

10 Heart & Sole Triathlon

Age Group Results

April 17, 2010

Results By Headfirst Performance Services

Default Division

Overall Female Open Winners

Overall			Swim				T1			Bike			T2			Run			Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	10	Beth Atnip	31	1	5:15.5	22:50	0:28.6	1	42:44.8	21.1	0:48.2	1	20:48.7	6:43	1:10:05.8				

Overall Male Open Winners

Overall			Swim				T1			Bike			T2			Run			Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	1	Tony White	25	1	4:31.3	19:38	0:23.5	1	36:45.7	24.5	0:25.4	1	17:51.8	5:45	59:57.7				

Female 15 to 19

Overall			Swim				T1			Bike			T2			Run			Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	96	Kirsten Nitz	17	1	4:40.0	20:17	1:59.1	1	57:03.0	15.8	0:33.4	1	24:12.7	7:48	1:28:28.2				

Male 15 to 19

Overall			Swim				T1			Bike			T2			Run			Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	7	Stephen Humbert	18	2	6:12.6	26:57	0:50.0	1	40:23.5	22.3	0:36.0	1	19:48.2	6:23	1:07:50.3				
2	23	Craig Calvert	17	1	5:13.6	22:41	1:23.2	2	46:11.9	19.5	0:27.1	2	20:39.6	6:40	1:13:55.4				
3	132	Camden Baney	18	4	10:10.1	44:12	1:18.1	3	54:02.2	16.7	1:41.0	3	30:41.4	9:54	1:37:52.8				
4	156	Nathan Welleford	18	3	6:48.7	29:34	2:16.3	4	54:13.8	16.6	2:47.6	4	39:33.8	12:45	1:45:40.2				

Female 20 to 24

Overall			Swim				T1			Bike			T2			Run			Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	17	Allison Stewart	24	3	5:43.8	24:51	0:58.4	2	43:19.4	20.8	0:40.1	1	22:00.5	7:06	1:12:42.2				
2	25	Julie Gliesing	24	5	6:08.1	26:40	1:00.2	1	42:46.4	21.0	0:43.4	2	24:30.9	7:54	1:15:09.0				
3	52	Kathryn Hall	24	4	6:07.8	26:36	0:55.3	3	48:18.8	18.6	1:00.2	3	25:23.6	8:11	1:21:45.7				
4	67	Candice Raab	22	2	5:32.4	24:03	0:45.4	4	49:35.2	18.2	0:43.8	4	26:49.2	8:39	1:23:26.0				
5	139	Katelyn Robbins	20	1	5:26.4	23:37	1:30.5	5	1:03:17.5	14.2	1:05.8	5	28:43.2	9:16	1:40:03.4				

Male 20 to 24

Overall			Swim				T1			Bike			T2			Run			Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	4	Ben White	22	1	5:20.2	23:11	0:26.4	1	40:12.9	22.4	0:32.8	1	18:53.8	6:05	1:05:26.1				
2	5	Sean McNulty	21	3	5:28.6	23:46	0:22.0	2	40:33.8	22.2	0:44.9	2	20:15.6	6:32	1:07:24.9				
3	14	Travis Albrecht	22	7	6:27.5	28:03	0:51.0	4	43:13.5	20.8	0:49.6	3	20:27.5	6:36	1:11:49.1				
4	20	andrew chelton	24	5	5:54.0	25:39	0:25.1	3	42:31.9	21.2	0:35.3	7	23:48.2	7:41	1:13:14.5				
5	30	Michael Scholl	24	8	6:50.5	29:43	2:50.7	6	44:35.2	20.2	1:38.0	4	21:02.1	6:47	1:16:56.5				
6	48	Mike Bennett	23	6	5:55.7	25:43	2:03.8	7	49:54.1	18.0	0:44.9	6	22:15.1	7:11	1:20:53.6				
7	65	Eric Smiley	21	4	5:41.6	24:43	1:33.6	8	50:10.5	17.9	1:41.9	8	24:05.4	7:46	1:23:13.0				
8	77	Joel Derbin	22	2	5:27.9	23:42	1:05.2	5	44:24.8	20.3	1:22.1	10	33:10.7	10:42	1:25:30.7				
9	88	nicholas Smith	21	9	7:41.9	33:24	2:03.5	10	55:23.4	16.3	0:31.6	5	22:06.5	7:08	1:27:46.9				
10	107	Kyle Nickerson	22	10	10:48.2	46:57	2:20.9	9	52:04.6	17.3	0:48.6	9	25:29.4	8:13	1:31:31.7				
11	180	Patrick McDaniel	24	12	13:50.3	60:09	3:28.8	11	1:01:53.5	14.5	1:23.2	12	37:03.5	11:57	1:57:39.3				
12	186	Jack Jouett	21	11	11:58.4	52:02	3:29.0	12	1:14:28.4	12.1	1:26.6	11	34:56.4	11:16	2:06:18.8				

Female 25 to 29

Overall			Swim				T1			Bike			T2			Run			Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	94	Katie Rankin	29	2	8:06.1	35:13	1:21.5	1	51:02.2	17.6	0:58.7	1	26:53.9	8:40	1:28:22.4				
2	174	Beth Davis	27	1	8:00.8	34:47	4:46.6	2	1:00:52.2	14.8	4:04.8	2	36:27.7	11:45	1:54:12.1				
3	183	Vipavee Green	28	3	8:07.8	35:17	1:51.5	4	1:12:23.3	12.4	0:44.1	3	38:39.8	12:28	2:01:46.5				
4	184	Ashley Greer	27	4	9:14.9	40:09	2:47.7	3	1:06:36.1	13.5	1:27.4	4	42:00.3	13:33	2:02:06.4				

Male 25 to 29

Overall			Swim				T1			Bike			T2			Run			Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	3	Lewis Jackson	27	1	4:58.7	21:36	0:41.9	1	37:39.7	23.9	0:45.9	1	19:42.0	6:21	1:03:48.2				
2	31	Nicholas Ramsey	27	3	7:03.8	30:39	0:38.9	2	45:53.6	19.6	1:19.1	3	22:08.5	7:08	1:17:03.9				
3	35	Grant Gensheimer	28	2	5:19.9	23:07	1:17.8	4	48:01.0	18.7	1:08.5	4	22:08.9	7:08	1:17:56.1				
4	71	Roy Harrison	28	10	9:16.4	40:17	2:04.1	7	50:36.1	17.8	0:57.7	2	21:33.3	6:57	1:24:27.6				
5	74	Nate Johnson	27	5	7:22.0	32:02	2:03.6	3	47:33.6	18.9	1:17.3	8	26:53.5	8:40	1:25:10.0				
6	81	Dante Schembari	26	8	8:25.7	36:36	1:16.1	5	49:34.6	18.2	1:17.8	7	25:49.8	8:20	1:26:24.0				

7	83	David Johnson	29	9	8:51.9	38:29	1:51.3	6	49:49.7	18.1	0:59.0	6	25:07.7	8:06	1:26:39.6
8	108	Matthew Kirby	25	7	8:21.0	36:18	2:48.8	12	57:14.0	15.7	0:25.1	5	23:30.9	7:35	1:32:19.8
9	115	William Exton	27	4	7:12.6	31:18	1:40.9	8	51:09.9	17.6	1:56.9	12	31:50.6	10:16	1:33:50.9
10	123	Roy Wagner	27	12	9:23.9	40:48	1:14.3	10	55:39.2	16.2	1:01.2	9	28:18.4	9:08	1:35:37.0
11	136	Joshua Selby	26	11	9:23.4	40:48	2:01.3	11	56:06.7	16.0	2:05.8	11	29:30.0	9:31	1:39:07.2
12	141	Kyle Burns	27	6	8:16.0	35:57	2:26.7	9	54:04.2	16.6	2:17.7	13	33:26.6	10:47	1:40:31.2
13	173	Chad Ford	25	13	12:22.3	53:46	2:47.5	13	1:08:20.7	13.2	0:36.1	10	29:25.3	9:29	1:53:31.9

Female 30 to 34

Overall		Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time		
1	34	Nikki Ditsch	30	1	6:04.1	26:23	1:23.4	1	46:33.9	19.3	0:45.6	1	23:04.2	7:26	1:17:51.2							
2	57	Amanda Goodwin	31	3	6:39.3	28:55	2:08.7	3	49:45.5	18.1	0:26.8	2	23:11.2	7:29	1:22:11.5							
3	84	Kristy Deep	33	7	7:47.5	33:50	2:18.1	4	51:10.0	17.6	0:39.4	3	24:52.3	8:01	1:26:47.3							
4	92	Danna Baxley	30	9	9:05.5	39:30	1:03.5	2	49:14.7	18.3	0:40.9	6	28:08.2	9:05	1:28:12.8							
5	102	Channing Bowling	34	4	6:53.9	29:56	1:10.1	5	53:55.4	16.7	1:03.6	4	26:54.6	8:41	1:29:57.6							
6	116	Paula Heron	33	6	7:20.7	31:53	1:30.2	7	55:59.6	16.1	0:46.4	7	28:24.6	9:10	1:34:01.5							
7	128	Ellie Conley	32	2	6:36.7	28:42	1:47.2	6	54:19.4	16.6	1:05.2	9	32:49.9	10:35	1:36:38.4							
8	146	Angela Elser	34	12	10:04.3	43:46	2:26.8	11	59:45.2	15.1	1:28.4	5	27:43.2	8:56	1:41:27.9							
9	154	Christina Pinkston	31	11	10:03.8	43:42	2:30.5	9	58:48.3	15.3	2:06.1	8	31:38.8	10:12	1:45:07.5							
10	161	Harini Aiyer	32	13	12:03.1	52:23	2:32.6	8	57:21.7	15.7	2:14.2	10	32:59.8	10:38	1:47:11.4							
11	165	Claire Kauffman	33	5	7:14.3	31:27	2:32.1	12	1:02:08.4	14.5	1:34.4	12	36:09.8	11:40	1:49:39.0							
12	170	Angela Zimmerman	33	8	9:05.4	39:30	3:18.9	13	1:05:09.5	13.8	1:17.2	11	33:18.7	10:45	1:52:09.7							
13	172	AUDREY LONG	31	10	9:05.6	39:30	2:48.0	10	59:23.5	15.2	1:08.8	13	40:02.8	12:55	1:52:28.7							

Male 30 to 34

Overall		Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time		
1	2	Jeffrey Buhr	31	1	5:07.1	22:15	0:25.9	1	37:45.3	23.8	0:23.8	1	18:13.3	5:53	1:01:55.4							
2	6	Jeremy Brown	33	8	6:32.6	28:24	0:37.8	2	39:58.5	22.5	0:32.2	3	20:06.6	6:29	1:07:47.7							
3	15	Sean Cundiff	31	18	7:30.3	32:37	0:55.3	3	40:13.6	22.4	0:45.3	12	22:56.1	7:24	1:12:20.6							
4	16	James Johnson	31	13	6:58.2	30:17	0:33.6	4	43:53.4	20.5	0:40.1	4	20:36.3	6:39	1:12:41.6							
5	18	Isaac Bingham	32	7	6:32.5	28:24	0:56.5	7	45:16.5	19.9	0:16.5	2	19:48.6	6:23	1:12:50.6							
6	26	bryan Rowe	34	21	7:40.7	33:20	1:02.6	6	44:11.6	20.4	0:48.9	5	21:50.7	7:03	1:15:34.5							
7	33	Ryan Roche	33	16	7:15.7	31:31	0:57.7	9	45:56.4	19.6	0:50.4	10	22:49.8	7:22	1:17:50.0							
8	39	Ricky Farmer	32	17	7:23.9	32:06	0:48.3	5	44:02.1	20.4	1:13.0	17	25:35.6	8:15	1:19:02.9							
9	40	Jonathan Bylund	30	10	6:41.9	29:03	2:04.9	11	46:23.9	19.4	1:12.9	8	22:39.9	7:18	1:19:03.5							
10	47	Cody Brennehan	31	27	8:50.0	38:24	2:01.9	8	45:49.2	19.6	1:23.3	9	22:47.2	7:21	1:20:51.6							
11	49	Corey Sayre	33	11	6:44.1	29:17	2:05.0	15	48:58.1	18.4	0:40.3	11	22:51.9	7:22	1:21:19.4							
12	50	Joe Marshall	33	19	7:33.7	32:50	1:09.1	18	49:38.1	18.1	0:44.4	7	22:25.1	7:14	1:21:30.4							
13	51	phil hays	30	22	7:40.7	33:20	0:53.6	10	46:07.9	19.5	0:26.3	20	26:25.8	8:35	1:21:44.0							
14	58	Josh Miller	33	24	8:10.6	35:30	2:45.7	13	47:32.9	18.9	1:24.6	6	22:22.3	7:13	1:22:16.1							
15	60	Nathan Nitz	31	6	6:25.6	27:54	1:24.3	14	48:22.3	18.6	0:38.6	16	25:31.0	8:14	1:22:21.8							
16	61	chris regan	34	4	5:55.9	25:43	1:45.3	12	47:28.0	19.0	1:04.1	19	26:20.5	8:30	1:22:33.8							
17	63	Michael Milliner	32	5	6:01.4	26:10	2:00.0	19	50:05.4	18.0	0:56.5	15	23:56.8	7:43	1:23:00.1							
18	73	Tim Buckingham	31	9	6:39.9	28:55	1:23.8	16	49:17.3	18.3	1:00.1	21	26:44.0	8:37	1:25:05.1							
19	86	stanley cornelius	33	20	7:36.6	33:03	2:55.8	23	51:03.7	17.6	1:59.8	14	23:47.2	7:40	1:27:23.1							
20	87	Lars Mattgard	32	23	7:48.8	33:55	1:38.9	17	49:31.9	18.2	1:08.7	23	27:19.0	8:49	1:27:27.3							
21	91	Mike Bukowski	34	3	5:29.0	23:50	1:59.6	25	52:58.6	17.0	0:52.2	22	26:46.3	8:38	1:28:05.3							
22	93	Matt Kerley	34	25	8:20.6	36:14	2:41.8	21	50:34.1	17.8	0:57.6	18	25:46.2	8:19	1:28:20.7							
23	99	Branden Rosenhan	33	12	6:51.4	29:47	1:33.3	20	50:33.0	17.8	1:12.9	26	29:07.3	9:24	1:29:17.9							
24	100	Brian Lea	31	2	5:11.9	22:32	2:33.8	27	57:50.6	15.6	0:43.6	13	23:16.6	7:30	1:29:36.5							
25	101	Jason True	34	15	7:09.7	31:05	1:59.8	22	50:55.1	17.7	1:21.8	25	28:14.0	9:06	1:29:40.4							
26	109	Sean Lockwood	30	14	7:04.4	30:43	2:48.0	26	53:07.6	16.9	1:41.8	24	27:45.3	8:57	1:32:27.1							
27	117	John Spalding	31	26	8:30.8	36:57	2:00.7	24	52:50.6	17.0	1:21.2	27	29:28.7	9:30	1:34:12.0							
28	144	Ryoma Yoshioka	33	29	9:18.6	40:26	2:04.6	28	57:55.8	15.5	1:45.6	28	30:13.6	9:45	1:41:18.2							
29	147	Alan Thompson	34	28	8:52.8	38:33	2:24.6	29	58:50.6	15.3	0:38.2	29	31:34.8	10:11	1:42:21.0							

Female 35 to 39

Overall		Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time		
1	46	elizabeth korkin	35	3	7:26.3	32:35	0:57.5	1	46:14.1	18.9	0:59.7	2	24:07.7	7:47	1:18:44.8							
2	46	Phyllis Bertram	39	1	6:17.4	27:19	1:08.4	2	48:38.7	18.5	0:46.9	1	23:48.7	7:41	1:22:40.1							
3	130	Valerie Briones-Pryor	35	6	13:02.0	56:40	1:46.9	3	52:03.5	17.3	1:32.2	3	28:42.4	9:15	1:37:07.0							
4	131	brooke harland	39	2	7:19.1	31:49	0:59.9	5	55:14.8	16.3	1:24.2	5	32:48.5	10:35	1:37:46.5							
5	134	Saundra Smalley	36	4	8:22.9	36:23	2:08.8	6	55:18.9	16.3	1:14.2	4	31:30.3	10:10	1:38:35.1							
6	157	Lisa Tannock	39	5	8:28.0	36:49	1:56.5	4	54:39.7	16.5	1:10.6	6	39:41.1	12:48	1:45:55.9							

Male 35 to 39

Overall		Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time		
1	21	Ryan Burke	37	1	6:18.4	27:23	1:54.9	1	41:33.2	21.7	1:02.3	2	22:26.4	7:14	1:13:15.2							
2	41	KEITH SEAMAN	36	2	6:20.3	27:32	1:12.1	4	47:48.9	18.8	1:41.7	1	22:22.2	7:13	1:19:25.2							
3	42	Bryan Wiemers	35	3	7:09.1	31:05	1:32.9	2	41:59.9	21.4	1:25.4	5	27:37.7	8:55	1:19:45.0							
4	59	Coy Judd	35	8	8:36.6	37:23	0:59.9	5	48:10.1	18.7	0:41.0	3	23:50.2	7:41	1:22:17.8							
5	69	Mark Snowbarger	37	11	9:50.6	42:45	2:01.1	3	46:06.3	19.5	1:47.5	4	24:10.9	7:48	1:23:56.4							
6	127	Thomas Morgan	35	4	7:31.9	32:41	1:37.7	8	56:41.7	15.9	1:10.9	6	29:23.7	9:29	1:36:25.9							
7	151	jerly corman	38	14	11:54.7	51:44	2:37.2	9	56:48.6	15.8	0:43.8	7	32:18.1	10:25	1:44:22.4							
8	152	Chad Snowgrove	39	7	8:33.4	37:10	2:42.4	11	58:40.8	16.3	1:56.1	8	29:47.0	10:35	1:44:24.1							
9	158	Jonathan Rumburg	36	5	7:39.7	33:16	2:55.6	6	54:50.4	16.4	2:16.0	13	38:28.8	12:25	1:46:10.6							
10	160	Allan Black	39	10	9:16.5	40:17	3:34.6	7	55:35.6	16.2	2:21.3	10	36:06.7	11:39	1:46:54.7							
11	162	Hunter Nighbert	35	9	8:57.0	38:55	2:15.7	13	59:52.2	15.0	1:08.1	9	35:01.4	11:18	1:47:14.4							
12	175	Todd Iddings	37	12	10:07.5	43:59	4:43.5	12	59:45.5	15.1	2:27.9	11	37:22.0	12:03	1:54:26.4							
13	177	Kevin Skeeters	37	13	11:52.8	51:36	3:18.7	14	1:00:55.4	14.8	1:19.1	12	37:58.6	12:15	1:55:24.6							
14	179	Michael McColl	35	6	8:28.3	36:49	2:56.1	10	58:35.6	15.4	1:26.1	14	44:30.9	14:21	1:55:57.0							

Female 40 to 44

Overall		Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Time		
1	53	Libby Barnes</																				

11	178	Genny Ledbetter	43	10	9:28.8	41:10	2:42.8	10	1:02:38.4	14.4	2:25.7	11	38:41.2	12:29	1:55:56.9
12	189	Carolyn Cromer	41	7	8:48.7	38:16	3:34.1	13	1:15:14.7	12.0	2:11.8	12	45:52.6	14:48	2:15:41.9
13	190	Elisa Owen	42	6	8:31.5	37:02	3:03.0	12	1:12:09.5	12.5	2:04.6	13	52:13.7	16:51	2:18:02.3

Male 40 to 44

Overall				Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Pace	Time			
1	12	Thomas Stone	42	2	6:13.9	27:02	0:44.5	1	40:32.9	22.2	0:52.3	2	22:33.7	7:16	1:10:57.3									
2	22	Tim Hall	41	1	5:53.8	25:35	0:53.0	4	43:50.5	20.5	0:40.6	1	22:19.2	7:12	1:13:37.1									
3	27	Kevin McKinney	40	9	7:42.2	33:29	0:36.1	3	43:09.1	20.9	0:42.1	4	23:53.1	7:42	1:16:02.6									
4	28	David Emmert	43	5	6:35.4	28:37	0:35.6	5	44:53.1	20.1	0:52.9	3	23:07.1	7:27	1:16:04.1									
5	36	Bryan Earnest	44	7	7:14.2	31:27	0:48.0	2	42:54.4	21.0	0:54.4	6	26:34.8	8:34	1:18:25.8									
6	43	Henry Meiers	40	4	6:32.0	28:24	0:54.9	6	45:47.4	19.7	0:59.8	5	25:32.0	8:14	1:19:46.1									
7	89	Rob Fruth	44	3	6:21.3	27:37	1:14.0	8	51:46.9	17.4	0:38.8	9	28:04.4	9:03	1:28:05.4									
8	105	Stephen Testa	44	10	7:43.7	33:33	1:17.4	11	53:10.7	16.9	0:59.9	10	28:09.5	9:05	1:31:21.2									
9	112	Roger Wright	44	14	10:32.9	45:48	1:54.5	10	52:49.9	17.0	1:05.6	7	26:47.5	8:38	1:33:10.4									
10	124	David Ledbetter	43	15	14:22.3	62:28	3:00.3	7	50:06.3	18.0	0:46.4	8	27:37.0	8:55	1:35:52.3									
11	125	Andrew Wyllie	43	6	6:54.9	30:00	2:19.8	12	55:09.9	16.3	1:08.9	13	30:34.4	9:52	1:36:07.9									
12	126	Jim Ford	42	13	10:20.6	44:56	2:20.4	9	51:48.3	17.4	1:59.1	12	29:51.7	9:38	1:36:20.1									
13	140	Dean Baskin	41	11	7:55.7	34:25	1:45.0	13	1:01:16.3	14.7	0:37.3	11	28:29.2	9:11	1:40:03.5									
14	187	John Dillion	44	12	9:16.4	40:17	2:07.4	14	1:09:46.7	12.9	0:32.7	14	48:21.8	15:36	2:10:05.0									

Female 45 to 49

Overall				Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Pace	Time			
1	55	Brenda Viselli	47	2	6:38.0	28:50	1:15.5	1	47:22.5	19.0	1:16.2	3	25:18.7	8:10	1:21:50.9									
2	66	Janet Ritchie	49	4	7:02.4	30:35	1:17.2	2	48:45.6	18.5	0:57.9	4	25:21.1	8:11	1:23:24.2									
3	70	Jenny Sinclair-Hutchin	47	1	6:07.7	26:36	1:43.6	4	51:04.6	17.6	0:31.0	2	24:53.2	8:02	1:24:20.1									
4	78	Rosie Hillmeyer	47	3	6:42.2	29:08	1:19.1	3	50:13.9	17.9	1:00.3	5	26:19.5	8:29	1:25:35.0									
5	80	Carol Gensheimer	46	5	7:39.1	33:16	1:49.4	5	52:25.0	17.2	1:39.7	1	22:39.2	7:18	1:26:12.4									
6	181	Donna Eastham	46	7	10:22.4	45:04	2:44.3	6	1:05:43.0	13.7	1:35.9	6	39:32.1	12:45	1:59:57.7									
7	191	christine gray	48	6	10:16.4	44:38	2:42.2	7	1:15:28.1	11.9	1:10.5	7	49:45.6	16:03	2:19:22.8									

Male 45 to 49

Overall				Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Pace	Time			
1	8	Denis Grubbs	46	3	6:38.4	28:50	0:27.8	1	39:59.4	22.5	0:30.2	1	22:03.6	7:07	1:09:39.4									
2	19	Phillip Cullen	49	1	5:52.6	25:30	0:24.4	2	42:06.7	21.4	0:47.3	4	23:50.4	7:41	1:13:01.4									
3	29	Bill Marks	48	4	6:45.2	29:21	0:52.4	3	43:29.2	20.7	0:40.6	7	24:47.9	8:00	1:16:35.3									
4	38	Jeff walls	46	18	8:55.5	38:46	1:04.3	4	44:59.2	20.0	0:39.1	2	23:15.1	7:30	1:18:53.2									
5	45	Kevin McMahon	47	7	7:05.3	30:48	0:59.1	8	48:30.3	18.6	0:40.9	3	23:23.3	7:33	1:20:38.9									
6	62	Danny Barnes	47	13	8:13.4	35:43	0:56.8	5	47:02.1	19.1	0:51.9	10	25:48.7	8:19	1:22:52.9									
7	64	William Dillon	45	5	6:54.5	30:00	2:24.3	6	47:21.9	19.0	1:15.0	9	25:15.8	8:09	1:23:11.5									
8	72	Bob Baney	48	2	6:08.2	26:40	0:47.1	7	48:09.0	18.7	1:17.0	14	28:06.9	9:04	1:24:28.2									
9	79	Herschel Meador	47	11	7:49.1	33:59	1:57.1	10	50:26.8	17.8	1:15.5	6	24:41.7	7:58	1:26:10.2									
10	95	Tom Evans	45	20	9:24.2	40:52	0:49.9	11	50:40.3	17.8	0:52.2	13	26:36.8	8:35	1:28:22.8									
11	97	Kerry Boudreaux	46	8	7:09.3	31:05	2:04.4	16	54:14.1	16.6	0:46.3	5	24:19.1	7:51	1:28:33.2									
12	98	Harry Clegg	49	16	8:32.8	37:06	2:33.9	9	50:05.5	18.0	2:30.1	8	25:58.7	8:03	1:28:41.0									
13	118	Timothy Cahill	45	9	7:34.6	32:54	3:15.5	13	53:07.1	16.9	1:54.9	15	28:20.1	9:08	1:34:12.2									
14	120	Doug Bennett	48	22	13:05.3	56:53	0:40.4	15	53:02.2	16.7	0:43.8	12	26:18.9	8:29	1:34:37.6									
15	121	Tom Fedorka	48	6	6:56.9	30:09	1:36.1	17	55:03.2	16.3	1:07.6	16	30:02.0	9:41	1:34:45.8									
16	133	John Quire	49	19	9:08.0	39:43	3:41.9	14	53:30.3	16.8	1:30.4	18	30:42.2	9:54	1:38:32.8									
17	135	Mike Flynn	48	17	8:50.2	38:24	1:37.1	12	52:08.2	17.3	1:15.6	20	34:47.7	11:13	1:38:38.8									
18	149	Kevin Smith	48	14	8:26.7	36:40	2:28.0	19	59:38.1	15.1	1:41.7	17	30:23.6	9:48	1:42:38.1									
19	166	Ben Enzweiler	47	15	8:29.6	36:53	5:10.3	20	1:01:42.7	14.6	1:33.5	19	33:23.9	10:46	1:50:20.0									
20	171	Dwayne Edwards	48	21	10:38.8	46:14	2:45.7	18	59:14.1	15.2	2:04.6	21	37:37.8	12:08	1:52:21.0									
21	182	Brian Fruth	48	12	8:03.7	35:00	2:34.1	22	1:22:25.5	10.9	1:38.4	11	26:11.7	8:27	2:00:53.4									
22	188	Gary Jackson	49	23	13:33.7	58:55	2:09.9	21	1:10:08.7	12.8	1:00.5	22	45:18.0	14:37	2:12:10.8									

Female 50 to 54

Overall				Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Pace	Time			
1	54	Karen Billington	54	1	6:00.0	26:05	1:15.5	1	47:58.2	18.8	0:46.0	1	25:47.9	8:19	1:21:47.6									
2	153	Sarah Emmons	52	2	10:12.7	44:21	2:13.3	2	55:19.3	16.3	2:33.6	2	34:27.7	11:07	1:44:46.6									

Male 50 to 54

Overall				Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Pace	Time			
1	9	Joe Nail	52	6	7:25.0	32:15	0:31.7	1	39:48.3	22.6	0:30.7	1	21:42.5	7:00	1:09:58.2									
2	13	Samuel Dick	54	3	6:21.4	27:37	0:28.9	2	41:41.1	21.6	0:36.1	2	22:33.3	7:16	1:11:40.8									
3	24	Richard Hempel	51	4	6:38.1	28:50	0:56.7	3	43:31.0	20.7	0:53.3	3	22:35.5	7:17	1:14:34.6									
4	32	Larry Wheeler	52	2	6:15.2	27:10	1:00.0	4	44:44.8	20.1	1:10.1	5	24:28.3	7:54	1:17:38.4									
5	44	Ken Calvert	54	1	5:27.2	23:42	2:16.6	5	46:54.4	19.2	0:47.7	6	24:41.6	7:58	1:20:07.5									
6	56	Tim Terry	54	8	7:57.3	34:34	1:51.3	7	48:02.6	18.7	0:57.1	4	23:18.5	7:31	1:22:06.8									
7	76	David Horvath	52	9	8:11.9	35:35	0:56.7	6	47:40.0	18.9	1:20.7	8	27:16.2	8:48	1:25:25.5									
8	90	Robert Twist, Jr.	54	7	7:26.5	32:19	1:30.3	8	49:49.1	18.1	1:44.7	9	27:34.9	8:54	1:28:05.5									
9	104	Clark Fisher	50	5	7:21.8	31:57	2:47.9	11	53:43.2	16.8	1:14.1	7	25:38.0	8:16	1:30:45.0									
10	114	Kerry Kirby	53	11	8:33.7	37:10	3:02.5	9	52:15.6	17.2	1:52.9	10	27:44.8	8:57	1:33:29.5									
11	129	Kendrick Riggs	53	10	8:14.9	35:48	1:59.3	10	52:59.4	17.0	1:38.4	12	31:54.2	10:17	1:36:46.2									
12	163	Mike Hollern	51	12	9:01.7	39:12	4:58.5	12	1:01:34.7	14.6	2:33.3	11	30:27.8	9:49	1:48:36.0									

Female 55 to 59

Overall				Swim				T1				Bike				T2				Run				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Pace				

1	11	George VanMeter	55	1	5:37.9	24:25	0:49.3	1	41:58.0	21.4	0:45.9	1	21:32.3	6:57	1:10:43.4
2	68	Mike Kennedy	56	3	7:06.0	30:52	1:19.2	6	50:29.4	17.8	0:50.2	2	23:54.4	7:43	1:23:39.2
3	75	Robert Kell	56	4	7:14.7	31:27	1:50.4	4	48:07.6	18.7	0:32.4	5	27:25.8	8:51	1:25:10.9
4	82	clyde sloan	57	7	8:33.3	37:10	0:34.9	2	45:14.7	19.9	0:53.2	8	31:12.8	10:04	1:26:28.9
5	85	Brian Melanson	55	6	8:20.4	36:14	2:02.2	3	47:59.0	18.8	1:19.6	4	27:20.6	8:49	1:27:01.8
6	110	michael ohearn	55	5	7:49.3	33:59	2:31.8	5	49:46.8	18.1	1:39.5	7	30:50.4	9:57	1:32:37.8
7	145	Andrea Branchini	57	9	9:17.7	40:22	4:22.4	9	59:43.6	15.1	0:57.0	3	26:58.4	8:42	1:41:19.1
8	164	Donald Pomeroy	56	10	10:08.8	44:03	2:42.4	8	59:04.8	15.2	3:33.9	9	34:08.7	11:01	1:49:38.6
9	167	Wayne Boone	57	8	9:02.4	39:17	3:33.8	10	1:06:53.4	13.5	0:56.6	6	30:15.6	9:45	1:50:41.8

Female 60 and over

Overall		----- Swim -----				T1	----- Bike -----				T2	----- Run -----				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	148	Susan Bradley-Cox	73	1	8:02.7	34:56	2:21.1	1	54:37.5	16.5	1:22.6	1	36:02.7	11:37	1:42:26.6	
2	192	Terry Foody	62	2	11:50.2	51:27	4:56.0	3	1:17:22.0	11.6	4:48.2	2	40:35.8	13:05	2:19:32.2	
3	193	Judy Wismann	60	3	13:51.5	60:13	4:19.5	2	1:15:07.7	12.0	3:24.6	3	48:07.7	15:31	2:24:51.0	

Male 60 and over

Overall		----- Swim -----				T1	----- Bike -----				T2	----- Run -----				Total
Place	Place	Name	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	111	HARALD PORTIG	69	3	8:54.4	38:42	1:13.2	1	51:11.0	17.6	1:06.0	2	30:13.6	9:45	1:32:38.2	
2	113	Benny Hicks	60	2	8:21.4	36:18	2:16.7	2	54:32.1	16.5	1:35.9	1	26:34.5	8:34	1:33:20.6	
3	150	JOE WILSON	76	4	9:51.2	42:50	1:47.9	3	56:20.0	16.0	1:39.4	3	34:00.1	10:58	1:43:38.6	
4	176	russ goodwin	65	1	6:31.7	28:20	3:18.0	4	58:43.4	15.3	1:26.7	4	44:40.3	14:25	1:54:40.1	