

10 Heart & Sole Triathlon

Overall Results

April 17, 2010

Results By Headfirst Performance Services

Default Division

Place	Name	Bib No	Age	----- Swim -----		T1	----- Bike -----			T2	----- Run -----			Total	
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	Tony White	101	25	1	4:31.3	19:38/M	0:23.5	1	36:45.7	24.5mph	0:25.4	1	17:51.8	5:45/M	59:57.7
2	Jeffrey Buhr	107	31	4	5:07.1	22:15/M	0:25.9	3	37:45.3	23.8mph	0:23.8	2	18:13.3	5:53/M	1:01:55.4
3	Lewis Jackson	120	27	3	4:58.7	21:36/M	0:41.9	2	37:39.7	23.9mph	0:45.9	4	19:42.0	6:21/M	1:03:48.2
4	Ben White	136	22	9	5:20.2	23:11/M	0:26.4	7	40:12.9	22.4mph	0:32.8	3	18:53.8	6:05/M	1:05:26.1
5	Sean McNulty	122	21	13	5:28.6	23:46/M	0:22.0	11	40:33.8	22.2mph	0:44.9	8	20:15.6	6:32/M	1:07:24.9
6	Jeremy Brown	106	33	44	6:32.6	28:24/M	0:37.8	5	39:58.5	22.5mph	0:32.2	7	20:06.6	6:29/M	1:07:47.7
7	Stephen Humbert	172	18	31	6:12.6	26:57/M	0:50.0	9	40:23.5	22.3mph	0:36.0	5	19:48.2	6:23/M	1:07:50.3
8	Denis Grubbs	117	46	49	6:38.4	28:50/M	0:27.8	6	39:59.4	22.5mph	0:30.2	19	22:03.6	7:07/M	1:09:39.4
9	Joe Nail	138	52	87	7:25.0	32:15/M	0:31.7	4	39:48.3	22.6mph	0:30.7	16	21:42.5	7:00/M	1:09:58.2
10	Beth Atnip	104	31	7	5:15.5	22:50/M	0:28.6	18	42:44.8	21.1mph	0:48.2	12	20:48.7	6:43/M	1:10:05.8
11	George VanMeter	133	55	16	5:37.9	24:25/M	0:49.3	14	41:58.0	21.4mph	0:45.9	14	21:32.3	6:57/M	1:10:43.4
12	Thomas Stone	132	42	32	6:13.9	27:02/M	0:44.5	10	40:32.9	22.2mph	0:52.3	30	22:33.7	7:16/M	1:10:57.3
13	Samuel Dick	156	54	38	6:21.4	27:37/M	0:28.9	13	41:41.1	21.6mph	0:36.1	29	22:33.3	7:16/M	1:11:40.8
14	Travis Albrecht	103	22	40	6:27.5	28:03/M	0:51.0	22	43:13.5	20.8mph	0:49.6	9	20:27.5	6:36/M	1:11:49.1
15	Sean Cundiff	154	31	90	7:30.3	32:37/M	0:55.3	8	40:13.6	22.4mph	0:45.3	37	22:56.1	7:24/M	1:12:20.6
16	James Johnson	231	31	64	6:58.2	30:17/M	0:33.6	27	43:53.4	20.5mph	0:40.1	10	20:36.3	6:39/M	1:12:41.6
17	Allison Stewart	131	24	18	5:43.8	24:51/M	0:58.4	23	43:19.4	20.8mph	0:40.1	18	22:00.5	7:06/M	1:12:42.2
18	Isaac Bingham	145	32	43	6:32.5	28:24/M	0:56.5	37	45:16.5	19.9mph	0:16.5	6	19:48.6	6:23/M	1:12:50.6
19	Philip Cullen	112	49	19	5:52.6	25:30/M	0:24.4	16	42:06.7	21.4mph	0:47.3	50	23:50.4	7:41/M	1:13:01.4
20	andrew chelton	111	24	21	5:54.0	25:39/M	0:25.1	17	42:31.9	21.2mph	0:35.3	47	23:48.2	7:41/M	1:13:14.5
21	Ryan Burke	150	37	35	6:18.4	27:23/M	1:54.9	12	41:33.2	21.7mph	1:02.3	28	22:26.4	7:14/M	1:13:15.2
22	Tim Hall	119	41	20	5:53.8	25:35/M	0:53.0	26	43:50.5	20.5mph	0:40.6	24	22:19.2	7:12/M	1:13:37.1
23	Craig Calvert	109	17	6	5:13.6	22:41/M	1:23.2	44	46:11.9	19.5mph	0:27.1	11	20:39.6	6:40/M	1:13:55.4
24	Richard Hempel	167	51	48	6:38.1	28:50/M	0:56.7	25	43:31.0	20.7mph	0:53.3	31	22:35.5	7:17/M	1:14:34.6
25	Julie Gliesing	116	24	29	6:08.1	26:40/M	1:00.2	19	42:46.4	21.0mph	0:43.4	60	24:30.9	7:54/M	1:15:09.0

Place	Name	Bib No	Age	----- Swim -----		T1	----- Bike -----			T2	----- Run -----			Total	
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
26	bryan Rowe	250	34	98	7:40.7	33:20/M	1:02.6	29	44:11.6	20.4mph	0:48.9	17	21:50.7	7:03/M	1:15:34.5
27	Kevin Mckinney	180	40	101	7:42.2	33:29/M	0:36.1	21	43:09.1	20.9mph	0:42.1	51	23:53.1	7:42/M	1:16:02.6
28	David Emmert	158	43	45	6:35.4	28:37/M	0:35.6	33	44:53.1	20.1mph	0:52.9	39	23:07.1	7:27/M	1:16:04.1
29	Bill Marks	177	48	56	6:45.2	29:21/M	0:52.4	24	43:29.2	20.7mph	0:40.6	63	24:47.9	8:00/M	1:16:35.3
30	Michael Scholl	197	24	58	6:50.5	29:43/M	2:50.7	31	44:35.2	20.2mph	1:38.0	13	21:02.1	6:47/M	1:16:56.5
31	Nicholas Ramsey	749	27	67	7:03.8	30:39/M	0:38.9	40	45:53.6	19.6mph	1:19.1	21	22:08.5	7:08/M	1:17:03.9
32	Larry Wheeler	135	52	33	6:15.2	27:10/M	1:00.0	32	44:44.8	20.1mph	1:10.1	59	24:28.3	7:54/M	1:17:38.4
33	Ryan Roche	249	33	80	7:15.7	31:31/M	0:57.7	41	45:56.4	19.6mph	0:50.4	35	22:49.8	7:22/M	1:17:50.0
34	Nikki Ditsch	114	30	26	6:04.1	26:23/M	1:23.4	46	46:33.9	19.3mph	0:45.6	38	23:04.2	7:26/M	1:17:51.2
35	Grant Gensheimer	115	28	8	5:19.9	23:07/M	1:17.8	59	48:01.0	18.7mph	1:08.5	22	22:08.9	7:08/M	1:17:56.1
36	Bryan Earnest	157	44	76	7:14.2	31:27/M	0:48.0	20	42:54.4	21.0mph	0:54.4	87	26:34.8	8:34/M	1:18:25.8
37	elizabeth korkin	236	35	88	7:26.3	32:19/M	0:57.5	35	45:14.1	19.9mph	0:59.7	55	24:07.2	7:47/M	1:18:44.8
38	Jeff walls	206	46	147	8:55.5	38:46/M	1:04.3	34	44:59.2	20.0mph	0:39.1	41	23:15.1	7:30/M	1:18:53.2
39	Ricky Farmer	159	32	86	7:23.9	32:06/M	0:48.3	28	44:02.1	20.4mph	1:13.0	76	25:35.6	8:15/M	1:19:02.9
40	Jonathan Bylund	151	30	53	6:41.9	29:03/M	2:04.9	45	46:23.9	19.4mph	1:12.9	33	22:39.9	7:18/M	1:19:03.5
41	KEITH SEAMAN	128	36	36	6:20.3	27:32/M	1:12.1	56	47:48.9	18.8mph	1:41.7	25	22:22.2	7:13/M	1:19:25.2

42	Bryan Wiemers	208	35	71	7:09.1	31:05/M	1:32.9	15	41:59.9	21.4mph	1:25.4	105	27:37.7	8:55/M	1:19:45.0
43	Henry Meiers	183	40	42	6:32.0	28:24/M	0:54.9	38	45:47.4	19.7mph	0:59.8	75	25:32.0	8:14/M	1:19:46.1
44	Ken Calvert	110	54	11	5:27.2	23:42/M	2:16.6	48	46:54.4	19.2mph	0:47.7	61	24:41.6	7:58/M	1:20:07.5
45	Kevin McMahon	181	47	69	7:05.3	30:48/M	0:59.1	66	48:30.3	18.6mph	0:40.9	44	23:23.3	7:33/M	1:20:38.9
46	Phyllis Bertram	143	39	34	6:17.4	27:19/M	1:08.4	67	48:38.7	18.5mph	0:46.9	48	23:48.7	7:41/M	1:20:40.1
47	Cody Brennehan	148	31	140	8:50.0	38:24/M	2:01.9	39	45:49.2	19.6mph	1:23.3	34	22:47.2	7:21/M	1:20:51.6
48	Mike Bennett	142	23	22	5:55.7	25:43/M	2:03.8	81	49:54.1	18.0mph	0:44.9	23	22:15.1	7:11/M	1:20:53.6
49	Corey Sayre	196	33	55	6:44.1	29:17/M	2:05.0	69	48:58.1	18.4mph	0:40.3	36	22:51.9	7:22/M	1:21:19.4
50	Joe Marshall	178	33	92	7:33.7	32:50/M	1:09.1	76	49:38.1	18.1mph	0:44.4	27	22:25.1	7:14/M	1:21:30.4

		----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
51	phil hays	268	30	99	7:40.7	33:20/M	0:53.6	43	46:07.9	19.5mph	0:26.3	88	26:35.5	8:35/M	1:21:44.0
52	Kathryn Hall	118	24	28	6:07.8	26:36/M	0:55.3	64	48:18.8	18.6mph	1:00.2	72	25:23.6	8:11/M	1:21:45.7
53	Libby Barnes	754	44	124	8:21.2	36:18/M	0:47.3	47	46:46.0	19.2mph	0:52.7	67	24:59.0	8:04/M	1:21:46.2
54	Karen Billington	144	54	24	6:00.0	26:05/M	1:15.5	57	47:58.2	18.8mph	0:46.0	79	25:47.9	8:19/M	1:21:47.6
55	Brenda Viselli	134	47	47	6:38.0	28:50/M	1:15.5	51	47:22.5	19.0mph	1:16.2	70	25:18.7	8:10/M	1:21:50.9
56	Tim Terry	256	54	108	7:57.3	34:34/M	1:51.3	60	48:02.6	18.7mph	0:57.1	43	23:18.5	7:31/M	1:22:06.8
57	Amanda Goodwin	163	31	50	6:39.3	28:55/M	2:08.7	77	49:45.5	18.1mph	0:26.8	40	23:11.2	7:29/M	1:22:11.5
58	Josh Miller	185	33	116	8:10.6	35:30/M	2:45.7	53	47:32.9	18.9mph	1:24.6	26	22:22.3	7:13/M	1:22:16.1
59	Coy Judd	283	35	138	8:36.6	37:23/M	0:59.9	63	48:10.1	18.7mph	0:41.0	49	23:50.2	7:41/M	1:22:17.8
60	Nathan Nitz	187	31	39	6:25.6	27:54/M	1:24.3	65	48:22.3	18.6mph	0:38.6	74	25:31.0	8:14/M	1:22:21.8
61	chris regan	126	34	23	5:55.9	25:43/M	1:45.3	52	47:28.0	19.0mph	1:04.1	85	26:20.5	8:30/M	1:22:33.8
62	Danny Barnes	753	47	118	8:13.4	35:43/M	0:56.8	49	47:02.1	19.1mph	0:51.9	80	25:48.7	8:19/M	1:22:52.9
63	Michael Milliner	186	32	25	6:01.4	26:10/M	2:00.0	83	50:05.4	18.0mph	0:56.5	53	23:56.8	7:43/M	1:23:00.1
64	William Dillon	218	45	61	6:54.5	30:00/M	2:24.3	50	47:21.9	19.0mph	1:15.0	69	25:15.8	8:09/M	1:23:11.5
65	Eric Smiley	130	21	17	5:41.6	24:43/M	1:33.6	86	50:10.5	17.9mph	1:41.9	54	24:05.4	7:46/M	1:23:13.0
66	Janet Ritchie	193	49	66	7:02.4	30:35/M	1:17.2	68	48:45.6	18.5mph	0:57.9	71	25:21.1	8:11/M	1:23:24.2
67	Candice Raab	125	22	15	5:32.4	24:03/M	0:45.4	75	49:35.2	18.2mph	0:43.8	93	26:49.2	8:39/M	1:23:26.0
68	Mike Kennedy	175	56	70	7:06.0	30:52/M	1:19.2	89	50:29.4	17.8mph	0:50.2	52	23:54.4	7:43/M	1:23:39.2
69	Mark Snowbarger	286	37	169	9:50.6	42:45/M	2:01.1	42	46:06.3	19.5mph	1:47.5	56	24:10.9	7:48/M	1:23:56.4
70	Jenny Sinclair-Hutchins	129	47	27	6:07.7	26:36/M	1:43.6	97	51:04.6	17.6mph	0:31.0	65	24:53.2	8:02/M	1:24:20.1
71	Roy Harrison	267	28	157	9:16.4	40:17/M	2:04.1	92	50:36.1	17.8mph	0:57.7	15	21:33.3	6:57/M	1:24:27.6
72	Bob Baney	139	48	30	6:08.2	26:40/M	0:47.1	62	48:09.0	18.7mph	1:17.0	110	28:06.9	9:04/M	1:24:28.2
73	Tim Buckingham	149	31	51	6:39.9	28:55/M	1:23.8	71	49:17.3	18.3mph	1:00.1	90	26:44.0	8:37/M	1:25:05.1
74	Nate Johnson	173	27	85	7:22.0	32:02/M	2:03.6	54	47:33.6	18.9mph	1:17.3	94	26:53.5	8:40/M	1:25:10.0
75	Robert Kell	299	56	79	7:14.7	31:27/M	1:50.4	61	48:07.6	18.7mph	0:32.4	102	27:25.8	8:51/M	1:25:10.9

		----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
76	David Horvath	171	52	117	8:11.9	35:35/M	0:56.7	55	47:40.0	18.9mph	1:20.7	98	27:16.2	8:48/M	1:25:25.5
77	Joel Derbin	113	22	12	5:27.9	23:42/M	1:05.2	30	44:24.8	20.3mph	1:22.1	155	33:10.7	10:42/M	1:25:30.7
78	Rosie Hillmeyer	169	47	54	6:42.2	29:08/M	1:19.1	87	50:13.9	17.9mph	1:00.3	84	26:19.5	8:29/M	1:25:35.0
79	Herschel Meador	182	47	105	7:49.1	33:59/M	1:57.1	88	50:26.8	17.8mph	1:15.5	62	24:41.7	7:58/M	1:26:10.2
80	Carol Gensheimer	300	46	95	7:39.1	33:16/M	1:49.4	107	52:25.0	17.2mph	1:39.7	32	22:39.2	7:18/M	1:26:12.4
81	Dante Schembari	251	26	127	8:25.7	36:36/M	1:16.1	74	49:34.6	18.2mph	1:17.8	81	25:49.8	8:20/M	1:26:24.0
82	clyde sloan	200	57	135	8:33.3	37:10/M	0:34.9	36	45:14.7	19.9mph	0:53.2	144	31:12.8	10:04/M	1:26:28.9
83	David Johnson	230	29	144	8:51.9	38:29/M	1:51.3	80	49:49.7	18.1mph	0:59.0	68	25:07.7	8:06/M	1:26:39.6
84	Kristy Deep	155	33	103	7:47.5	33:50/M	2:18.1	99	51:10.0	17.6mph	0:39.4	64	24:52.3	8:01/M	1:26:47.3
85	Brian Melanson	244	55	121	8:20.4	36:14/M	2:02.2	58	47:59.0	18.8mph	1:19.6	100	27:20.6	8:49/M	1:27:01.8
86	stanley cornelius	153	33	94	7:36.6	33:03/M	2:55.8	96	51:03.7	17.6mph	1:59.8	46	23:47.2	7:40/M	1:27:23.1
87	Lars Mattgard	242	32	104	7:48.8	33:55/M	1:38.9	73	49:31.9	18.2mph	1:08.7	99	27:19.0	8:49/M	1:27:27.3
88	nicholas Smith	252	21	100	7:41.9	33:24/M	2:03.5	135	55:23.4	16.3mph	0:31.6	20	22:06.5	7:08/M	1:27:46.9
89	Rob Fruth	162	44	37	6:21.3	27:37/M	1:14.0	101	51:46.9	17.4mph	0:38.8	109	28:04.4	9:03/M	1:28:05.4
90	Robert Twist, Jr.	205	54	89	7:26.5	32:19/M	1:30.3	79	49:49.1	18.1mph	1:44.7	103	27:34.9	8:54/M	1:28:05.5
91	Mike Bukowski	108	34	14	5:29.0	23:50/M	1:59.6	111	52:58.6	17.0mph	0:52.2	91	26:46.3	8:38/M	1:28:05.7
92	Danna Baxley	140	30	152	9:05.5	39:30/M	1:03.5	70	49:14.7	18.3mph	0:40.9	111	28:08.2	9:05/M	1:28:12.8
93	Matt Kerley	233	34	122	8:20.6	36:14/M	2:41.8	91	50:34.1	17.8mph	0:57.6	78	25:46.2	8:19/M	1:28:20.3
94	Katie Rankin	190	29	113	8:06.1	35:13/M	1:21.5	95	51:02.2	17.6mph	0:58.7	95	26:53.9	8:40/M	1:28:22.4
95	Tom Evans	222	45	164	9:24.2	40:52/M	0:49.9	93	50:40.3	17.8mph	0:52.2	89	26:36.2	8:35/M	1:28:22.8
96	Kirsten Nitz	123	17	2	4:40.0	20:17/M	1:59.1	146	57:03.0	15.8mph	0:33.4	57	24:12.7	7:48/M	1:28:28.2
97	Kerry Boudreaux	146	46	72	7:09.3	31:05/M	2:04.4	123	54:14.1	16.6mph	0:46.3	58	24:19.1	7:51/M	1:28:33.2
98	Harry Clegg	263	49	134	8:32.8	37:06/M	2:33.9	84	50:05.5	18.0mph	2:30.1	66	24:58.7	8:03/M	1:28:41.0
99	Branden Rosenhan	194	33	59	6:51.4	29:47/M	1:33.3	90	50:33.0	17.8mph	1:12.9	121	29:07.3	9:24/M	1:29:17.9

100 Brian Lea 121 31 5 5:11.9 22:32/M 2:33.8 150 57:50.6 15.6mph 0:43.6 42 23:16.6 7:30/M 1:29:36.5

		----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
<u>Place Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	
101 Jason True	203	34	73	7:09.7	31:05/M	1:59.8	94	50:55.1	17.7mph	1:21.8	113	28:14.0	9:06/M	1:29:40.4	
102 Channing Bowling	147	34	60	6:53.9	29:56/M	1:10.1	119	53:55.4	16.7mph	1:03.6	96	26:54.6	8:41/M	1:29:57.6	
103 Laura Leaton	238	41	81	7:16.7	31:36/M	1:25.3	82	49:58.1	18.0mph	1:34.6	129	29:57.2	9:40/M	1:30:11.9	
104 Clark Fisher	161	50	84	7:21.8	31:57/M	2:47.9	117	53:43.2	16.8mph	1:14.1	77	25:38.0	8:16/M	1:30:45.0	
105 Stephen Testa	202	44	102	7:43.7	33:33/M	1:17.4	115	53:10.7	16.9mph	0:59.9	112	28:09.5	9:05/M	1:31:21.2	
106 Nina Gueorguieva	226	41	161	9:20.3	40:35/M	1:17.7	72	49:23.3	18.2mph	0:44.7	140	30:41.0	9:54/M	1:31:27.0	
107 Kyle Nickerson	284	22	184	10:48.2	46:57/M	2:20.9	104	52:04.6	17.3mph	0:48.6	73	25:29.4	8:13/M	1:31:31.7	
108 Matthew Kirby	235	25	123	8:21.0	36:18/M	2:48.8	147	57:14.0	15.7mph	0:25.1	45	23:30.9	7:35/M	1:32:19.8	
109 Sean Lockwood	176	30	68	7:04.4	30:43/M	2:48.0	114	53:07.6	16.9mph	1:41.8	108	27:45.3	8:57/M	1:32:27.1	
110 michael ohearn	245	55	106	7:49.3	33:59/M	2:31.8	78	49:46.8	18.1mph	1:39.5	143	30:50.4	9:57/M	1:32:37.8	
111 HARALD PORTIG	247	69	146	8:54.4	38:42/M	1:13.2	100	51:11.0	17.6mph	1:06.0	132	30:13.6	9:45/M	1:32:38.2	
112 Roger Wright	276	44	182	10:32.9	45:48/M	1:54.5	108	52:49.9	17.0mph	1:05.6	92	26:47.5	8:38/M	1:33:10.4	
113 Benny Hicks	228	60	125	8:21.4	36:18/M	2:16.7	126	54:32.1	16.5mph	1:35.9	86	26:34.5	8:34/M	1:33:20.6	
114 Kerry Kirby	234	53	137	8:33.7	37:10/M	3:02.5	106	52:15.6	17.2mph	1:52.9	107	27:44.8	8:57/M	1:33:29.5	
115 William Exton	751	27	74	7:12.6	31:18/M	1:40.9	98	51:09.9	17.6mph	1:56.9	148	31:50.6	10:16/M	1:33:50.9	
116 Paula Heron	168	33	83	7:20.7	31:53/M	1:30.2	139	55:59.6	16.1mph	0:46.4	116	28:24.6	9:10/M	1:34:01.5	
117 John Spalding	254	31	132	8:30.8	36:57/M	2:00.7	109	52:50.6	17.0mph	1:21.2	125	29:28.7	9:30/M	1:34:12.0	
118 Timothy Cahill	215	45	93	7:34.6	32:54/M	3:15.5	113	53:07.1	16.9mph	1:54.9	115	28:20.1	9:08/M	1:34:12.2	
119 Cindy Higgins	229	41	115	8:08.4	35:22/M	1:14.6	110	52:51.6	17.0mph	1:22.8	139	30:38.5	9:53/M	1:34:15.9	
120 Doug Bennett	260	48	192	13:05.3	56:53/M	0:40.4	118	53:49.2	16.7mph	0:43.8	83	26:18.9	8:29/M	1:34:37.6	
121 Tom Fedorka	160	48	63	6:56.9	30:09/M	1:36.1	130	55:03.2	16.3mph	1:07.6	131	30:02.0	9:41/M	1:34:45.8	
122 Jeri English	210	44	75	7:14.1	31:27/M	4:15.5	136	55:24.8	16.2mph	1:11.5	101	27:24.6	8:50/M	1:35:30.5	
123 Roy Wagner	275	27	163	9:23.9	40:48/M	1:14.3	138	55:39.2	16.2mph	1:01.2	114	28:18.4	9:08/M	1:35:37.0	
124 David Ledbetter	294	43	196	14:22.3	62:28/M	3:00.3	85	50:06.3	18.0mph	0:46.4	104	27:37.0	8:55/M	1:35:52.3	
125 Andrew Wyllie	209	43	62	6:54.9	30:00/M	2:19.8	131	55:09.9	16.3mph	1:08.9	138	30:34.4	9:52/M	1:36:07.9	

		----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
<u>Place Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	
126 Jim Ford	290	42	180	10:20.6	44:56/M	2:20.4	102	51:48.3	17.4mph	1:59.1	128	29:51.7	9:38/M	1:36:20.1	
127 Thomas Morgan	272	35	91	7:31.9	32:41/M	1:37.7	144	56:41.7	15.9mph	1:10.9	122	29:23.7	9:29/M	1:36:25.9	
128 Ellie Conley	152	32	46	6:36.7	28:42/M	1:47.2	124	54:19.4	16.6mph	1:05.2	153	32:49.9	10:35/M	1:36:38.4	
129 Kendrick Riggs	192	53	119	8:14.9	35:48/M	1:59.3	112	52:59.4	17.0mph	1:38.4	149	31:54.2	10:17/M	1:36:46.2	
130 Valerie Briones-Pryor	262	35	191	13:02.0	56:40/M	1:46.9	103	52:03.5	17.3mph	1:32.2	119	28:42.4	9:15/M	1:37:07.0	
131 brooke harland	166	39	82	7:19.1	31:49/M	0:59.9	132	55:14.8	16.3mph	1:24.2	152	32:48.5	10:35/M	1:37:46.5	
132 Camden Baney	259	18	176	10:10.1	44:12/M	1:18.1	120	54:02.2	16.7mph	1:41.0	141	30:41.4	9:54/M	1:37:52.8	
133 John Quire	248	49	154	9:08.0	39:43/M	3:41.9	116	53:30.3	16.8mph	1:30.4	142	30:42.2	9:54/M	1:38:32.8	
134 Sandra Smalley	201	36	126	8:22.9	36:23/M	2:08.8	133	55:18.9	16.3mph	1:14.2	145	31:30.3	10:10/M	1:38:35.1	
135 Mike Flynn	223	48	141	8:50.2	38:24/M	1:37.1	105	52:08.2	17.3mph	1:15.6	165	34:47.7	11:13/M	1:38:38.8	
136 Joshua Selby	750	26	162	9:23.4	40:48/M	2:01.3	140	56:06.7	16.0mph	2:05.8	126	29:30.0	9:31/M	1:39:07.2	
137 Karen Clark	216	42	168	9:40.9	42:02/M	2:27.2	141	56:15.8	16.0mph	1:56.1	124	29:28.1	9:30/M	1:39:48.1	
138 Lisa Stolze	211	41	52	6:41.6	29:03/M	2:04.2	172	1:01:45.9	14.6mph	0:37.0	118	28:41.8	9:15/M	1:39:50.5	
139 Katelyn Robbins	127	20	10	5:26.4	23:37/M	1:30.5	176	1:03:17.5	14.2mph	1:05.8	120	28:43.2	9:16/M	1:40:03.4	
140 Dean Baskin	748	41	107	7:55.7	34:25/M	1:45.0	169	1:01:16.3	14.7mph	0:37.3	117	28:29.2	9:11/M	1:40:03.5	
141 Kyle Burns	280	27	120	8:16.0	35:57/M	2:26.7	121	54:04.2	16.6mph	2:17.7	158	33:26.6	10:47/M	1:40:31.2	
142 Mary Henson	227	55	143	8:50.7	38:24/M	2:04.2	155	58:47.7	15.3mph	1:20.5	127	29:45.1	9:36/M	1:40:48.2	
143 DIANE LILLY	240	59	167	9:34.6	41:36/M	2:36.7	143	56:22.8	16.0mph	2:27.9	130	30:00.9	9:41/M	1:41:02.9	
144 Ryoma Yoshioka	277	33	160	9:18.6	40:26/M	2:04.6	151	57:55.8	15.5mph	1:45.6	133	30:13.6	9:45/M	1:41:18.2	
145 Andrea Branchini	298	57	159	9:17.7	40:22/M	4:22.4	162	59:43.6	15.1mph	0:57.0	97	26:58.4	8:42/M	1:41:19.1	
146 Angela Elser	219	34	173	10:04.3	43:46/M	2:26.8	163	59:45.2	15.1mph	1:28.4	106	27:43.2	8:56/M	1:41:27.9	
147 Alan Thompson	257	34	145	8:52.8	38:33/M	2:24.6	157	58:50.6	15.3mph	0:38.2	146	31:34.8	10:11/M	1:42:21.0	
148 Susan Bradley-Cox	214	73	111	8:02.7	34:56/M	2:21.1	127	54:37.5	16.5mph	1:22.6	168	36:02.7	11:37/M	1:42:26.6	
149 Kevin Smith	137	48	128	8:26.7	36:40/M	2:28.0	161	59:38.1	15.1mph	1:41.7	135	30:23.6	9:48/M	1:42:38.1	
150 JOE WILSON	258	76	170	9:51.2	42:50/M	1:47.9	142	56:20.0	16.0mph	1:39.4	162	34:00.1	10:58/M	1:43:38.6	

		----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
<u>Place Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	
151 kelly corman	281	38	187	11:54.7	51:44/M	2:37.2	145	56:48.6	15.8mph	0:43.8	150	32:18.1	10:25/M	1:44:22.4	
152 Chad Snellgrove	253	39	136	8:33.4	37:10/M	2:48.4	153	58:40.4	15.3mph	1:35.1	151	32:47.0	10:35/M	1:44:24.3	
153 Sarah Emmons	265	52	178	10:12.7	44:21/M	2:13.3	134	55:19.3	16.3mph	2:33.6	164	34:27.7	11:07/M	1:44:46.6	

154	Christina Pinkston	274	31	172	10:03.8	43:42/M	2:30.5	156	58:48.3	15.3mph	2:06.1	147	31:38.8	10:12/M	1:45:07.5
155	Jennifer Malia Reid	191	42	166	9:31.4	41:23/M	2:18.5	149	57:44.1	15.6mph	1:55.7	160	33:44.0	10:53/M	1:45:13.7
156	Nathan Welleford	207	18	57	6:48.7	29:34/M	2:16.3	122	54:13.8	16.6mph	2:47.6	180	39:33.8	12:45/M	1:45:40.2
157	Lisa Tannock	255	39	129	8:28.0	36:49/M	1:56.5	128	54:39.7	16.5mph	1:10.6	181	39:41.1	12:48/M	1:45:55.9
158	Jonathan Rumburg	195	36	97	7:39.7	33:16/M	2:55.6	129	54:50.4	16.4mph	2:16.0	176	38:28.8	12:25/M	1:46:10.5
159	Tracey Woods	297	40	171	10:01.1	43:33/M	1:27.1	165	59:50.1	15.0mph	1:34.7	161	33:45.5	10:53/M	1:46:38.5
160	Allan Black	261	39	158	9:16.5	40:17/M	3:34.6	137	55:35.6	16.2mph	2:21.3	169	36:06.7	11:39/M	1:46:54.7
161	Harini Aiyer	279	32	189	12:03.1	52:23/M	2:32.6	148	57:21.7	15.7mph	2:14.2	154	32:59.8	10:38/M	1:47:11.4
162	Hunter Nighbert	273	35	148	8:57.0	38:55/M	2:15.7	166	59:52.2	15.0mph	1:08.1	167	35:01.4	11:18/M	1:47:14.4
163	Mike Hollern	170	51	149	9:01.7	39:12/M	4:58.5	170	1:01:34.7	14.6mph	2:33.3	136	30:27.8	9:49/M	1:48:36.0
164	Donald Pomeroy	246	56	175	10:08.8	44:03/M	2:42.4	158	59:04.8	15.2mph	3:33.9	163	34:08.7	11:01/M	1:49:38.6
165	Claire Kauffman	232	33	78	7:14.3	31:27/M	2:32.1	174	1:02:08.4	14.5mph	1:34.4	170	36:09.8	11:40/M	1:49:39.0
166	Ben Enzweiler	221	47	131	8:29.6	36:53/M	5:10.3	171	1:01:42.7	14.6mph	1:33.5	157	33:23.9	10:46/M	1:50:20.0
167	Wayne Boone	213	57	150	9:02.4	39:17/M	3:33.8	181	1:06:53.4	13.5mph	0:56.6	134	30:15.6	9:45/M	1:50:41.8
168	Cathy Boone	212	58	177	10:12.3	44:21/M	2:13.5	182	1:07:20.7	13.4mph	0:41.5	137	30:33.5	9:51/M	1:51:01.5
169	Christine Kuhn	237	44	142	8:50.5	38:24/M	3:06.8	177	1:03:53.9	14.1mph	2:03.6	159	33:39.4	10:51/M	1:51:34.2
170	Angela Zimmerman	278	33	151	9:05.4	39:30/M	3:18.9	178	1:05:09.5	13.8mph	1:17.2	156	33:18.7	10:45/M	1:52:09.7
171	Dwayne Edwards	282	48	183	10:38.8	46:14/M	2:45.7	159	59:14.1	15.2mph	2:04.6	174	37:37.8	12:08/M	1:52:21.0
172	AUDREY LONG	241	31	153	9:05.6	39:30/M	2:48.0	160	59:23.5	15.2mph	1:08.8	183	40:02.8	12:55/M	1:52:28.7
173	Chad Ford	289	25	190	12:22.3	53:46/M	2:47.5	183	1:08:20.7	13.2mph	0:36.1	123	29:25.3	9:29/M	1:53:31.9
174	Beth Davis	752	27	110	8:00.8	34:47/M	4:46.6	167	1:00:52.2	14.8mph	4:04.8	171	36:27.7	11:45/M	1:54:12.1
175	Todd Iddings	269	37	174	10:07.5	43:59/M	4:43.5	164	59:45.5	15.1mph	2:27.9	173	37:22.0	12:03/M	1:54:26.4

Place	Name	Bib No	Age	----- Swim -----		T1	----- Bike -----			T2	----- Run -----			Total	
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
176	russ goodwin	164	65	41	6:31.7	28:20/M	3:18.0	154	58:43.4	15.3mph	1:26.7	187	44:40.3	14:25/M	1:54:40.1
177	Kevin Skeeters	285	37	186	11:52.8	51:36/M	3:18.7	168	1:00:55.4	14.8mph	1:19.1	175	37:58.6	12:15/M	1:55:24.6
178	Genny Ledbetter	239	43	165	9:28.8	41:10/M	2:42.8	175	1:02:38.4	14.4mph	2:25.7	178	38:41.2	12:29/M	1:55:56.9
179	Michael McColl	179	35	130	8:28.3	36:49/M	2:56.1	152	58:35.6	15.4mph	1:26.1	186	44:30.9	14:21/M	1:55:57.0
180	Patrick McDaniel	243	24	194	13:50.3	60:09/M	3:28.8	173	1:01:53.5	14.5mph	1:23.2	172	37:03.5	11:57/M	1:57:39.3
181	Donna Eastham	288	46	181	10:22.4	45:04/M	2:44.3	179	1:05:43.0	13.7mph	1:35.9	179	39:32.1	12:45/M	1:59:57.7
182	Brian Fruth	225	48	112	8:03.7	35:00/M	2:34.1	194	1:22:25.5	10.9mph	1:38.4	82	26:11.7	8:27/M	2:00:53.4
183	Vipavee Green	165	28	114	8:07.8	35:17/M	1:51.5	188	1:12:23.3	12.4mph	0:44.1	177	38:39.8	12:28/M	2:01:46.5
184	Ashley Greer	292	27	155	9:14.9	40:09/M	2:47.7	180	1:06:36.1	13.5mph	1:27.4	185	42:00.3	13:33/M	2:02:06.4
185	Susan Pomeroy	188	56	109	8:00.1	34:47/M	4:17.3	184	1:08:44.3	13.1mph	1:22.3	182	39:59.0	12:54/M	2:02:23.0
186	Jack Jouett	271	21	188	11:58.4	52:02/M	3:29.0	189	1:14:28.4	12.1mph	1:26.6	166	34:56.4	11:16/M	2:06:18.8
187	John Dillion	264	44	156	9:16.4	40:17/M	2:07.4	185	1:09:46.7	12.9mph	0:32.7	191	48:21.8	15:36/M	2:10:05.0
188	Gary Jackson	293	49	193	13:33.7	58:55/M	2:09.9	186	1:10:08.7	12.8mph	1:00.5	188	45:18.0	14:37/M	2:12:10.8
189	Carolyn Cromer	217	41	139	8:48.7	38:16/M	3:34.1	191	1:15:14.7	12.0mph	2:11.8	189	45:52.6	14:48/M	2:15:41.9
190	Elisa Owen	295	42	133	8:31.5	37:02/M	3:03.0	187	1:12:09.5	12.5mph	2:04.6	193	52:13.7	16:51/M	2:18:02.3
191	christine gray	291	48	179	10:16.4	44:38/M	2:42.2	192	1:15:28.1	11.9mph	1:10.5	192	49:45.6	16:03/M	2:19:22.8
192	Terry Foody	266	62	185	11:50.2	51:27/M	4:56.0	193	1:17:22.0	11.6mph	4:48.2	184	40:35.8	13:05/M	2:19:32.2
193	Judy Wismann	296	60	195	13:51.5	60:13/M	4:19.5	190	1:15:07.7	12.0mph	3:24.6	190	48:07.7	15:31/M	2:24:51.0