

Dickson Endurance & Iron Nugget Triathlons 2013

Iron Nugget 2013 Overall

Race Date

May 11, 2013

Place	Name	Bib No	AG Place	----- Swim -----			T1	----- Bike -----			T2	----- Run -----		Total	
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	Will Battaile	95	1 M Opn	1	12:18.8	12:18	2:30.2	2	47:05.0	22.2	1:02.3	2	18:52.6	6:05	1:21:49.0
2	Shay Eskew	102	2 M Opn	10	14:29.1	14:29	2:09.9	3	47:08.1	22.1	0:32.2	5	20:12.5	6:31	1:24:32.0
3	Michael Beach	118	3 M Opn	13	14:57.5	14:57	2:27.2	1	46:53.5	22.3	0:31.0	7	20:42.7	6:41	1:25:32.0
4	tommy nettleton	135	1 M Mst	3	12:45.4	12:45	2:36.8	4	48:39.9	21.5	0:27.6	9	21:33.9	6:57	1:26:03.8
5	Jeff Kauppi	170	2 M Mst	4	13:37.7	13:37	3:32.7	5	48:51.4	21.4	1:01.6	16	22:30.7	7:15	1:29:34.3
6	Chris Duncan	175	1 M 35-39	26	16:37.7	16:37	2:57.7	8	49:35.1	21.1	1:14.5	4	19:25.2	6:16	1:29:50.5
7	Robert Pautienus	178	2 M 35-39	29	16:51.6	16:51	3:04.6	6	49:11.3	21.2	0:58.4	8	21:23.5	6:54	1:31:29.6
8	Jimmy Humston	35	1 M 25-29	15	14:58.7	14:58	2:55.0	7	49:13.4	21.2	0:42.6	31	24:23.4	7:52	1:32:13.3
9	David Price	125	3 M Mst	12	14:51.7	14:51	2:42.9	11	52:06.1	20.0	0:43.4	12	21:57.0	7:05	1:32:21.3
10	Jamie Tassa	152	1 F Opn	2	12:38.2	12:38	2:34.5	14	53:02.7	19.7	0:34.7	25	23:43.5	7:39	1:32:33.8
11	Suzy Thomas	157	2 F Opn	6	13:42.8	13:42	2:27.4	22	55:49.5	18.7	0:42.0	6	20:13.9	6:31	1:32:55.7
12	Brian Ehrig	97	3 M 35-39	19	15:09.6	15:09	2:55.4	13	52:30.1	19.9	0:50.3	13	22:14.3	7:10	1:33:39.9
13	Andy Russell	177	1 M 40-44	5	13:40.6	13:40	2:51.4	18	55:29.1	18.8	0:44.6	17	22:38.3	7:18	1:35:24.2
14	Lanni Marchant	176	3 F Opn	8	13:54.3	13:54	3:54.4	39	59:47.2	17.5	0:51.6	1	17:56.8	5:47	1:36:24.6
15	Wendy Fejfar	153	1 F 35-39	7	13:51.2	13:51	2:57.6	17	55:08.6	18.9	0:30.7	35	24:40.2	7:57	1:37:08.5
16	Ben Petsch	40	2 M 25-29	43	18:40.3	18:40	1:45.4	12	52:07.6	20.0	0:39.2	29	24:01.4	7:45	1:37:14.1
17	Shawn Butler	52	1 M 30-34	9	13:58.5	13:58	3:31.5	30	57:51.7	18.0	0:38.6	19	22:48.5	7:21	1:38:49.0
18	Sam Balthrop	63	2 M 30-34	25	16:36.2	16:36	4:13.5	10	51:58.4	20.1	0:59.7	44	25:59.0	8:23	1:39:47.0
19	Casey Gallaher	171	3 M 30-34	18	15:09.1	15:09	4:18.5	21	55:43.3	18.7	1:58.1	23	23:33.4	7:36	1:40:42.6
20	Jeremy Winters	106	2 M 40-44	23	16:20.2	16:20	3:43.3	9	50:22.5	20.7	1:08.4	63	29:36.8	9:33	1:41:11.2
21	Ben Shaw	105	3 M 40-44	58	20:38.4	20:38	3:31.2	15	53:34.4	19.5	0:38.8	28	23:59.5	7:44	1:42:22.5
22	Harry Camp	138	1 M 55-59	70	21:56.6	21:56	3:41.5	16	54:26.2	19.2	0:40.1	11	21:41.8	7:00	1:42:26.4
23	Micah Sandlin	191	4 M 30-34	14	14:57.8	14:57	4:33.7	42	1:00:35.9	17.2	0:52.5	10	21:37.6	6:58	1:42:37.7
24	Emmitt Beall	84	4 M 35-39	30	16:52.7	16:52	3:33.2	36	59:26.6	17.6	0:40.7	14	22:20.7	7:12	1:42:54.1
25	Ross Adam	193	3 M 25-29	38	18:29.5	18:29	4:17.5	27	56:59.5	18.3	0:42.9	15	22:24.7	7:14	1:42:54.2
26	Robert Lewis	96	5 M 35-39	21	16:06.8	16:06	3:34.1	31	58:10.6	17.9	1:09.6	26	23:53.2	7:42	1:42:54.5
27	Peter Lebedevs	174	1 M 45-49	27	16:42.6	16:42	3:51.1	29	57:39.5	18.1	1:10.5	41	25:45.1	8:18	1:45:08.9
28	Kevin Herrington	172	6 M 35-39	20	16:02.9	16:02	4:31.8	20	55:38.1	18.8	1:00.7	55	28:28.7	9:11	1:45:42.3
29	Jason Krumwiede	114	4 M 40-44	33	17:28.2	17:28	4:00.6	33	58:27.9	17.9	1:17.2	36	24:45.0	7:59	1:45:59.1
30	jeff lane	136	1 M 50-54	57	20:30.0	20:30	3:11.4	23	55:52.9	18.7	0:52.1	40	25:43.4	8:18	1:46:09.9
31	Marty Cook	101	7 M 35-39	35	17:36.4	17:36	4:09.9	25	56:21.4	18.5	1:04.1	50	27:31.8	8:53	1:46:43.8
32	Tal Lefler	99	8 M 35-39	31	17:12.2	17:12	4:00.5	44	1:00:41.6	17.2	1:24.8	22	23:29.4	7:35	1:46:48.7
33	Rob Zielinski	117	2 M 45-49	72	22:03.2	22:03	2:53.9	26	56:55.2	18.3	0:45.2	32	24:26.9	7:53	1:47:04.6

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				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
34	anna hemnes	156	1 F Mst	28	16:47.6	16:47	3:22.2	48	1:01:55.0	16.9	1:20.5	24	23:43.4	7:39	1:47:08.9
35	Sally Landham	155	2 F 35-39	36	17:39.1	17:39	3:41.0	32	58:14.5	17.9	1:07.7	47	26:54.4	8:41	1:47:36.9
36	jason dale	104	5 M 40-44	49	19:23.6	19:23	5:11.8	54	1:03:09.1	16.5	1:03.3	3	19:06.2	6:10	1:47:54.2
37	LLoyd Jones	196	6 M 40-44	64	21:19.5	21:19	4:37.8	19	55:37.5	18.8	1:01.5	43	25:57.5	8:22	1:48:34.0
38	Bruce Heiser	137	2 M 50-54	11	14:32.5	14:32	3:11.9	38	59:44.1	17.5	0:49.5	66	30:16.4	9:46	1:48:34.6
39	Gordon O'Malley	197	3 M 50-54	75	22:37.4	22:37	5:14.1	24	55:55.4	18.7	1:05.7	38	24:51.2	8:01	1:49:43.9
40	gideon lapointe	91	9 M 35-39	52	19:40.8	19:40	5:00.4	34	58:57.7	17.7	1:53.7	33	24:27.3	7:53	1:50:00.1
41	Scott Schumann	113	7 M 40-44	34	17:29.6	17:29	3:56.9	57	1:04:04.7	16.3	1:11.7	37	24:50.5	8:01	1:51:33.6
42	Brandon Palmore	64	5 M 30-34	24	16:27.3	16:27	4:19.5	53	1:02:48.6	16.6	0:55.5	48	27:20.0	8:49	1:51:51.1
43	John Beard	198	8 M 40-44	55	20:25.5	20:25	6:04.6	37	59:27.9	17.6	1:42.7	30	24:21.5	7:51	1:52:02.4
44	Judy Aberg	163	2 F Mst	45	18:59.8	18:59	3:52.9	35	59:06.3	17.7	0:59.5	61	29:11.4	9:25	1:52:10.2
45	Dave MacNeill	119	3 M 45-49	37	17:42.6	17:42	3:27.3	51	1:02:40.0	16.7	1:08.5	49	27:20.9	8:49	1:52:19.5
46	Nicholas Petsch	5	4 M 25-29	86	25:02.6	25:02	3:03.6	40	1:00:17.9	17.3	1:58.7	18	22:44.3	7:20	1:53:07.2
47	Paul Turner	128	4 M 50-54	46	19:14.1	19:14	5:12.2	60	1:05:14.5	16.0	1:00.5	21	22:58.7	7:25	1:53:40.3
48	Ford Gatgens	94	10 M 35-39	40	18:33.1	18:33	5:27.6	47	1:01:50.1	16.9	1:08.4	51	27:34.2	8:54	1:54:33.6
49	Dan France	173	4 M 45-49	80	23:01.9	23:01	4:44.0	52	1:02:42.9	16.7	1:14.2	27	23:53.3	7:42	1:55:36.4
50	Jonathan Frith	27	5 M 25-29	39	18:31.5	18:31	3:37.4	59	1:04:48.7	16.1	1:20.3	58	28:57.2	9:20	1:57:15.3
51	Randall Frith	141	1 M 60-64	78	22:42.9	22:42	3:32.2	43	1:00:40.0	17.2	1:27.8	60	29:08.3	9:24	1:57:31.3
52	Fernando Balmaceda	109	9 M 40-44	66	21:24.6	21:24	4:20.4	50	1:02:39.6	16.7	0:49.8	56	28:29.9	9:11	1:57:44.6
53	Jeff Whitehorn	131	5 M 50-54	79	22:50.3	22:50	4:26.0	28	57:27.0	18.2	1:19.2	78	32:33.7	10:30	1:58:36.4
54	Rebekah Askins	147	1 F 30-34	81	23:02.7	23:02	3:23.4	61	1:06:19.5	15.7	1:34.4	34	24:29.5	7:54	1:58:49.7
55	Nicholas Osburn	49	6 M 30-34	22	16:16.6	16:16	6:34.6	56	1:03:48.2	16.4	1:27.5	71	31:35.0	10:11	1:59:42.0
56	Laura O'Dowd	148	2 F 30-34	17	15:05.0	15:05	4:45.7	74	1:11:11.8	14.7	0:30.8	54	28:15.3	9:07	1:59:48.8
57	Eric Robinson	123	5 M 45-49	56	20:26.5	20:26	4:10.3	64	1:08:23.3	15.3	1:31.0	42	25:51.0	8:20	2:00:22.3
58	CHEZ SHAFER	142	2 M 60-64	65	21:21.9	21:21	5:30.5	41	1:00:25.3	17.3	0:39.9	76	32:25.2	10:27	2:00:23.0
59	Christopher Hayden	111	10 M 40-44	32	17:20.9	17:20	4:57.2	69	1:09:24.4	15.0	1:20.6	53	28:11.0	9:05	2:01:14.2
60	Russell Regen	134	6 M 50-54	44	18:57.2	18:57	4:44.0	55	1:03:40.4	16.4	2:01.9	74	32:20.6	10:26	2:01:44.2
61	Paul Chandler	169	7 M 50-54	51	19:37.7	19:37		63	1:08:04.4	15.3	0:38.1	79	33:36.1	10:50	2:01:56.4
62	Brian Gosselin	6	6 M 25-29	63	21:15.9	21:15	4:25.7	70	1:09:48.6	15.0	1:12.9	39	25:19.9	8:10	2:02:03.2
63	William Dedmon	1	1 M 20-24	88	25:30.6	25:30	4:53.8	58	1:04:42.8	16.1	2:13.6	45	26:34.1	8:34	2:03:55.0
64	Ana Bircher	164	3 F Mst	42	18:39.6	18:39	4:07.2	67	1:08:55.3	15.1	1:11.9	72	31:40.6	10:13	2:04:34.7
65	Jamie Yates	144	1 F 20-24	47	19:14.1	19:14	5:08.4	73	1:10:37.5	14.8	0:48.6	59	28:57.4	9:20	2:04:46.3
66	Amanda Shadowens	150	3 F 30-34	73	22:05.5	22:05	5:50.6	68	1:09:02.5	15.1	1:28.4	46	26:38.3	8:35	2:05:05.6

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				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
67	Christine Schmalzer	158	1 F 40-44	16	15:02.8	15:02	6:17.6	75	1:11:16.8	14.6	1:34.6	69	31:01.9	10:00	2:05:13.8
68	Darryl Peden	120	6 M 45-49	71	22:00.9	22:00	5:26.3	45	1:00:55.6	17.1	2:38.8	85	35:39.0	11:30	2:06:40.8
69	Robert Baldwin	124	7 M 45-49	85	24:56.7	24:56	4:22.4	62	1:07:51.7	15.4	1:56.9	64	29:55.5	9:39	2:09:03.4
70	John Denton	107	11 M 40-44	95	31:08.1	31:08	5:37.4	46	1:01:02.2	17.1	1:43.9	65	29:56.7	9:39	2:09:28.4
71	Unknown Partic. 190	190	1 M 0-14	74	22:10.3	22:10	6:00.8	66	1:08:53.5	15.2	1:08.6	70	31:22.2	10:07	2:09:35.6
72	Chris Pastina	130	8 M 50-54	59	20:49.6	20:49	4:59.6	77	1:11:44.4	14.6	1:12.9	68	30:57.3	9:59	2:09:44.0
73	Gordon Ahner	127	9 M 50-54	41	18:36.3	18:36	5:38.0	49	1:02:35.6	16.7	2:23.8	93	42:10.2	13:36	2:11:24.0
74	Matthew Dunn	122	8 M 45-49	67	21:38.0	21:38	4:49.0	79	1:16:08.5	13.7	1:44.3	52	27:44.4	8:57	2:12:04.4
75	Jeanine Weinzierl	165	1 F 55-59	84	24:06.9	24:06	7:06.2	65	1:08:36.7	15.2	1:44.6	75	32:22.2	10:26	2:13:56.8
76	MARC SWAIN	112	12 M 40-44	69	21:52.1	21:52	5:39.4	78	1:16:01.7	13.7	0:57.6	62	29:27.2	9:30	2:13:58.2
77	Chuck Smith	139	2 M 55-59	87	25:20.3	25:20	5:02.7	71	1:10:09.7	14.9	1:34.2	84	34:46.6	11:13	2:16:53.8
78	Abbey Chamness	167	1 F 45-49	90	26:07.8	26:07	6:44.2	88	1:21:53.0	12.7	0:45.3	20	22:51.4	7:22	2:18:21.8
79	Desmond Lake	50	7 M 30-34	50	19:29.7	19:29	3:39.5	93	1:25:49.0	12.2	1:02.8	57	28:35.2	9:13	2:18:36.3
80	holly andrews	154	3 F 35-39	82	23:06.2	23:06	4:07.7	83	1:17:32.2	13.5	0:56.7	80	33:51.9	10:55	2:19:34.8
81	Amber Zielinski	161	2 F 45-49	76	22:39.6	22:39	6:36.5	72	1:10:24.5	14.8	2:06.8	91	37:56.4	12:14	2:19:43.9
82	Cara Sweeney	149	4 F 30-34	83	23:09.0	23:09	5:15.0	84	1:17:42.4	13.4	1:29.3	77	32:29.3	10:29	2:20:05.3
83	Richard Farr	168	13 M 40-44	62	21:12.7	21:12	4:49.7	80	1:16:08.9	13.7	1:27.0	88	36:27.2	11:45	2:20:05.6
84	Shelton Clark	132	10 M 50-54	68	21:39.2	21:39	6:25.5	81	1:16:18.5	13.7	1:45.0	81	34:25.8	11:06	2:20:34.2
85	Matt Robertson	100	11 M 35-39	77	22:39.6	22:39	4:09.0	82	1:17:01.2	13.6	1:08.6	87	36:23.9	11:44	2:21:22.5
86	Cassery Kyle	192	7 M 25-29	94	30:00.0	30:00	7:41.1	76	1:11:19.9	14.6	2:07.5	73	32:18.2	10:25	2:23:26.9
87	Ben Trueblood	69	12 M 35-39	60	20:51.9	20:51	6:23.9	90	1:22:36.9	12.6	1:11.3	82	34:32.0	11:08	2:25:36.2
88	Robin Alberts-Marigza	146	1 F 25-29	92	26:08.4	26:08	5:33.1	85	1:19:29.8	13.1	0:51.3	83	34:35.8	11:09	2:26:38.6
89	Christopher Swain	103	14 M 40-44	89	25:36.1	25:36	7:19.5	89	1:22:20.1	12.7	0:46.0	67	30:51.1	9:57	2:26:53.0
90	Kyle Wiltshire	74	13 M 35-39	54	20:15.5	20:15	5:32.5	91	1:24:02.7	12.4	1:04.7	90	37:53.8	12:13	2:28:49.4
91	Robert Matthis	140	3 M 60-64	61	21:09.0	21:09	7:09.8	87	1:21:47.9	12.8	0:50.3	92	41:09.7	13:16	2:32:06.9
92	Laura Countess	145	2 F 20-24	91	26:08.0	26:08	5:08.2	94	1:27:10.2	12.0	0:51.8	86	36:05.9	11:38	2:35:24.3
93	Michael Stephens	121	9 M 45-49	93	28:32.0	28:32	7:58.4	86	1:20:16.7	13.0	1:33.3	89	37:19.2	12:02	2:35:39.7
94	Pete McKnight	195	15 M 40-44	48	19:20.8	19:20	8:08.2	92	1:25:15.8	12.2	1:16.7	94	46:26.0	14:59	2:40:27.6
95	RUSSELL ROBERTS	129	11 M 50-54	53	19:56.1	19:56	8:32.3	95	1:29:07.5	11.7	4:09.2	95	52:45.0	17:01	2:54:30.3