

348 The O'Team
Carp(e) Diem

5 1:55:07 Relay
4910 Relay

3 Mixed
Mixed

3

0:15:28 2:34 sec/100m 0:02:41 0:52:48 14.1 m/hr 0:01:45 0:42:24 13:38 min/m
1:38:15 16:22 sec/100m 743:00:21 0:57:24 13.0 m/hr

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim Pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
	221 JAMES BIRCH	2059	3:05:25	Ages 70 and over	1	Male	175	0:32:26	2:09 sec/100m	0:03:48	1:17:25	19.3 m/hr	0:02:56	1:08:48	11:04 min/m	
	331 KENNETH SIU	2269	4:12:24	Ages 70 and over	2	Male	236	0:41:04	2:44 sec/100m	0:08:37	1:31:15	16.3 m/hr	0:04:25	1:47:01	17:13 min/m	

Athens

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim Pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
	273 JENNIFER BRENNAN	2121	3:22:24	Athens	1	Female	71	0:44:41	2:58 sec/100m	0:03:42	1:25:57	17.3 m/hr	0:03:53	1:04:09	10:19 min/m	
	326 SARA CZARNECKI	2138	3:57:31	Athens	2	Female	90	0:51:09	3:24 sec/100m	0:03:25	1:43:45	14.4 m/hr	0:02:57	1:16:12	12:15 min/m	

Clydesdale

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim Pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
	150 ANDY VAN DIS	2287	2:49:20	Clydesdale	1	Male	128	0:26:54	1:47 sec/100m	0:02:34	1:20:17	18.6 m/hr	0:02:26	0:57:07	9:11 min/m	
	229 BRIAN TOLSMA	2283	3:07:14	Clydesdale	2	Male	180	0:33:51	2:15 sec/100m	0:03:34	1:23:44	17.8 m/hr	0:02:52	1:03:11	10:10 min/m	
	234 ERIC GARNHAM	2044	3:08:02	Clydesdale	3	Male	182	0:32:17	2:09 sec/100m	0:02:38	1:22:00	18.2 m/hr	0:03:00	1:08:06	10:57 min/m	
	281 TAYLOR BONOVIETZ	2114	3:24:29	Clydesdale	4	Male	207	0:32:47	2:11 sec/100m	0:03:38	1:28:24	16.9 m/hr	0:02:20	1:17:19	12:26 min/m	
	283 SCOTT DANIELS	2295	3:25:41	Clydesdale	5	Male	208	0:39:51	2:39 sec/100m	0:05:04	1:17:39	19.2 m/hr	0:04:43	1:18:22	12:36 min/m	
	301 JOHN TEEPLES	2282	3:35:17	Clydesdale	6	Male	220	0:39:10	2:36 sec/100m	0:04:07	1:32:18	16.2 m/hr	0:03:25	1:16:15	12:16 min/m	
	304 MERRITT TAYLOR	2281	3:36:04	Clydesdale	7	Male	223	0:42:28	2:49 sec/100m	0:06:24	1:30:53	16.4 m/hr	0:02:51	1:13:26	11:49 min/m	
	329 RON WILSON	2302	4:01:41	Clydesdale	8	Male	235	0:35:11	2:20 sec/100m	0:04:16	1:51:25	13.4 m/hr	0:03:17	1:27:30	14:05 min/m	

Male no age

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim Pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
	252 DAVID SANTOSKI	2260	3:12:29	No Age	1	Male	192	0:36:43	2:26 sec/100m	0:04:51	1:32:09	16.2 m/hr	0:02:24	0:56:20	9:04 min/m	

Relay

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim Pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
	66 BRADY HICKS	2315	2:33:36	Relay	1	Male	61	0:25:19	1:41 sec/100m	0:02:01	1:16:34	19.5 m/hr	0:01:25	0:48:16	7:46 min/m	
	161 Team Zank	2394	2:51:49	Relay	2	Male	134	0:27:09	1:48 sec/100m	0:02:13	1:33:27	16.0 m/hr	0:01:17	0:47:41	7:40 min/m	
	179 Team Sac	2316	2:56:57	Relay	3	Male	148	0:32:04	2:08 sec/100m	0:02:28	1:25:29	17.4 m/hr	0:02:11	0:54:44	8:48 min/m	
	Battle Creek	2314		Relay		Male		0:28:44	1:54 sec/100m							
	91 Real Women Tri Team 3	2003	2:38:19	Relay	1	Female	10	0:25:30	1:42 sec/100m	0:01:38	1:15:47	19.7 m/hr	0:01:26	0:53:57	8:41 min/m	
	126 Team Scrubs	2317	2:44:58	Relay	2	Female	17	0:28:56	1:55 sec/100m	0:01:58	1:22:27	18.1 m/hr	0:01:20	0:50:15	8:05 min/m	
	220 Real Women Tri	2001	3:05:19	Relay	3	Female	44	0:29:16	1:57 sec/100m	0:01:44	1:34:41	15.7 m/hr	0:01:37	0:58:01	9:20 min/m	
	151 Beavercreek Oh Tg3	2005	2:49:34	Relay	1	Mixed	1	0:24:51	1:39 sec/100m	0:03:10	1:20:44	18.5 m/hr	0:01:58	0:58:50	9:28 min/m	
	185 Recreational Hazards	2002	2:57:51	Relay	2	Mixed	2	0:32:51	2:11 sec/100m	0:01:58	1:28:42	16.8 m/hr	0:01:39	0:52:39	8:28 min/m	
	267 B3 Squared	2007	3:20:37	Relay	3	Mixed	3	0:40:30	2:42 sec/100m	0:02:12	1:20:48	18.5 m/hr	0:01:45	1:15:20	12:07 min/m	

Grand Rapids Triathlon
June 9, 2013

Half Distance Results

Male Top 3

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
1	NICHOLAS STANKO	4385	4:07:09	Age Top 3	1	Male	1	0:30:57	1:36 m/sec	0:01:40	2:18:51	24.2 m/hr	0:01:41	1:13:58	5:38 min/m	
2	CHRIS BALESTRINI	4365	4:15:55	Age Top 3	2	Male	2	0:32:40	1:41 m/sec	0:02:07	2:20:25	23.9 m/hr	0:01:21	1:19:20	6:03 min/m	
3	BEN MCMURRAY	4381	4:16:21	Age Top 3	3	Male	3	0:32:23	1:40 m/sec	0:01:48	2:20:59	23.8 m/hr	0:01:31	1:19:38	6:04 min/m	

Female Top 3

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
33	BRITTA ENGLISH	4170	4:59:59	Age Top 3	1	Female	1	0:29:11	1:30 m/sec	0:02:10	2:46:13	20.2 m/hr	0:01:41	1:40:43	7:41 min/m	
51	AMY BOWDEN	4125	5:08:48	Age Top 3	2	Female	2	0:38:04	1:58 m/sec	0:02:03	2:45:15	20.3 m/hr	0:01:59	1:41:26	7:44 min/m	
60	ANNE CLANCY	4143	5:11:28	Age Top 3	3	Female	3	0:30:00	1:33 m/sec	0:03:08	2:49:25	19.8 m/hr	0:02:03	1:46:50	8:09 min/m	

Female 19 and under

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
214	ELIZABETH CALLISON	4098	6:12:12	Ages 19 and under	1	Female	39	0:32:21	1:40 m/sec	0:03:14	3:09:00	17.8 m/hr	0:04:56	2:22:39	10:53 min/m	

Male 20-24

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
5	WILLIAM VANN	4389	4:20:35	Ages 20 - 24	1	Male	5	0:26:25	1:22 m/sec	0:01:28	2:17:50	24.4 m/hr	0:01:28	1:33:22	7:07 min/m	
53	HENDRIK VAN HOLSBEECK	4388	5:09:54	Ages 20 - 24	2	Male	50	0:38:14	1:58 m/sec	0:02:50	2:40:21	21.0 m/hr	0:03:19	1:45:08	8:01 min/m	
81	ZACK WEBER	4323	5:19:35	Ages 20 - 24	3	Male	74	0:33:49	1:45 m/sec	0:02:52	2:41:42	20.8 m/hr	0:01:46	1:59:25	9:06 min/m	
184	ERIC MUSSER	4251	6:02:25	Ages 20 - 24	4	Male	156	0:39:27	2:02 m/sec	0:04:34	3:08:31	17.8 m/hr	0:02:43	2:07:08	9:42 min/m	
219	JOSHUA MCCARTHY	4243	6:13:39	Ages 20 - 24	5	Male	174	0:42:00	2:10 m/sec	0:03:37	3:12:28	17.5 m/hr	0:02:14	2:13:19	10:10 min/m	
316	JEREMY AMANTE JOSH SEIFARTH	4107 4296	7:36:26	Ages 20 - 24	6	Male	233	0:34:24	1:46 m/sec	0:03:41	3:49:41	14.6 m/hr	0:04:14	3:04:24	14:04 min/m	
				Ages 20 - 24		Male		0:26:13	1:21 m/sec	0:01:44	2:35:12	21.6 m/hr	0:01:43			

Female 20-24

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
270	ASHLEY BLASZCZAK	4123	6:42:53	Ages 20 - 24	1	Female	61	0:41:30	2:09 m/sec	0:05:56	3:28:42	16.1 m/hr	0:05:36	2:21:07	10:46 min/m	
324	KRISTIN KOL JULIE DEPOWSKI	4397 4152	7:56:56	Ages 20 - 24	2	Female	85	0:50:14	2:36 m/sec	0:05:38	3:39:19	15.3 m/hr	0:04:31	3:17:11	15:03 min/m	
				Ages 20 - 24		Female		0:51:44	2:40 m/sec	0:04:35						

Male 25-29

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
6	ANTHONY KLINGLER	4353	4:24:30	Ages 25 - 29	1	Male	6	0:33:31	1:44 m/sec	0:02:16	2:21:46	23.7 m/hr	0:01:48	1:25:07	6:29 min/m	
9	DAVE SMITH	4103	4:27:49	Ages 25 - 29	2	Male	9	0:30:22	1:34 m/sec	0:01:49	2:27:02	22.9 m/hr	0:02:03	1:26:31	6:36 min/m	
20	DAN VANDENAKKER	4040	4:49:59	Ages 25 - 29	3	Male	19	0:36:22	1:53 m/sec	0:02:07	2:37:21	21.4 m/hr	0:02:07	1:32:01	7:01 min/m	
22	MATTHEW DENBESTEN	4371	4:52:51	Ages 25 - 29	4	Male	21	0:32:31	1:41 m/sec	0:02:29	2:36:41	21.4 m/hr	0:01:19	1:39:49	7:37 min/m	
64	KEVIN CROSS	4347	5:12:28	Ages 25 - 29	5	Male	60	0:42:44	2:12 m/sec	0:02:51	2:42:21	20.7 m/hr	0:02:37	1:41:52	7:46 min/m	
78	AURÁ@LIEN AGNELLET	4104	5:18:18	Ages 25 - 29	6	Male	72	0:33:02	1:42 m/sec	0:03:57	2:51:59	19.5 m/hr	0:03:14	1:42:05	7:47 min/m	+00:04:00
104	JOSEPH VANLAAN	4321	5:28:03	Ages 25 - 29	7	Male	92	0:35:48	1:51 m/sec	0:02:55	2:49:16	19.8 m/hr	0:02:07	1:57:54	9:00 min/m	
118	JEFF EHMAN	4164	5:32:24	Ages 25 - 29	8	Male	105	0:40:37	2:06 m/sec	0:04:52	2:48:44	19.9 m/hr	0:04:40	1:53:29	8:39 min/m	
119	MATTHEW KNOWLTON	4227	5:32:24	Ages 25 - 29	9	Male	106	0:40:14	2:05 m/sec	0:03:31	2:50:25	19.7 m/hr	0:04:43	1:53:29	8:39 min/m	
156	JOSEPH DODSON	4157	5:49:50	Ages 25 - 29	10	Male	136	0:32:55	1:42 m/sec	0:03:36	2:57:21	18.9 m/hr	0:03:21	2:12:34	10:07 min/m	
171	JOSHUA FOX	4014	5:56:14	Ages 25 - 29	11	Male	146	0:28:06	1:27 m/sec	0:02:45	2:59:40	18.7 m/hr	0:02:33	2:23:08	10:55 min/m	
179	JEREMY WALDHART	4013	6:00:01	Ages 25 - 29	12	Male	152	0:28:10	1:27 m/sec	0:03:11	3:06:50	18.0 m/hr	0:03:07	2:18:41	10:35 min/m	
189	PHIL DODSON	4158	6:04:42	Ages 25 - 29	13	Male	158	0:43:55	2:16 m/sec	0:04:10	2:56:35	19.0 m/hr	0:01:53	2:14:08	10:14 min/m	+00:04:00
193	RABIH JAMAL	4214	6:05:48	Ages 25 - 29	14	Male	160	0:46:49	2:25 m/sec	0:03:07	3:03:56	18.3 m/hr	0:01:35	2:10:19	9:56 min/m	

Female 25-29

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
99	KEHLY WERKEMA	4396	5:26:32	Ages 25 - 29	1	Female	9	0:35:03	1:49 m/sec	0:03:48	2:59:33	18.7 m/hr	0:02:42	1:45:24	8:02 min/m	
154	ERIN KRING	4229	5:49:08	Ages 25 - 29	2	Female	19	0:33:56	1:45 m/sec	0:02:32	2:53:32	19.4 m/hr	0:01:59	2:17:07	10:28 min/m	
164	DEBRA KLEBACHA	4100	5:53:55	Ages 25 - 29	3	Female	22	0:43:52	2:16 m/sec	0:02:45	3:09:20	17.7 m/hr	0:04:17	1:53:40	8:40 min/m	
185	ASHLEY SANDBORN	4289	6:03:01	Ages 25 - 29	4	Female	28	0:37:25	1:56 m/sec	0:03:09	3:01:15	18.5 m/hr	0:03:55	2:17:16	10:28 min/m	
204	KATIE VANDENAKKER	4067	6:08:02	Ages 25 - 29	5	Female	36	0:41:03	2:07 m/sec	0:02:20	3:00:04	18.7 m/hr	0:02:17	2:22:17	10:51 min/m	
254	MEGAN PATTERSON	4364	6:34:31	Ages 25 - 29	6	Female	53	0:38:53	2:00 m/sec	0:03:11	3:23:52	16.5 m/hr	0:02:25	2:26:09	11:09 min/m	
257	HILLARY PIRKOLA	4274	6:36:33	Ages 25 - 29	7	Female	55	0:39:37	2:03 m/sec	0:03:31	3:24:39	16.4 m/hr	0:02:46	2:25:58	11:08 min/m	
262	KATIE WHITE	4329	6:39:17	Ages 25 - 29	8	Female	58	0:34:46	1:48 m/sec	0:03:17	3:31:07	15.9 m/hr	0:02:47	2:27:19	11:14 min/m	
263	TAYLOR MIGLIO	4248	6:39:35	Ages 25 - 29	9	Female	59	0:48:14	2:29 m/sec	0:04:33	3:37:54	15.4 m/hr	0:02:32	2:06:20	9:38 min/m	
287	NICOLETTE KARLOSKI BRIDGET EHMAN	4222 4165	6:55:48	Ages 25 - 29	10	Female	69	0:37:55	1:57 m/sec	0:03:37	3:36:49	15.5 m/hr	0:02:14	2:35:11	11:50 min/m	
				Ages 25 - 29		Female		0:39:59	2:04 m/sec	0:09:00						

Male 30-34

JIM LINCK 4392 4:18:59 Ages 45 - 49 Male 0:43:23 2:14 m/sec 0:03:20 2:27:35 22.8 m/hr 0:04:53 0:59:47 4:33 min/m

Female 45-49

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
117	NANCY AGRILLO	4055	5:32:18	Ages 45 - 49	1	Female	12	0:45:55	2:22 m/sec	0:02:47	3:00:27	18.6 m/hr	0:01:56	1:41:11	7:43 min/m	
121	KAREN PERZYK	4272	5:32:41	Ages 45 - 49	2	Female	14	0:34:56	1:48 m/sec	0:04:14	3:03:27	18.3 m/hr	0:02:29	1:47:33	8:12 min/m	
126	JULIE HOSSACK	4075	5:36:22	Ages 45 - 49	3	Female	15	0:42:09	2:11 m/sec	0:02:39	2:50:08	19.7 m/hr	0:02:44	1:58:40	9:03 min/m	
147	STEPHANIE LINDEN	4399	5:46:11	Ages 45 - 49	4	Female	17	0:51:40	2:40 m/sec	0:09:45	4:02:42	13.8 m/hr				
180	JULIE ROSENFELD	4384	6:00:47	Ages 45 - 49	5	Female	27	0:44:17	2:17 m/sec	0:05:11	3:06:09	18.0 m/hr	0:03:34	2:01:34	9:16 min/m	
232	JENNIFER HILDRETH	4032	6:19:32	Ages 45 - 49	6	Female	44	0:34:27	1:47 m/sec	0:05:11	3:02:00	18.5 m/hr	0:06:12	2:31:40	11:34 min/m	
246	CASSANDRA LEMS	4233	6:27:31	Ages 45 - 49	7	Female	49	0:41:16	2:08 m/sec	0:02:59	3:15:21	17.2 m/hr	0:03:25	2:24:28	11:01 min/m	
274	AMY KORNOELJE	4228	6:46:08	Ages 45 - 49	8	Female	62	0:52:15	2:42 m/sec	0:04:23	3:35:04	15.6 m/hr	0:03:15	2:11:09	10:00 min/m	
282	LISA RECHKEMMER	4281	6:50:42	Ages 45 - 49	9	Female	66	0:49:59	2:35 m/sec	0:03:36	3:27:39	16.2 m/hr	0:03:10	2:26:16	11:09 min/m	
297	REME SO	4096	7:08:32	Ages 45 - 49	10	Female	73	0:47:35	2:27 m/sec	0:05:52	3:42:43	15.1 m/hr	0:03:35	2:28:45	11:21 min/m	
318	LINDA CALLISON	4139	7:36:47	Ages 45 - 49	11	Female	82	0:55:45	2:53 m/sec	0:06:40	3:29:26	16.0 m/hr	0:07:48	2:57:06	13:31 min/m	
323	MARY JONES	4219	7:55:25	Ages 45 - 49	12	Female	84	0:58:06	3:00 m/sec	0:08:05	4:05:50	13.7 m/hr				

Male 50-54

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
26	MARK DESATTERLEE	4153	4:56:32	Ages 50 - 54	1	Male	25	0:32:11	1:40 m/sec	0:02:52	2:37:48	21.3 m/hr	0:02:22	1:41:17	7:43 min/m	
41	GLEN KELLAM	4363	5:06:18	Ages 50 - 54	2	Male	39	0:32:01	1:39 m/sec	0:02:15	2:35:07	21.7 m/hr	0:02:35	1:54:17	8:43 min/m	
101	YONGMIN SHENG	4398	5:27:42	Ages 50 - 54	3	Male	91	0:44:48	2:19 m/sec	0:04:22	2:41:08	20.9 m/hr	0:02:57	1:54:25	8:44 min/m	
107	DONALD ZIMMER	4036	5:29:37	Ages 50 - 54	4	Male	95	0:42:27	2:11 m/sec	0:02:34	2:53:19	19.4 m/hr	0:02:00	1:49:16	8:20 min/m	
110	JACK CARPENTER	4142	5:30:33	Ages 50 - 54	5	Male	98	0:37:23	1:56 m/sec	0:03:12	2:42:43	20.6 m/hr	0:02:27	2:04:46	9:31 min/m	
123	DAN SKINNER	4017	5:34:18	Ages 50 - 54	6	Male	108	0:34:53	1:48 m/sec	0:03:18	2:43:22	20.6 m/hr	0:03:09	2:09:34	9:53 min/m	
138	PAUL HEINTZ	4049	5:42:50	Ages 50 - 54	7	Male	122	0:46:57	2:26 m/sec	0:05:28	2:58:13	18.9 m/hr	0:03:12	1:48:59	8:19 min/m	
141	BREESE STAM	4308	5:44:14	Ages 50 - 54	8	Male	125	0:36:58	1:54 m/sec	0:02:52	2:59:04	18.8 m/hr	0:02:33	2:02:47	9:22 min/m	
144	JEFF TOWNER	4318	5:45:51	Ages 50 - 54	9	Male	128	0:39:54	2:04 m/sec	0:02:20	2:51:00	19.6 m/hr	0:02:08	2:10:27	9:57 min/m	
149	ACE BAILEY	4113	5:46:27	Ages 50 - 54	10	Male	131	0:42:32	2:12 m/sec	0:04:32	2:55:01	19.2 m/hr	0:01:42	2:02:37	9:21 min/m	
181	PAUL WHITFIELD	4330	6:00:59	Ages 50 - 54	11	Male	153	0:50:44	2:37 m/sec	0:03:06	3:04:50	18.2 m/hr	0:02:25	1:59:52	9:09 min/m	
183	DAVID DRAAISMA	4160	6:01:28	Ages 50 - 54	12	Male	155	0:32:28	1:40 m/sec	0:04:35	2:51:58	19.5 m/hr	0:03:33	2:24:53	11:03 min/m	+00:04:00
195	JIM BODINE	4092	6:06:22	Ages 50 - 54	13	Male	162	0:44:57	2:19 m/sec	0:05:30	3:04:59	18.2 m/hr	0:04:55	2:06:00	9:37 min/m	
224	DALE BROWN	4131	6:14:35	Ages 50 - 54	14	Male	178	0:40:29	2:05 m/sec	0:03:39	3:06:17	18.0 m/hr	0:03:12	2:20:56	10:45 min/m	
228	CRAIG VANESS	4345	6:17:42	Ages 50 - 54	15	Male	182	0:40:55	2:07 m/sec	0:03:38	2:58:24	18.8 m/hr	0:04:32	2:30:11	11:27 min/m	
229	PAUL MOZAK	4382	6:17:42	Ages 50 - 54	16	Male	183	0:43:38	2:15 m/sec	0:05:30	3:06:57	18.0 m/hr	0:05:12	2:16:24	10:24 min/m	
233	MICHAL MEISSNER	4028	6:20:25	Ages 50 - 54	17	Male	186	0:53:27	2:46 m/sec	0:03:19	2:57:21	18.9 m/hr	0:03:47	2:22:30	10:52 min/m	
237	KEITH HALLET	4053	6:23:07	Ages 50 - 54	18	Male	189	0:46:29	2:24 m/sec	0:03:21	3:06:41	18.0 m/hr	0:05:58	2:20:37	10:44 min/m	
240	LEN DYER	4161	6:25:27	Ages 50 - 54	19	Male	191	0:49:05	2:32 m/sec	0:06:10	3:09:33	17.7 m/hr	0:03:02	2:17:36	10:30 min/m	
272	BILLY BLAIR	4122	6:43:20	Ages 50 - 54	20	Male	208	0:33:49	1:45 m/sec	0:05:36	3:14:52	17.2 m/hr	0:04:00	2:45:01	12:35 min/m	
273	WILLIAM BURGESS	4134	6:44:34	Ages 50 - 54	21	Male	209	0:47:39	2:28 m/sec	0:04:21	3:04:28	18.2 m/hr	0:04:34	2:43:29	12:28 min/m	
285	THOMAS MELGAR	4355	6:51:50	Ages 50 - 54	22	Male	215	0:41:08	2:07 m/sec	0:06:11	3:19:10	16.9 m/hr	0:05:06	2:40:13	12:13 min/m	
311	STEVE OKONSKI	4259	7:24:14	Ages 50 - 54	23	Male	230	0:37:30	1:56 m/sec	0:04:26	3:23:27	16.5 m/hr	0:04:24	3:14:26	14:50 min/m	
319	JOHN EMKE	4168	7:38:47	Ages 50 - 54	24	Male	234	0:41:11	2:08 m/sec	0:05:05	3:50:44	14.6 m/hr	0:05:59	2:55:47	13:25 min/m	

Female 50-54

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
92	JOAN CAMERON	4050	5:23:17	Ages 50 - 54	1	Female	8	0:36:47	1:54 m/sec	0:03:18	2:59:08	18.8 m/hr	0:02:07	1:41:55	7:46 min/m	
211	KELLY RICHARDSON	4283	6:10:55	Ages 50 - 54	2	Female	37	0:42:26	2:11 m/sec	0:03:22	3:10:37	17.6 m/hr	0:02:59	2:11:29	10:02 min/m	
283	LYNNE HART	4192	6:51:08	Ages 50 - 54	3	Female	67	0:49:24	2:33 m/sec	0:05:10	3:29:43	16.0 m/hr	0:03:31	2:23:18	10:56 min/m	
292	MARIANNE MAXIM	4037	6:59:56	Ages 50 - 54	4	Female	71	0:34:59	1:48 m/sec	0:04:12	3:22:49	16.6 m/hr	0:04:07	2:53:46	11:53 min/m	
296	KATHLEEN THOMPSON-CASADO	4359	7:06:53	Ages 50 - 54	5	Female	72	0:52:23	2:42 m/sec	0:04:14	3:36:48	15.5 m/hr	0:05:18	2:28:09	11:18 min/m	
299	TERRI SOBOLEWSKI	4303	7:09:36	Ages 50 - 54	6	Female	75	0:46:34	2:24 m/sec	0:08:16	3:30:09	16.0 m/hr	0:06:13	2:38:22	12:05 min/m	
308	SHELLEY IRWIN	4029	7:20:11	Ages 50 - 54	7	Female	77	0:57:06	2:57 m/sec	0:03:19	3:37:26	15.5 m/hr	0:03:06	2:43:12	12:09 min/m	
320	SARAH SPANGLER	4305	7:41:39	Ages 50 - 54	8	Female	83	0:49:55	2:35 m/sec	0:07:22	3:43:47	15.0 m/hr	0:07:28	2:53:06	13:12 min/m	

Male 55-59

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
21	WILLIAM PRESSPRICH	4277	4:50:15	Ages 55 - 59	1	Male	20	0:32:05	1:39 m/sec	0:02:41	2:27:44	22.7 m/hr	0:02:45	1:44:59	8:00 min/m	
42	MICHAEL WENDORF	4325	5:06:24	Ages 55 - 59	2	Male	40	0:40:05	2:04 m/sec	0:03:17	2:43:10	20.6 m/hr	0:01:53	1:37:57	7:28 min/m	
162	KEITH RICHARDSON	4284	5:52:04	Ages 55 - 59	3	Male	140	0:40:07	2:04 m/sec	0:03:52	2:57:28	18.9 m/hr	0:03:08	2:07:27	9:43 min/m	
265	TERRY GATES	4177	6:41:33	Ages 55 - 59	4	Male	203	0:41:51	2:10 m/sec	0:05:22	3:17:07	17.0 m/hr	0:05:43	2:31:28	11:33 min/m	
293	GENE MCCLAIN	4244	7:02:04	Ages 55 - 59	5	Male	219	0:52:56	2:44 m/sec	0:06:05	3:19:59	16.8 m/hr	0:05:10	2:37:52	12:03 min/m	
304	ROBERT BRACE	4048	7:17:04	Ages 55 - 59	6	Male	226	0:48:03	2:29 m/sec	0:02:43	3:10:48	17.6 m/hr	0:04:38	3:10:49	14:33 min/m	

Female 55-59

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
153	KATHLEEN SPILLANE	4307	5:48:23	Ages 55 - 59	1	Female	18	0:44:09	2:17 m/sec	0:02:25	2:57:10	19.0 m/hr	0:02:49	2:01:48	9:17 min/m	
173	DEBRA SEMEYN	4297	5:56:54	Ages 55 - 59	2	Female	25	0:43:32	2:15 m/sec	0:03:11	2:48:29	19.9 m/hr	0:02:54	2:18:46	10:35 min/m	
190	JILL SCHAPIRO	4059	6:05:16	Ages 55 - 59	3	Female	31	0:52:03	2:41 m/sec	0:03:34	3:04:29	18.2 m/hr	0:04:49	2:00:19	9:11 min/m	
212	TERESE PLUMB	4073	6:11:35	Ages 55 - 59	4	Female	38	0:37:56	1:57 m/sec	0:05:19	3:07:55	17.9 m/hr	0:03:55	2:16:28	10:25 min/m	
234	GAIL RANVILLE	4062	6:21:15	Ages 55 - 59	5	Female	45	0:43:57	2:16 m/sec	0:03:32	3:09:21	17.7 m/hr	0:03:00	2:21:23	10:47 min/m	
242	AMY BADE	4111	6:25:55	Ages 55 - 59	6	Female	47	0:38:08	1:58 m/sec	0:06:15	3:10:57	17.6 m/hr	0:03:45	2:26:49	11:12 min/m	
307	DONNA ROSSI	4288	7:19:48	Ages 55 - 59	7	Female	76	0:46:30	2:24 m/sec	0:08:55	3:28:41	16.1 m/hr	0:04:14	2:51:26	13:05 min/m	
310	MARIE BARTOLETTI	4118	7:23:21	Ages 55 - 59	8	Female	78	1:03:16	3:16 m/sec	0:12:42	3:42:52	15.1 m/hr	0:03:25	2:21:04	10:46 min/m	

Male 60-64

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
209	MICHAEL LINDLEY	4030	6:10:35	Ages 60 - 64	1	Male	170	0:38:37	2:00 m/sec	0:03:45	3:07:34	17.9 m/hr	0:02:41	2:17:57	10:31 min/m	
231	DON RANSOME	4093	6:19:21	Ages 60 - 64	2	Male	185	0:40:14	2:05 m/sec	0:05:18	3:17:45	17.0 m/hr	0:02:28	2:13:34	10:11 min/m	
264	TOM HENSON	4198	6:39:45	Ages 60 - 64	3	Male	202	0:50:15	2:36 m/sec	0:06:31	3:29:47	16.0 m/hr	0:04:21	2:08:48	9:49 min/m	
281	JOHN SERINI	4298	6:50:35	Ages 60 - 64	4	Male	213	0:47:25	2:27 m/sec	0:08:07	3:29:34	16.0 m/hr	0:06:44	2:18:42	10:35 min/m	
328	DICRON MAHAKIAN	4026	8:14:37	Ages 60 - 64	5	Male	238	0:54:03	2:48 m/sec	0:09:39	3:44:57	14.9 m/hr	0:10:13	3:15:43	14:56 min/m	

Clydesdale

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
45	Chris Jensen	4099	5:07:59	Clydesdale	1	Male	43	0:33:57	1:45 m/sec	0:03:11	2:42:56	20.6 m/hr	0:01:52	1:46:01	8:05 min/m	
86	ROB GRAINGER	4082	5:22:16	Clydesdale	2	Male	78	0:31:44	1:38 m/sec	0:02:25	2:41:09	20.8 m/hr	0:02:16	2:00:41	9:12 min/m	+00:04:00
151	KEVIN CLEARY	4083	5:47:58	Clydesdale	3	Male	133	0:31:40	1:38 m/sec	0:02:48	2:50:31	19.7 m/hr	0:03:46	2:19:11	10:37 min/m	
186	JOHN TATMAN	4315	6:03:22	Clydesdale	4	Male	157	0:52:45	2:44 m/sec	0:03:17	2:58:55	18.8 m/hr	0:05:07	2:03:16	9:24 min/m	
216	KEN MOORE	4051	6:12:23	Clydesdale	5	Male	173	0:40:50	2:06 m/sec	0:04:25	3:02:01	18.5 m/hr	0:04:45	2:20:20	10:42 min/m	
267	DAVE REED	4034	6:41:44	Clydesdale	6	Male	204	0:38:39	2:00 m/sec	0:05:59	3:11:44	17.5 m/hr	0:08:58	2:36:22	11:56 min/m	
305	SCOTT KELLOGG	4224	7:17:54	Clydesdale	7	Male	227	1:02:52	3:15 m/sec	0:05:29	3:13:57	17.3 m/hr	0:04:03	2:51:32	13:05 min/m	

Athena

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
245	MARIANNE LEDUC-BAKER	4232	6:27:16	Athena	1	Female	48	0:48:51	2:31 m/sec	0:04:50	3:06:52	18.0 m/hr	0:03:38	2:23:03	10:55 min/m	
256	CASSIDY MUNGER	4338	6:35:11	Athena	2	Female	54	0:41:20	2:08 m/sec	0:03:09	3:10:22	17.6 m/hr	0:03:03	2:37:15	12:00 min/m	
326	LISA KELLOGG	4225	8:02:23	Athena	3	Female	87	0:46:42	2:25 m/sec	0:05:16	3:43:09	15.1 m/hr	0:04:58	3:22:16	15:26 min/m	
329	AMY JENTZ	4216	8:17:07	Athena	4	Female	88	0:50:42	2:37 m/sec	0:04:09	3:53:49	14.4 m/hr	0:03:59	3:24:27	15:36 min/m	

Relay

Pos	Name	Race No	Time	Category	Categ Pos	Gender	Gender Pos	Swim	Swim pace	T1	Cycle	Cycle Pace	T2	Run	Run Pace	Penalty Time
14	Extol Rapid Conductor	4005	4:39:17	Relay	1	Male	13	0:29:04	1:30 m/sec	0:01:56	2:31:47	22.1 m/hr	0:01:16	1:35:13	7:16 min/m	
28	2 To 5	4395	4:56:40	Relay	2	Male	27	0:43:03	2:13 m/sec	0:01:29	2:52:45	19.4 m/hr	0:01:02	1:14:20	5:40 min/m	+00:04:00
87	Just Trying Guys	4004	5:22:37	Relay	3	Male	79	0:32:42	1:41 m/sec	0:02:00	3:04:11	18.2 m/hr	0:01:24	1:42:18	7:48 min/m	
137	Gizzard Shad	4008	5:42:45	Relay	4	Male	121	0:35:35	1:50 m/sec	0:01:45	2:41:42	20.8 m/hr	0:01:32	2:22:09	10:51 min/m	
167	Extol Vortex	4007	5:55:14	Relay	5	Male	143	0:48:57	2:32 m/sec	0:01:49	3:08:53	17.8 m/hr	0:01:46	1:53:47	8:41 min/m	
253	Extol Infrastake	4006	6:33:36	Relay	6	Male	198	0:35:43	1:51 m/sec	0:01:54	3:25:31	16.3 m/hr	0:01:47	2:28:38	11:20 min/m	
13	Three Under 5 (hours)	4337	4:37:22	Relay	1	Mixed	1	0:32:06	1:39 m/sec	0:01:41	2:30:48	22.3 m/hr	0:01:11	1:31:34	6:59 min/m	
201	Ford Mx	4003	6:07:35	Relay	2	Mixed	2	0:43:24	2:14 m/sec	0:06:17	3:02:13	18.4 m/hr	0:06:36	2:09:04	9:51 min/m	
205	Team Heyboer	4001	6:08:10	Relay	3	Mixed	3	0:37:18	1:55 m/sec	0:01:40	3:33:35	15.7 m/hr	0:01:53	1:53:42	8:40 min/m	