	7:02.8	17:35/K	2:01.0		39:19.0	21.4MPH	1:35.9		20:36.9	9.61MPH	6		6
3	38	Adam Christoffersen	26	6:42.0	16:45/K	1:45.8		40:02.5	21.0MPH	1:46.4		25:34.1	7.74MPH	8		8
4	56	Sean Dodobara	29	7:12.2	18:00/K	1:58.5		42:12.9	19.9MPH	1:24.5		25:53.8	7.65MPH	9		9
5	75	Paul Grove	29	7:43.2	19:18/K	2:23.0		47:57.4	17.5MPH	1:11.3		21:44.2	9.11MPH	1		1
6	78	Brian Bell	29	7:14.1	18:05/K	2:07.6		45:00.3	18.7MPH	1:18.9		25:28.8	7.77MPH	7		7
7	81	Neil West	29	8:59.5	22:28/K	1:50.0		44:50.7	18.7MPH	1:02.8		24:38.6	8.04MPH	6		6
8	119	Kyle Entrop	28	8:35.3	21:28/K	2:39.7		46:35.7	18.0MPH	1:45.7		25:35.9	7.74MPH	3		3
9	126	Francisco Leon-Umana	25	9:18.9	23:15/K	1:37.2		45:27.7	18.5MPH	1:13.9		28:14.7	7.01MPH	4		4
10	137	William Clippard	27	8:09.6	20:23/K	3:15.5		49:48.9	16.9MPH	0:41.9		24:40.5	8.03MPH	4		4
11	155	JASON WHITE	29	8	32:23/K	3:05.8		47:28.6	17.7MPH	1:39.8		23:02.7	8.60MPH	7		7
12	168	Ryan Franklin	27	9:10.7	22:55/K	2:17.0		49:59.4	16.8MPH	0:39.3		27:44.6	7.14MPH	0		0
13	170	Steven Smith	26	6:45.8	16:53/K	2:01.4		49:30.0	17.0MPH	1:07.9		30:39.5	6.46MPH	6		6
14	216	Chris Liddell	25	9:13.8	23:03/K	3:05.2		53:23.8	15.7MPH	1:04.4		28:56.2	6.84MPH	4		4
15	229	Porter Hill	28	0	27:10/K	3:35.5		52:32.1	16.0MPH			29:59.5	6.60MPH	1		1
16	239	Rory Siedler	25	8:13.5	20:33/K	4:28.7		55:17.8	15.2MPH	0:59.4		29:16.2	6.77MPH	6		6
17	349	Chris Graff	29	4	28:28/K	3:26.5		4	11.2MPH	1:19.9		50:49.5	3.90MPH	7		7

## Male 30 to 34

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	1	Eric Atwood	32	7:29.4	18:43/K	2:22.6		35:44.4	23.5MPH	1:00.5		20:04.2	9.87MPH	1		1
2	15	Christopher Schindler	33	6:32.8	16:20/K	1:11.8		40:39.3	20.7MPH	0:53.9		22:30.0	8.80MPH	8		8
3	17	Bernie O'Neill	32	7:25.8	18:33/K	2:20.2		41:23.1	20.3MPH	1:18.8		19:58.5	9.92MPH	4		4
4	18	Robb Sheridan	30	7:23.2	18:28/K	2:19.2		40:31.0	20.7MPH	0:54.4		21:48.2	9.08MPH	0		0
5	30	Stephen Bennett	32	6:16.1	15:40/K	1:59.4		42:41.9	19.7MPH	1:01.2		22:20.6	8.87MPH	2		2
6	31	Cody Hill	33	7:28.6	18:40/K	2:08.6		41:00.7	20.5MPH	1:36.5		22:37.4	8.75MPH	8		8
7	33	Kevin Steinbuch	32	7:32.3	18:50/K	1:04.4		41:42.4	20.1MPH	1:00.7		23:51.9	8.30MPH	7		7
8	42	Jason Diamond	31	6:57.7	17:23/K	1:53.2		42:20.4	19.8MPH	0:59.4		24:29.4	8.09MPH	1		1
9	44	Kyle Watson	32	7:25.1	18:33/K	1:44.4		41:13.3	20.4MPH	1:30.1		24:56.5	7.94MPH	4		4
10	47	Matt Shouse	31	7:47.4	19:28/K	1:52.1		43:26.3	19.3MPH	0:38.7		23:26.8	8.45MPH	3		3
11	64	Ryan Guest	32			9:06.1		43:28.0	19.3MPH	0:47.0		26:27.7	7.49MPH	8		8
12	69	Mike Metters	32	7:36.9	19:00/K	2:12.9		46:44.3	18.0MPH	0:48.3		23:12.2	8.53MPH	6		6
13	74	Travis Bryan	34	7:03.1	17:38/K	1:59.6		43:58.6	19.1MPH	0:58.7		26:58.6	7.34MPH	6		6
14	91	Bryan Loeffler	30	7:11.3	17:58/K	2:39.6				46:30.7		25:57.1	7.63MPH	7		7
15	110	Charlie Gough	31	7:46.0	19:25/K	2:07.3		45:52.0	18.3MPH	1:12.4		27:14.3	7.27MPH	0		0
16	128	Alex Legler	31	9:12.4	23:00/K	1:39.0		50:06.1	16.8MPH	0:43.2		24:17.8	8.15MPH	5		5
17	146	Chad Fletcher	34	7:48.6	19:30/K	2:50.2		47:14.3	17.8MPH	1:25.9		28:26.1	6.96MPH	1		1
18	149	Will Sigman	34	8:58.6	22:25/K	1:26.9		47:57.9	17.5MPH	0:50.3		28:42.3	6.90MPH	0		0
19	167	Scott Grosenick	31	9:42.8	24:15/K	3:30.8		51:18.6	16.4MPH	0:56.9		24:06.3	8.22MPH	4		4
20	177	Tracy Henderson	32	9	31:28/K	2:32.5		51:08.1	16.4MPH	0:49.0		23:53.4	8.29MPH	9		9
21	206	Matt Sigman	32	8:33.0	21:23/K	2:50.1		51:57.6	16.2MPH	1:31.9		29:43.3	6.66MPH	9		9
22	232	Liam Hon	33	7:24.5	18:30/K	2:19.1		8	13.6MPH	1:29.9		23:57.6	8.27MPH	9		9
23	331	Travis Henderson	34	1	36:38/K	3:26.6		2	13.6MPH	1:02.3		37:13.7	5.32MPH	9		9
24	341	Ryan Ellis	31	4	29:18/K	16:37.2		50:20.7	16.7MPH	8:55.6		38:14.4	5.18MPH	3		3
25	343	Derek Gutz	30	9:20.8	23:20/K							9	1.69MPH	7		7

## Male 35 to 39

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	7	Eric Kutter	39	6:05.3	15:13/K	1:23.9		39:23.8	21.3MPH			22:40.3	8.74MPH	3		3
2	10	Kelly Young	37	7:57.2	19:53/K	1:25.8		39:34.8	21.2MPH	1:08.7		20:29.8	9.67MPH	3		3
3	19	Antony Clarke	35	5:22.0	13:25/K	1:07.0		43:02.4	19.5MPH	0:51.7		22:37.5	8.75MPH	6		6
4	21	Colin Williams	36	6:53.8	17:13/K	2:06.3		41:39.3	20.2MPH	0:50.3		21:57.8	9.02MPH	5		5
5	22	Roger Violette	36	8:04.6	20:10/K	1:32.5		40:20.0	20.8MPH			23:37.0	8.38MPH	1		1
6	25	Earl Bera	39	7:35.6	18:58/K	1:48.2				43:21.3		20:56.6	9.46MPH	7		7
7	28	Justin Auld	36	6:36.3	16:30/K	2:39.9		40:43.8	20.6MPH	1:15.3		22:59.3	8.61MPH	6		6
8	32	Brad Hefta-Gaub	37	8:14.4	20:35/K	1:35.7		40:09.4	20.9MPH	0:51.1		24:15.0	8.16MPH	6		6
9	36	Randy Meyerson	36	7:45.8	19:23/K	1:36.1		41:43.1	20.1MPH	0:55.5		23:33.8	8.41MPH	3		3
10	37	Terry Stebner	37	7:23.8	18:28/K	2:41.4				44:24.2		21:16.3	9.31MPH	7		7
11	41	Andrew Morlidge	38	7:29.9	18:43/K	1:32.4		41:09.7	20.4MPH	1:08.2		25:17.9	7.83MPH	1		1
12	50	Bryan Woodruff	39	7:01.2	17:33/K	1:18.8		42:25.6	19.8MPH	0:49.9		26:00.8	7.62MPH	3		3
13	57	Jason Holm	37	7:13.8	18:03/K	3:27.0		42:16.5	19.9MPH	1:27.8		24:17.4	8.15MPH	5		5
14	58	Chad Magendanz	39	7:26.5	18:35/K	2:32.6		43:42.4	19.2MPH	1:12.2		24:00.5	8.25MPH	2		2
15	68	Todd Weeks	39	7:31.8	18:48/K	1:24.8		43:38.5	19.3MPH	1:39.4		26:19.8	7.52MPH	3		3
16	72	Mintu Uppal	39	9:27.3	23:38/K	1:49.4		45:05.0	18.6MPH	1:04.5		23:19.6	8.49MPH	8		8
17	73	Paul Turcotte	39	6	26:45/K	2:31.0		41:57.5	20.0MPH	1:51.2		23:47.8	8.33MPH	1		1
18	77	Art Arnaiz	35	8:03.0	20:08/K	2:53.3		44:46.9	18.8MPH			25:25.2	7.79MPH	4		4
19	79	Todd Heimes	36	8:05.2	20:13/K	2:02.2		44:47.8	18.8MPH	1:59.0		24:19.3	8.14MPH	5		5
20	85	Jason Steere	36	9:11.6	22:58/K	2:31.8		44:32.5	18.9MPH	1:28.6		24:05.9	8.22MPH	4		4
21	87	Ken Eldore	39	9:10.2	22:55/K	2:07.6		46:16.8	18.2MPH	1:17.4		23:06.1	8.57MPH	1		1
22	104	Blake Ilstrup	35	7:07.6	17:48/K	1:03.3		48:13.3	17.4MPH	0:50.2		25:58.0	7.63MPH	4		4
23	106	Andre Vachon	36	7:46.6	19:25/K	1:41.8		45:32.0	18.4MPH	1:11.3		27:15.7	7.27MPH	4		4
24	107	Scott Sharkey	38	8:22.6	20:55/K	1:51.9		45:50.1	18.3MPH	0:56.2		26:38.7	7.43MPH	5		5
25	115	Bill Metters	37	7:56.1	19:50/K	1:56.3		43:45.1	19.2MPH	1:35.8		29:14.1	6.77MPH	4		4
26	117	Brett Megran	38	7:42.2	19:15/K	1:45.1		47:02.7	17.9MPH	1:01.4		27:19.6	7.25MPH	0		0
27	124	Luis Guillen	39	9:38.7	24:05/K	3:08.4		47:15.4	17.8MPH	1:40.6		23:59.1	8.26MPH	2		2
28	136	Norman Golden	37	8:39.8	21:38/K	2:23.6		46:54.4	17.9MPH	1:11.1		27:23.8	7.23MPH	7		7
29	169	Jason Upton	38	9:42.3	24:15/K	2:35.4		46:53.7	17.9MPH	1:14.8		29:36.4	6.69MPH	6		6
30	188	Rob Relyea	36	8:51.3	22:08/K	2:08.5		51:07.1	16.4MPH	1:14.8		29:01.7	6.82MPH	4		4
31	223	David Cullop	35	1	25:33/K	0:58.4		46:37.9	18.0MPH	1:06.4		37:49.7	5.24MPH	5		5
32	247	Chad Richardson	38	3	26:53/K	5:16.1		50:41.3	16.6MPH	2:29.3		29:40.0	6.67MPH	0		0
33	270	Sean Day	39	7	25:23/K	3:22.1		59:53.0	14.0MPH	1:41.6		27:29.4	7.20MPH	8		8
34	272	Alex Golan	38	9:25.0	23:33/K	2:40.2		59:18.2	14.2MPH			31:16.1	6.33MPH	5		5
35	278	Paul Weigel	37	7	25:13/K	3:24.6		53:14.9	15.8MPH	2:27.9		35:08.6	5.64MPH	7		7
36	319	David Bowhall	35	9	30:20/K	3:26.2		7	13.3MPH	1:00.1		35:36.6	5.56MPH	5		5
37	321	Brian Hodges	37	6	25:10/K	9:38.8		7	13.6MPH	2:24.7		32:47.2	6.04MPH	0		0
38	322	Carl Huber	38	9	42:28/K	3:36.5		8	13.8MPH	2:25.5		32:51.0	6.03MPH	7		7
39	330	Griffin Haddix	37	5	40:08/K	3:45.6		8	13.4MPH	2:52.8		32:48.8	6.04MPH	5		5
40	344	Brady Collins	38	9:17.8	23:13/K	22:04.9		54:36.5	15.4MPH	4:38.0		38:15.0	5.18MPH	2		2
41	347	Neil Golan	37	2	30:40/K	5:24.1		0	11.5MPH	1:32.5		44:05.1	4.49MPH	9		9

## Male 40 to 44

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	4	Mike Pritchard	41	7:51.7	19:38/K	1:12.1		39:14.3	21.4MPH	0:39.8		19:53.9	10.0MPH	8		8
2	5	Mark Faulkes	44	6:48.5	17:00/K	1:13.5						5	3.25MPH	5		5
3	14	Eric Kraus	41	5:41.6	14:13/K	1:23.2		42:23.2	19.8MPH	0:48.6		21:30.2	9.21MPH	8		8
4	24	Markham Hurd	43	8:54.2	22:15/K	2:34.4		40:39.4	20.7MPH	0:38.3		20:52.6	9.49MPH	9		9
5	26	Steve Quinn	42			9:42.9		39:38.1	21.2MPH	1:25.7		23:07.6	8.57MPH	3		3
6	29	Darryl Weis	41	6:27.7	16:08/K	2:15.0		41:24.3	20.3MPH	1:12.1		22:59.5	8.61MPH	6		6
7	35	Steve Call	42	6:47.9	16:58/K	1:38.5		42:00.2	20.0MPH	1:19.6		23:45.4	8.34MPH	6		6
8	43	Ken Davis	41	8:12.0	20:30/K	1:27.2		42:33.0	19.7MPH	0:40.7		23:51.5	8.30MPH	4		4
9	45	Ron Johnson	42	7:45.9	19:23/K	1:07.1		40:12.0	20.9MPH	1:44.5		26:00.2	7.62MPH	7		7
10	46	Jerry Bush	41	7:48.1	19:30/K	1:32.5				43:00.3		24:38.6	8.04MPH	5		5
11	51	Kurt Steilen	41	7:23.4	18:28/K	1:53.3		40:29.6	20.7MPH	0:50.1		27:04.2	7.32MPH	6		6
12	53	Terry Ley	41	6:45.1	16:53/K	2:43.7		44:10.5	19.0MPH	1:23.4		22:54.8	8.65MPH	5		5
13	54	Michael Wilson	40	7:39.7	19:08/K	2:25.4		42:33.2	19.7MPH	0:39.8		25:11.4	7.86MPH	5		5
14	71	Scott Richardson	41	7:29.6	18:43/K	2:42.2		43:42.1	19.2MPH	0:55.7		25:53.5	7.65MPH	1		1
15	86	Darin Arnold	42	8:37.9	21:33/K	1:42.2		45:52.9	18.3MPH	0:31.4		25:11.6	7.86MPH	0		0
16	94	Mark Kipfer	40	7:31.1	18:48/K	2:06.9		49:00.9	17.1MPH	1:06.9		22:35.4	8.77MPH	2		2
17	114	English Cartier	41			8:33.5		47:12.4	17.8MPH	1:03.6		27:32.6	7.19MPH	1		1
18	133	Garth Bruce	43	8:42.4	21:45/K	2:41.6		51:26.2	16.3MPH	0:42.5		22:54.4	8.65MPH	1		1

19	140	Mike Smith	40	7:04.1	17:40/K	3:34.6		46:59.2	17.9MPH	1:57.8		27:28.9	7.21MPH	6		6
20	161	Ken Kimble	42	9:39.0	24:08/K	4:42.8		44:49.0	18.7MPH	3:27.1		26:28.1	7.48MPH	0		0
21	187	Bryan Brittain	40	9:37.6	24:03/K	3:49.4		52:39.2	16.0MPH	1:23.3		24:51.9	7.97MPH	4		4
22	197	Brad Davis	41	9:44.9	24:20/K	2:47.0		48:09.1	17.4MPH	2:06.9		30:57.5	6.40MPH	4		4
23	234	Kris Granstrom	40	9:02.8	22:35/K	1:56.9		52:30.6	16.0MPH	0:46.1		32:58.4	6.01MPH	8		8
24	271	Bob Smith	42	2	29:33/K	3:19.0		47:45.7	17.6MPH	1:23.6		38:21.0	5.16MPH	5		5
25	274	Eric Hartmann	40	7:53.5	19:43/K	5:08.2		5	14.0MPH	1:06.9		29:12.1	6.78MPH	2		2
26	299	Bill Foreman	40	3	25:30/K	4:54.5		59:07.2	14.2MPH	0:51.9		33:41.3	5.88MPH	2		2
27	315	Andrew Golan	40	5	32:58/K	4:21.8		54:03.0	15.5MPH	1:22.8		41:17.5	4.80MPH	6		6
28	351	Troy Maas	43	0	32:48/K	4:05.8		3	10.1MPH	2:19.0		45:56.0	4.31MPH	1		1

## Male 45 to 49

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	3	Mike Vrbanac	47	5:54.0	14:45/K	1:34.8		39:30.4	21.3MPH	0:57.4		20:48.3	9.52MPH	9		9
2	6	Mark Drangshot	49	7:08.6	17:50/K	1:04.4		36:49.1	22.8MPH	0:46.5		23:18.1	8.50MPH	7		7
3	12	Mark Steen	45	7:38.5	19:05/K	1:54.7		40:30.2	20.7MPH	0:49.9		20:29.5	9.67MPH	8		8
4	39	Tod Jones	45	7:52.5	19:40/K	2:24.7		43:37.2	19.3MPH	1:24.7		21:11.2	9.35MPH	3		3
5	40	Joseph Breuner	45	6:07.6	15:18/K	2:12.9		41:03.5	20.5MPH	1:02.7		26:10.0	7.57MPH	7		7
6	49	Bruce Pence	45	8:18.7	20:45/K	1:17.7		41:29.0	20.2MPH	0:57.8		25:31.8	7.76MPH	0		0
7	55	Joel Fleming	45	8:08.2	20:20/K	2:23.2		42:29.3	19.8MPH	1:33.5		23:59.4	8.26MPH	6		6
8	93	Rick Kaner	49	7:41.4	19:13/K	2:46.1		43:23.9	19.4MPH	1:38.4		26:51.1	7.37MPH	9		9
9	95	Thomas Mckee	48	7:47.2	19:28/K	1:45.0		45:26.5	18.5MPH	1:23.0		26:06.5	7.59MPH	2		2
10	100	Scott Honeywell	49	8:21.1	20:53/K	2:26.3		47:58.0	17.5MPH	0:39.1		23:33.9	8.41MPH	4		4
11	145	John Greig	45	8:18.0	20:45/K	2:32.9					50:31.2	26:20.6	7.52MPH	7		7
12	160	Dana Sullivan	48	8:49.9	22:03/K	2:57.0		46:27.0	18.1MPH	1:33.2		29:17.3	6.76MPH	4		4
13	178	Scott Peters	48	9:50.9	24:35/K	3:21.2		52:42.6	15.9MPH	1:13.6		24:07.5	8.21MPH	8		8
14	189	Tom Laemmel	46	8:03.5	20:08/K	2:51.2		49:17.2	17.0MPH	2:31.7		29:49.6	6.64MPH	2		2
15	193	Brett Hampton	46	9:42.5	24:15/K	2:30.9		49:48.7	16.9MPH	0:56.5		30:26.2	6.51MPH	8		8
16	194	Curt Oseland	45	8:45.0	21:53/K	2:49.1		47:54.9	17.5MPH	2:08.2		32:02.4	6.18MPH	6		6
17	208	Mike Reynolds	46	9:24.8	23:30/K	2:05.5		48:52.0	17.2MPH	1:07.5		33:06.6	5.98MPH	4		4
18	221	Ben Rixe	47	7	28:30/K	2:31.2		44:39.6	18.8MPH	2:53.0		35:09.9	5.63MPH	4		4
19	233	Steve Enos	45	7:37.2	19:03/K	3:11.3		57:30.1	14.6MPH	1:12.1		27:39.0	7.16MPH	7		7
20	237	Jim Permann	47	7:50.4	19:35/K	4:33.9		48:37.7	17.3MPH	2:48.6		34:03.8	5.81MPH	4		4
21	266	Bob King	48	5	34:28/K	4:05.4		53:53.8	15.6MPH	1:40.8		28:20.1	6.99MPH	6		6
22	281	Bart Maas	47	7	26:53/K	5:21.1		48:12.3	17.4MPH	2:01.5		39:06.3	5.06MPH	9		9
23	289	Guillermo Romano	45	5	27:23/K	4:38.7		59:13.3	14.2MPH	1:17.3		30:16.7	6.54MPH	5		5
DNF	DNF	Roy Colven	46			9:22.2		40:01.1	21.0MPH							

## Male 50 to 54

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	8	Kevin Knight	51	6:40.2	16:40/K	1:36.5		38:35.4	21.8MPH	1:02.9		22:03.7	8.98MPH	7		7
2	16	Bruce Drager	53	6:19.3	15:48/K	1:55.9		38:42.1	21.7MPH	1:10.0		23:46.5	8.33MPH	8		8
3	63	Kim Stanley	50	8:31.7	21:18/K	2:42.7		42:52.6	19.6MPH			25:25.8	7.99MPH	8		8
4	80	Bradley Hammond	50	8:30.5	21:15/K	2:52.4		43:28.9	19.3MPH	1:25.1		25:02.5	7.91MPH	4		4
5	88	Dane Burns	53	8:11.4	20:28/K	1:08.2		42:14.9	19.9MPH	0:59.7		29:33.4	6.70MPH	6		6
6	101	John Starks	53	7:35.9	18:58/K	3:25.4		46:04.1	18.2MPH	1:26.0		24:28.9	8.09MPH	3		3
7	158	Nick Bond	52			10:54.3		52:55.2	15.9MPH	1:12.3		23:42.1	8.35MPH	9		9
8	204	Bradley Scott	52	8:42.4	21:45/K	3:35.8		45:18.0	18.5MPH	1:09.6		35:43.7	5.54MPH	5		5
9	231	Derek Andrews	51	9:09.9	22:53/K	3:45.2		52:24.7	16.0MPH	0:55.2		30:50.6	6.42MPH	6		6
10	277	Walt Hickey	53	8:14.0	20:35/K	3:03.2		53:58.5	15.6MPH	1:11.0		37:31.0	5.28MPH	7		7
11	295	Russell Olson	54	3	37:13/K	3:52.5		55:08.1	15.2MPH	1:32.1		32:38.9	6.07MPH	9		9
12	311	Chuck Cathey	53	7:58.9	19:55/K	1:32.2		8	10.7MPH	0:45.5		22:31.1	8.79MPH	5		5

## Male 55 to 59

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	48	George Weiss	55	8:02.5	20:05/K	2:17.1		42:27.6	19.8MPH	1:02.9		23:27.8	8.44MPH	9		9
2	60	Kenn Zahn	58	9:08.1	22:50/K	2:05.2		42:52.8	19.6MPH	1:30.5		23:39.9	8.37MPH	5		5
3	97	Patrick Gray	55	9:06.8	22:45/K	3:23.9		45:06.6	18.6MPH	1:41.6		23:22.2	8.47MPH	1		1
4	141	Doug Dempster	59	8:41.9	21:43/K	2:29.3		48:41.4	17.3MPH	1:26.4		25:49.3	7.67MPH	3		3
5	215	Wayne Mackert	58	7	25:45/K	3:20.3		46:07.2	18.2MPH	1:57.0		33:59.6	5.83MPH	8		8
6	227	James Riggle	56	9:41.4	24:13/K	2:47.5		51:14.7	16.4MPH	1:47.9		31:21.8	6.32MPH	3		3

## Male 60 and over

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	116	Bix Bickson	62	8:31.1	21:18/K	2:09.0		44:10.8	19.0MPH	1:12.8		28:43.3	6.89MPH	0		0
2	182	Jim Cullen	68	9:37.7	24:03/K	2:15.4		47:33.1	17.7MPH	1:56.8		30:21.3	6.52MPH	3		3
3	183	Paul Monohon	61	7:54.5	19:45/K	3:04.3		45:03.1	18.6MPH	2:22.4		33:21.6	5.94MPH	9		9
4	345	Earl Ley	63	2	39:18/K	14:10.2		52:44.0	15.9MPH	11:01.1		37:55.4	5.22MPH	9		9

## Athena

### Female 0-99

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	1	Diane Argyle	26	0:00.0	0:00/K	13:56.0		49:35.7	16.9MPH	0:35.5		29:11.8	6.78MPH	0		0
2	2	Toni Moe	33	0	25:30/K	2:33.7		48:01.1	17.5MPH	1:43.3		34:16.3	5.78MPH	4		4
3	3	Joanna Gillie	27	8	25:45/K	2:18.6		51:53.1	16.2MPH	1:59.2		32:27.8	6.10MPH	5		5
4	4	Ann Sloan	38	5	36:00/K	2:59.2		50:47.4	16.5MPH	1:34.9		36:56.7	5.36MPH	7		7
5	5	Tamsin Sarich	37	0:00.0	0:00/K	12:11.3		51:26.0	16.3MPH	2:46.4		41:52.4	4.73MPH	1		1
6	6	Olga Spaic	36	9	26:38/K	2:04.4		55:16.4	15.2MPH	1:48.0		38:41.2	5.12MPH	9		9
7	7	Stacie Fortiner	34	9:52.3	24:40/K	2:26.3		6	13.6MPH	2:13.0		41:34.9	4.76MPH	1		1
8	8	Nicola Phillips	40	1	31:18/K	5:11.9		0	11.8MPH	4:16.9		45:09.9	4.39MPH	8		8

## Clydesdale

### Male 0-99

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	1	Maxwell Long	39	6:29.6	16:13/K	1:13.6				40:02.5		22:19.5	8.87MPH	2		2
2	2	Thomas Cyr	44			8:04.1						8	2.92MPH	9		9
3	3	Marcus Peterson	33	7:44.6	19:20/K	3:15.3				50:01.9		24:42.0	8.02MPH	8		8
4	4	Gary Grossblatt	46	9:38.5	24:05/K	1:45.5		43:57.5	19.1MPH	1:38.6		28:52.4	6.86MPH	5		5
5	5	Bryan Hoke	39	6:18.4	15:45/K	2:24.2		48:08.1	17.5MPH	1:26.4		30:46.1	6.44MPH	2		2
6	6	Joshua Teague	30	9:42.5	24:15/K	2:32.6		43:34.3	19.3MPH	1:20.7		35:11.1	5.63MPH	2		2
7	7	Trevor Brightwell	32	8:09.6	20:23/K	4:00.2		48:28.2	17.3MPH	1:41.2		32:19.2	6.13MPH	4		4

## Elite

### Female 0-99

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	7	Piper Strand	33	6:18.9	15:45/K	1:03.6		40:34.1	20.7MPH	0:48.4		23:56.3	8.27MPH	3		3
2	9	Lisa Worthington	49			7:36.3		40:09.2	20.9MPH	0:31.7		26:18.6	7.53MPH	8		8
3	10	Lisa Overton	32	7:31.8	18:48/K	1:38.2		41:43.0	20.1MPH	1:12.0		24:57.4	7.94MPH	4		4
4	11	Kris Stolmeier	42	8:23.2	20:58/K	1:10.2		40:43.2	20.6MPH	0:42.6		26:51.9	7.37MPH	1		1
5	13	Adria Singer	32	7	26:58/K	2:31.7		55:56.0	15.0MPH	2:03.1		30:34.2	6.48MPH	7		7

### Male 0-99

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	1	Andrew Neff	46			6:35.4		35:40.9	23.6MPH			21:19.4	9.29MPH	7		7
2	2	Samuel Verkhovsky	33	5:36.2	14:00/K	1:03.1		38:07.5	22.0MPH			20:37.5	9.60MPH	3		3
3	3	Peter Donovan	32	5:34.0	13:55/K	0:56.3						59:37.7	3.32MPH	0		0
4	4	Todd Behrbaum	38	7:21.2	18:23/K	1:13.1		38:01.3	22.1MPH			22:12.7	8.92MPH	3		3
5	5	Justin McNell	24	6:16.8	15:40/K	1:01.4				42:17.8		19:20.9	10.2MPH	9		9
6	6	Doug Jelen	32	5:32.4	13:50/K	1:53.0		40:02.3	21.0MPH			21:46.8	9.10MPH	5		5
7	8	Eric Ardissono	18	6:13.5	15:33/K	1:19.9		47:28.5	17.7MPH	0:25.4		18:16.7	10.8MPH	0		0
8	12	mike toci	32	8:13.3	20:33/K	1:22.3		45:18.2	18.5MPH	1:29.5		24:12.5	8.18MPH	8		8



# Junior Full Triathlon

## Female 0-99

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	1	Anastasia Mackert	15	7:18.0	18:15/K	2:03.9		47:29.5	17.7MPH	1:39.6		28:26.5	6.96MPH	5		5

## Male 0-99

Overall			--- Swim ---			--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	2	Jeff Miles	14	8:23.5	20:58/K	2:42.5		50:11.2	16.7MPH	1:18.7		27:33.9	7.19MPH	8		8
2	3	Dylan Rathkamp	12	9:48.7	24:30/K	3:48.7		8	13.8MPH	0:58.9		32:48.7	6.04MPH	8		8

## Relay Team

Place	Name	Age	--- Swim ---		--- T-1 ---		--- Bike ---		--- T-2 ---		--- Run ---		--- Chip ---		Total
Place	Name	Age	Time	Pace	Time	Pace	Time	Rate	Time	Pace	Time	Rate	Time	Pace	Time
1	Austin/Brandon/Kerry Dean-Machine Sandy/Angela		7:38.7	19:05/K	0:33.8		43:13.4	19.4MPH	0:35.8		21:18.8	9.30MPH	5		1:13:20. 5
2	Glenn's Girls Brian/Nathan/Matthew		6:53.9	17:13/K	1:13.2		41:58.1	20.0MPH	0:47.7		22:38.0	8.75MPH	9		1:13:30. 9
3	Anchor men Lydia/Hica/Carol		6:55.2	17:18/K	0:54.4		43:21.1	19.4MPH	0:36.0		23:45.5	8.34MPH	2		1:15:32. 2
4	Newport Knights Stetten/Boris		6:43.3	16:48/K	0:47.0		47:24.8	17.7MPH	0:44.7		20:10.5	9.82MPH	3		1:15:50. 3
5	Ossi's Team Glenn/Leif		6:31.8	16:18/K	1:46.0		41:45.1	20.1MPH	0:41.6		26:44.6	7.41MPH	1		1:17:29. 1
6	Christensen Holly/Melissa/Hagen		7:32.8	18:50/K	1:42.2		42:17.3	19.9MPH			28:14.6	7.01MPH	9		1:19:46. 9
7	Haul! Doris/Steve/Heed		6:36.9	16:30/K	0:42.3		50:58.7	16.5MPH	0:32.1		24:51.4	7.97MPH	4		1:23:41. 4
8	Cedarcreek 1 Buz/Ben/Brian		7:41.3	19:13/K	0:44.1				47:33.1		28:32.0	6.94MPH	5		1:24:30. 5
9	The B Team Lorraine/Linda/Lisa		4	32:45/K	0:59.0		45:06.3	18.6MPH	0:37.7		25:07.7	7.88MPH	1		1:24:57. 1
10	Lililo Ashley/Hannah/Dooley		10:42.				52:22.9	16.0MPH	0:40.8		26:11.6	7.56MPH	1		1:30:53. 1
11	Las Chicas Kann/Kim/Mike		7:33.9	18:53/K	0:47.2		50:15.0	16.7MPH	0:33.4		32:15.4	6.14MPH	9		1:31:24. 9
12	Pick Up The Pace Kim/Kim/Sheila		8:50.6	22:05/K	0:47.6		55:41.2	15.1MPH	0:45.0		31:21.6	6.32MPH	0		1:37:26. 0
13	three hot chicks		9	27:50/K	0:40.5		58:45.7	14.3MPH	0:37.1		29:59.2	6.60MPH	4		1:41:11. 4