

Work It Out Triathlon 2010

Sprint Overall

Saturday, July 24, 2010

Timing 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	Pat Fitzpatrick	118	42	M	1	6:10.4	24:40	7:11.0	1	43:23.8	23.5	42:57.9	1	1:07:19.1	8:07	1:07:19.1
2	Randy Hefley	69	31	M	7	8:42.1	34:48	10:17.0	2	49:51.2	21.5		2	1:12:42.1	7:37	1:12:42.1
3	John Hanrahan	97	46	M	4	8:32.2	34:08	10:59.2	4	52:54.7	20.3	53:26.4	3	1:14:59.9	7:11	1:14:59.9
4	Stephanie Grohs	99	30	F	2	6:30.2	26:00	7:27.0	3	50:27.7	19.8	51:33.2	4	1:20:34.5	9:40	1:20:34.5
5	Robert Fuchs	66	50	M	8	8:42.6	34:48	11:51.1	5	54:24.0	20.0	54:53.1	5	1:22:50.4	9:19	1:22:50.4
6	Jennifer McCormick	77	34	F	5	8:32.8	34:08	10:05.9	6	55:26.2	18.8	56:19.3	6	1:23:14.7	8:58	1:23:14.7
7	Jesse Foster	113	31	M	12	9:15.9	37:00	11:14.1	11	58:59.8	17.8	59:55.4	7	1:24:22.5	8:09	1:24:22.5
8	Jim Fuchs	67	45	M	18	9:54.7	39:36	12:13.6	9	58:20.4	18.5	59:20.6	8	1:24:59.7	8:33	1:24:59.7
9	McCormick and Glynn	100	36	M	13	9:16.7	37:04	9:44.0	7	56:45.9	18.1	57:10.6	9	1:25:02.7	9:17	1:25:02.7
10	Dennis Adair	115	53	M	29	11:18.9	45:12	12:48.4	12	59:19.0	18.3	1:00:19.0	10	1:26:23.4	8:41	1:26:23.4
11	Marci Kent	117	36	F	14	9:24.5	37:36	11:04.9	8	57:37.7	18.3	58:42.0	11	1:26:53.2	9:24	1:26:53.2
12	Julia O'Connell	81	27	F	25	10:56.1	43:44	12:02.7	13	1:01:13.4	17.3	1:01:34.7	12	1:27:09.7	8:32	1:27:09.7
13	Curtis Jordan	72	47	M	23	10:33.1	42:12	13:24.7	18	1:03:40.9	16.9	1:04:53.0	13	1:28:17.9	7:48	1:28:17.9
14	Mark Juergens	73	31	M	30	11:19.9	45:16	13:01.1	15	1:01:39.0	17.5	1:02:27.7	14	1:29:12.4	8:55	1:29:12.4
15	Aaron Cook	62	40	M	9	8:50.0	35:20	10:44.0	10	58:24.2	17.9	59:23.6	15	1:30:10.4	10:15	1:30:10.4
16	Teri Oenning	82	47	F	17	9:43.5	38:52	12:41.2	17	1:03:08.1	16.9	1:03:51.3	16	1:34:24.0	10:11	1:34:24.0
17	Diane Hayes	68	33	F	21	10:30.1	42:00	12:24.1	20	1:03:56.9	16.5	1:05:10.5	17	1:35:35.6	10:08	1:35:35.6
18	David Olsen	105	52	M				11:43.0	16	1:02:32.6	16.8	1:04:08.7	18	1:36:27.6	10:46	1:36:27.6
19	Jenny Jirsa	71	34	F	28	11:16.4	45:04	12:29.8	21	1:04:01.4	16.5	1:05:09.8	19	1:37:07.9	10:39	1:37:07.9
20	Julianne Cook	64	39	F	15	9:29.1	37:56	12:04.8	23	1:05:49.4	15.9	1:07:22.8	20	1:37:44.8	10:07	1:37:44.8
21	Mike Schroeder	108	58	M	16	9:33.9	38:12	12:18.8	14	1:01:36.1	17.3	1:02:26.7	21	1:38:26.9	12:00	1:38:26.9
22	Camille Krakow	74	24	F	22	10:32.1	42:08	12:27.6	22	1:05:35.3	16.0	1:06:01.6	22	1:38:45.0	10:54	1:38:45.0
23	Christine Book	95	49	F	11	9:08.7	36:32	10:12.5	19	1:03:52.7	15.9	1:05:16.5	23	1:41:09.7	11:58	1:41:09.7
24	Dan Murphy	79	34	M	38	15:36.9	62:24	17:45.0	25	1:06:51.3	17.4	1:08:03.5	24	1:41:28.4	11:08	1:41:28.4
25	Ruth Bookwalter	116	59	F	20	10:27.4	41:48	12:16.9	27	1:07:21.7	15.5	1:08:18.1	25	1:41:31.2	11:04	1:41:31.2
26	Lynette Bottroff	106	43	F	33	12:19.8	49:16	14:21.2	28	1:08:47.1	15.7	1:09:54.8	26	1:44:09.2	11:25	1:44:09.2
27	Lisa Church	61	46	F	6	8:35.3	34:20	10:59.7	33	1:12:59.5	13.7	1:14:15.1	27	1:44:50.3	10:12	1:44:50.3
28	Lynn Sandilands	120	38	F	3	8:10.5	32:40	10:21.4	26	1:07:07.7	15.0	1:08:11.0	28	1:45:41.4	12:30	1:45:41.4
29	Lisa Barker	98	41	F	19	10:14.2	40:56	12:01.6	24	1:05:58.1	15.8	1:07:12.4	29	1:45:48.9	12:52	1:45:48.9
30	Lisa Bingaman	60	42	F	10	9:04.7	36:16	14:01.0	32	1:12:54.2	14.5	1:15:10.7	30	1:46:11.4	10:20	1:46:11.4
31	Sara Savarud	83	30	F	26	11:05.2	44:20	13:28.7	30	1:09:22.7	15.2	1:09:55.9	32	1:46:12.7	12:05	1:46:12.7
32	Lyndsey Hammond	96	29	F	27	11:10.9	44:40	13:24.3	31	1:10:08.8	15.0	1:10:36.5	31	1:46:12.7	11:52	1:46:12.7
33	Clare Seibel	84	50	F	34	12:41.8	50:44	17:27.7	37	1:19:07.6	13.8	1:19:54.3	33	1:48:54.1	9:40	1:48:54.1
34	Diana Bourgeois	94	42	F	24	10:53.6	43:32	13:55.5	35	1:15:24.7	13.9	1:16:44.3	34	1:49:57.8	11:04	1:49:57.8
35	Healthier Erickson	65	39	F	35	12:54.7	51:36	15:18.2	29	1:09:22.0	15.8	1:09:49.7	35	1:51:04.9	13:45	1:51:04.9
36	Brandi Galusha	92	38	F	32	12:11.2	48:44	14:10.3	34	1:15:17.8	13.9	1:16:08.7	36	1:51:33.0	11:48	1:51:33.0
37	Nicole Stanley	88	35	F	36	14:48.8	59:12	17:52.8	38	1:27:12.2	12.3	1:27:43.7	37	2:01:24.4	11:13	2:01:24.4
38	Dana Sonnen	87	42	F	37	14:52.2	59:28	19:00.1	36	1:16:51.6	14.7	1:17:45.1	38	2:02:12.5	14:49	2:02:12.5
39	Mark Seibel	85	50	M	39	18:46.4	75:04	24:17.1	39	1:28:16.1	13.3	1:29:59.4	39	2:07:11.2	12:24	2:07:11.2
40	Heather Moldonado	112	34	F	40	19:01.1	76:04	23:16.1	40	1:30:55.1	12.6	1:31:35.1	40	2:17:06.7	15:10	2:17:06.7
41	Nick Smith	107	13	M	31	11:45.0	47:00	16:58.9	42	1:46:47.0	9.49	1:47:31.5	41	2:28:17.8	13:35	2:28:17.8
42	Dorothy Murphy	80	60	F	41	23:30.6	94:00	29:16.3	41	1:40:25.2	12.0	1:41:37.2	42	2:30:14.0	16:12	2:30:14.0

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Sprint Category Results

Saturday, July 24, 2010

Timing 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
Female 20 to 29													
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	11	Julia O'Connell	81	27	2	10:56.1	1:06.6	1	49:10.7	0:21.3	1	25:35.0	1:27:09.7
2	21	Camille Krakow	74	24	1	10:32.1	1:55.5	2	53:07.7	0:26.3	2	32:43.4	1:38:45.0
3	31	Lyndsey Hammond	96	29	3	11:10.9	2:13.4	3	56:44.5	0:27.7	3	35:36.2	1:46:12.7

Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
Female 30 to 39													
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	4	Stephanie Grohs	99	30	1	6:30.2	0:56.8	1	43:00.7	1:05.5	3	29:01.3	1:20:34.5
2	6	Jennifer McCormick	77	34	3	8:32.8	1:33.1	2	45:20.3	0:53.1	1	26:55.4	1:23:14.7
3	10	Marci Kent	117	36	4	9:24.5	1:40.4	3	46:32.8	1:04.3	2	28:11.2	1:26:53.2
4	16	Diane Hayes	68	33	6	10:30.1	1:54.0	5	51:32.8	1:13.6	5	30:25.1	1:35:35.6
5	18	Jenny Jirsa	71	34	8	11:16.4	1:13.4	4	51:31.6	1:08.4	6	31:58.1	1:37:07.9
6	19	Julianne Cook	64	39	5	9:29.1	2:35.7	6	53:44.6	1:33.4	4	30:22.0	1:37:44.8
7	27	Lynn Sandilands	120	38	2	8:10.5	2:10.9	9	56:46.3	1:03.3	10	37:30.4	1:45:41.4
8	30	Sara Savarud	83	30	7	11:05.2	2:23.5	8	55:54.0	0:33.2	9	36:16.8	1:46:12.7
9	34	Healthier Erickson	65	39	10	12:54.7	2:23.5	7	54:03.8	0:27.7	11	41:15.2	1:51:04.9
10	35	Brandi Galusha	92	38	9	12:11.2	1:59.1	10	1:01:07.5	0:50.9	8	35:24.3	1:51:33.0
11	36	Nicole Stanley	88	35	11	14:48.8	3:04.0	12	1:09:19.4	0:31.5	7	33:40.7	2:01:24.4
12	39	Heather Moldonado	112	34	12	19:01.1	4:15.0	11	1:07:39.0	0:40.0	12	45:31.6	2:17:06.7

Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
Female 40 to 49													
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	15	Teri Oenning	82	47	4	9:43.5	2:57.7	1	50:26.9	0:43.2	1	30:32.7	1:34:24.0
2	22	Christine Book	95	49	3	9:08.7	1:03.8	2	53:40.2	1:23.8	6	35:53.2	1:41:09.7
3	25	Lynette Bottruff	106	43	7	12:19.8	2:01.4	4	54:25.9	1:07.7	5	34:14.4	1:44:09.2
4	26	Lisa Church	61	46	1	8:35.3	2:24.4	8	1:01:59.8	1:15.6	2	30:35.2	1:44:50.3
5	28	Lisa Barker	98	41	5	10:14.2	1:47.4	3	53:56.5	1:14.3	7	38:36.5	1:45:48.9
6	29	Lisa Bingaman	60	42	2	9:04.7	4:56.3	6	58:53.2	2:16.5	3	31:00.7	1:46:11.4
7	33	Diana Bourgeois	94	42	6	10:53.6	3:01.9	7	1:01:29.2	1:19.6	4	33:13.5	1:49:57.8
8	37	Dana Sonnen	87	42	8	14:52.2	4:07.9	5	57:51.5	0:53.5	8	44:27.4	2:02:12.5

Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
Female 50 and over													
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
1	24	Ruth Bookwalter	116	59	1	10:27.4	1:49.5	1	55:04.8	0:56.4	2	33:13.1	1:41:31.2
2	32	Clare Seibel	84	50	2	12:41.8	4:45.9	2	1:01:39.9	0:46.7	1	28:59.8	1:48:54.1
3	41	Dorothy Murphy	80	60	3	23:30.6	5:45.7	3	1:11:08.9	1:12.0	3	48:36.8	2:30:14.0

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Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
Male 13 to 19													
1	40	Nick Smith	107	13	1	11:45.0	5:13.9	1	1:29:48.1	0:44.5	1	40:46.3	2:28:17.8

Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
Male 30 to 39													
1	2	Randy Hefley	69	31	1	8:42.1	1:34.9	1	39:34.2		1	22:50.9	1:12:42.1
2	7	Jesse Foster	113	31	2	9:15.9	1:58.2	2	47:45.7	0:55.6	2	24:27.1	1:24:22.5
3	13	Mark Juergens	73	31	3	11:19.9	1:41.2	3	48:37.9	0:48.7	3	26:44.7	1:29:12.4
4	23	Dan Murphy	79	34	4	15:36.9	2:08.1	4	49:06.3	1:12.2	4	33:24.9	1:41:28.4

Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
Male 40 to 49													
1	1	Pat Fitzpatrick	118	42	1	6:10.4	1:00.6	1	36:12.8		3	24:21.2	1:07:19.1
2	3	John Hanrahan	97	46	2	8:32.2	2:27.0	2	41:55.5	0:31.7	1	21:33.5	1:14:59.9
3	8	Jim Fuchs	67	45	4	9:54.7	2:18.9	3	46:06.8	1:00.2	4	25:39.1	1:24:59.7
4	12	Curtis Jordan	72	47	5	10:33.1	2:51.6	5	50:16.2	1:12.1	2	23:24.9	1:28:17.9
5	14	Aaron Cook	62	40	3	8:50.0	1:54.0	4	47:40.2	0:59.4	5	30:46.8	1:30:10.4

Overall			-- Swim --		T-1		-- Bike --		T-2		-- Run --		Total
Place	Place	Name	Bib No	Age	Rnk	Time	Time	Rnk	Time	Time	Rnk	Time	Time
Male 50 and over													
1	5	Robert Fuchs	66	50	1	8:42.6	3:08.5	1	42:32.9	0:29.1	2	27:57.3	1:22:50.4
2	9	Dennis Adair	115	53	3	11:18.9	1:29.5	2	46:30.6	1:00.0	1	26:04.4	1:26:23.4
3	17	David Olsen	105	52			11:43.0	4	50:49.6	1:36.1	3	32:18.9	1:36:27.6
4	20	Mike Schroeder	108	58	2	9:33.9	2:44.9	3	49:17.3	0:50.6	4	36:00.2	1:38:26.9
5	38	Mark Seibel	85	50	4	18:46.4	5:30.7	5	1:03:59.0	1:43.3	5	37:11.8	2:07:11.2

Relay													
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	1	McCormick and Glynn Sam McCormick, Kollen Glynn, Beth Glynn	100	36	1	9:16.7	0:27.3	1	47:01.9	0:24.7	1	27:52.1	1:25:02.7

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Youth Overall Results

Saturday, July 24, 2010

Timing by BuDu Racing, LLC

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gender</u>	<u>Total Time</u>
1	Jenna Muller	119	11	F	17:04.7
2	Aiden Fite	90	7	M	18:28.3
3	Conner Conklin	114	7	M	18:54.9
4	Ethan Fite	91	8	M	19:07.2
5	Stacy McMarlin-Hayes	78	8	M	19:22.7
6	Taryn Hensley	70	10	F	19:23.6
7	Madison Marko	103	9	F	19:26.8
8	Conner Webb	89	9	M	19:49.0
9	Dennis Tamburo	121	9	M	19:56.6
10	Anna Hartman	124	10	F	20:10.5
11	Sierra McCann-Morgan	122	9	F	20:43.0
12	Megan Marko	104	9	F	21:00.0
13	Kobe Gavagan	111	8	M	22:04.9
14	Levi Summersett	125	6	F	22:39.7
15	Miranda Moore	126	10	F	23:09.8
16	Elizabeth Cook	63	9	F	23:10.1
17	Madison Kimmet	110	8	F	25:46.7
18	Tobias Robinson	123	8	M	27:57.1
19	Benjamin Brady	102	4	M	28:21.6
20	Meagan Smith	86	9	F	28:22.8
21	Kolten Moore	127	6	M	29:55.2

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Youth Age Group Results

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Overall					Total
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Time</u>
Female 7 and under					
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Time</u>
1	14	Levi Summersett	125	6	22:39.7

Female 8 to 12					
Overall					Total
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Time</u>
1	1	Jenna Muller	119	11	17:04.7
2	6	Taryn Hensley	70	10	19:23.6
3	7	Madison Marko	103	9	19:26.8
4	10	Anna Hartman	124	10	20:10.5
5	11	Sierra McCann-Morgan	122	9	20:43.0
6	12	Megan Marko	104	9	21:00.0
7	15	Miranda Moore	126	10	23:09.8
8	16	Elizabeth Cook	63	9	23:10.1
9	17	Madison Kimmet	110	8	25:46.7
10	20	Meagan Smith	86	9	28:22.8

Male 7 and under					
Overall					Total
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Time</u>
1	2	Aiden Fite	90	7	18:28.3
2	3	Conner Conklin	114	7	18:54.9
3	19	Benjamin Brady	102	4	28:21.6
4	21	Kolten Moore	127	6	29:55.2

Male 8 to 12					
Overall					Total
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Time</u>
1	4	Ethan Fite	91	8	19:07.2
2	5	Stacy McMarin-Hayes	78	8	19:22.7
3	8	Conner Webb	89	9	19:49.0
4	9	Dennis Tamburo	121	9	19:56.6
5	13	Kobe Gavagan	111	8	22:04.9
6	18	Tobias Robinson	123	8	27:57.1