

Race Date
April 27, 2014

Hammer Sprint 2014
Age Group Results
Triathlon Age Group

Female Overall Winners

Place			---- Run / ----			Trans 1	---- Bike ----			Trans 2	---- Run ----			Total	Penalty
<u>Place</u>	<u>Overall</u>	<u>Name</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>	
1	11	Elyse Gallegos	1	6:32.32	2:06	1:20.44	1	45:21.77	21.2	0:32.16	1	21:23.21	6:54	1:15:09.9	
2	33	Kelly Manso	2	7:54.20	2:33	1:08.04	3	51:13.24	18.7	1:09.76	2	21:37.04	6:58	1:25:02.2	2:00
3	37	Lana Burl	3	8:43.83	2:49	1:25.31	2	49:52.21	19.3	0:59.90	3	24:56.01	8:03	1:25:57.2	

Male Overall Winners

Place			---- Run / ----			Trans 1	---- Bike ----			Trans 2	---- Run ----			Total	Penalty
<u>Place</u>	<u>Overall</u>	<u>Name</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>	
1	1	Lawrence Brede	1	5:31.28	1:47	1:11.00	1	42:12.22	22.7	0:41.45	3	18:28.86	5:57	1:08:04.8	
2	2	Kevin FitzGerald	2	7:21.36	2:22	0:49.04	3	43:13.47	22.2	0:32.73	2	17:44.67	5:43	1:09:41.2	
3	3	Donald Humphreys	3	7:57.33	2:34	1:05.21	2	42:13.23	22.7	0:55.81	1	17:31.81	5:39	1:09:43.3	

Female Masters Winners

Place			---- Run / ----			Trans 1	---- Bike ----			Trans 2	---- Run ----			Total	Penalty
<u>Place</u>	<u>Overall</u>	<u>Name</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>	
1	39	amy henry	1	7:16.78	2:21	1:33.25	2	51:01.77	18.8	1:09.54	2	25:05.81	8:05	1:26:07.1	
2	41	Rebecca Stein	2	7:35.03	2:27	1:20.17	3	52:38.74	18.2	1:08.83	1	24:31.09	7:55	1:27:13.8	
3	45	Allison Falin	3	8:24.77	2:43	1:30.43	1	50:00.54	19.2	0:54.52	3	26:29.95	8:33	1:29:20.2	2:00

Male Masters Winners

Place			---- Run / ----			Trans 1	---- Bike ----			Trans 2	---- Run ----			Total	Penalty
<u>Place</u>	<u>Overall</u>	<u>Name</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>	

Race Date
April 27, 2014

Hammer Sprint 2014
Age Group Results
Triathlon Age Group

Male Masters Winners

<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	5	Doug Ross	2	6:17.98	2:02	1:21.83	2	43:07.50	22.3	0:39.29	1	18:47.08	6:04	1:10:13.6	
2	6	tommy nettleton	1	6:15.14	2:01	0:44.44	3	43:15.37	22.2	0:29.70	2	21:18.55	6:52	1:12:03.2	
3	9	Dale Mosher	3	6:33.76	2:07	0:55.77	1	41:32.97	23.1	0:48.84	3	23:54.36	7:43	1:13:45.7	

Race Date
April 27, 2014

Hammer Sprint 2014
Age Group Results
Triathlon Age Group

Male 14 and under

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	65	Daeton Byars	1	6:49.20	2:12	2:21.23	1	1:01:22.4	15.6	0:31.76	1	27:50.69	8:59	1:38:55.3	

Female 15 to 19

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	73	Zoe Leake	1	8:48.48	2:50	4:06.72	1	1:03:44.8	15.1	2:14.02	1	27:35.03	8:54	1:46:29.1	

Male 15 to 19

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	8	Michael Sia	1	6:39.58	2:09	1:02.50	1	45:44.42	21.0	1:13.37	1	19:00.88	6:08	1:13:40.7	
2	24	Seth Walden	4	7:35.61	2:27	0:35.41	2	50:30.53	19.0	0:40.81	3	23:07.64	7:27	1:22:30.0	
3	54	Taylor Gebert	2	7:09.09	2:18	1:44.85	3	1:00:44.2	15.8	1:00.83	2	21:49.69	7:02	1:32:28.7	
4	82	Kegan Oberloh	3	7:13.56	2:20	3:39.71	4	1:04:15.1	14.9	0:36.94	4	35:13.47	11:22	1:50:58.8	

Female 20 to 24

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	77	Kristen Larsen	1	8:35.64	2:46	1:31.24	1	1:07:55.2	14.1	0:48.23	1	28:39.25	9:15	1:47:29.6	

Race Date
April 27, 2014

Hammer Sprint 2014

Age Group Results

Triathlon Age Group

Male 20 to 24

Place			---- Run / ----			Trans 1	---- Bike ----			Trans 2	---- Run ----			Total	Penalty
<u>Place</u>	<u>Overall</u>	<u>Name</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>	
1	4	Andrew Clark	1	5:57.78	1:55	0:35.92	2	45:53.04	20.9	0:39.87	1	16:47.87	5:25	1:09:54.4	
2	7	Colin Hulls	2	6:42.67	2:10	0:40.39	1	44:16.54	21.7	0:38.49	3	20:46.61	6:42	1:13:04.7	
3	16	Matthew Lee	3	6:52.47	2:13	2:28.90	3	47:57.02	20.0	0:59.12	2	19:14.39	6:12	1:17:31.9	
4	50	Wesley Frost	4	11:53.06	3:50	1:32.57	4	50:34.91	19.0	0:47.51	4	26:03.76	8:24	1:30:51.8	

Female 25 to 29

Place			---- Run / ----			Trans 1	---- Bike ----			Trans 2	---- Run ----			Total	Penalty
<u>Place</u>	<u>Overall</u>	<u>Name</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>	
1	47	Melissa Edmiston	1	7:29.73	2:25	1:33.93	1	53:29.70	17.9	1:25.75	2	26:08.87	8:26	1:30:07.9	
2	67	Paola Rodriguez	2	8:53.69	2:52	2:14.45	2	59:52.20	16.0	3:20.78	1	25:25.97	8:12	1:39:47.0	
3	76	Meredith Neal Delk	4	9:54.22	3:12	2:42.66	4	1:04:27.4	14.9	1:06.51	3	29:16.57	9:26	1:47:27.3	
4	83	Carmell Cain	3	9:19.84	3:00	3:21.83	3	1:02:48.3	15.3	1:39.79	7	35:07.53	11:20	1:52:17.3	
5	84	Christa Pessagno	6	12:12.17	3:56	3:30.85	6	1:04:58.0	14.8	1:18.34	5	33:24.24	10:46	1:55:23.6	
6	85	Michaela Riley	7	12:17.11	3:58	3:26.56	5	1:04:56.2	14.8	1:19.06	6	33:24.81	10:46	1:55:23.8	
7	88	Jennifer Karlovich	5	11:05.20	3:35	2:16.50	7	1:15:45.7	12.7	0:59.09	4	32:31.65	10:29	2:02:38.1	

Male 25 to 29

Place			---- Run / ----			Trans 1	---- Bike ----			Trans 2	---- Run ----			Total	Penalty
<u>Place</u>	<u>Overall</u>	<u>Name</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>	
1	12	Scott Koch	5	9:16.08	2:59	2:27.36	1	42:57.95	22.4	0:34.30	1	20:08.97	6:30	1:15:24.6	
2	20	Justin Roush	1	7:23.16	2:23	0:54.94	2	49:07.38	19.5	0:46.49	2	21:18.71	6:52	1:19:30.6	
3	25	Matthew Abraham	2	8:09.72	2:38	1:11.83	3	49:29.77	19.4	0:31.54	3	23:25.61	7:33	1:22:48.4	
4	55	kevin claxton	3	8:20.59	2:41	1:58.04	4	56:11.18	17.1	0:45.52	5	26:45.78	8:38	1:34:01.1	

Race Date
April 27, 2014

Hammer Sprint 2014
Age Group Results
Triathlon Age Group

Male 25 to 29

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
5	68	Cody Caraker	4	9:03.05	2:55	2:59.09	5	1:00:06.1	16.0	2:11.23	4	25:29.09	8:13	1:39:48.6	

Female 30 to 34

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	56	Micheala Riddlesworth	1	9:20.03	3:01	3:56.39	1	53:55.32	17.8	1:36.56	1	26:12.23	8:27	1:35:00.5	
2	90	Marquita Smith	2	16:06.24	5:12	1:55.80					2	2:38:43.0	51:12	2:56:45.1	

Male 30 to 34

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	18	Adam Rains	6	8:00.20	2:35	2:11.71	1	46:29.14	20.7	0:58.67	1	21:22.55	6:54	1:19:02.2	
2	23	Phillip Taylor	1	6:28.35	2:05	1:34.49	3	49:33.55	19.4	0:31.64	2	22:31.84	7:16	1:20:39.8	
3	26	Derek Tingle	5	7:58.98	2:34	1:17.62	2	48:02.80	20.0	0:38.17	6	24:56.67	8:03	1:22:54.2	
4	29	Manuel Diaz	4	7:32.38	2:26	1:06.43	4	50:08.46	19.1	0:49.07	5	24:39.98	7:57	1:24:16.3	
5	32	Kevin Sullivan	3	7:20.59	2:22	1:42.45	6	50:57.82	18.8	1:07.61	3	23:33.03	7:36	1:24:41.5	
6	36	Nate Harper	7	8:38.88	2:47	1:42.75	5	50:22.25	19.1	1:14.17	4	23:38.63	7:37	1:25:36.6	
7	53	Guillermo Eguiarte	2	7:07.54	2:18	1:09.62	7	56:04.26	17.1	0:53.22	7	27:11.44	8:46	1:32:26.0	
8	86	Bob Labout	8	12:18.44	3:58	4:43.31	8	1:10:35.3	13.6	0:30.12	8	27:35.01	8:54	1:55:42.1	

Race Date
April 27, 2014

Hammer Sprint 2014
Age Group Results
Triathlon Age Group

Female 35 to 39

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Trans 1</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Trans 2</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Penalty</u>
1	51	Kelli Smith	2	7:22.38	2:23	1:13.65	1	54:45.30	17.5	0:39.38	2	27:15.38	8:47	1:31:16.0	
2	60	Darlene Viscusie	1	7:17.84	2:21	1:50.12	3	59:54.76	16.0	0:54.77	1	26:46.56	8:38	1:36:44.0	
3	64	Brooke Milanovich	3	9:06.20	2:56	1:54.93	2	58:16.99	16.5	0:57.38	3	28:18.92	9:08	1:38:34.4	

Male 35 to 39

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Trans 1</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Trans 2</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Penalty</u>
1	13	Billy Pirtle	1	5:37.07	1:49	1:08.87	4	47:34.85	20.2	0:35.64	1	20:54.62	6:45	1:15:51.0	
2	14	Chris Burl	2	7:10.32	2:19	1:20.65	1	44:31.44	21.6	0:49.81	3	22:21.98	7:13	1:16:14.2	
3	15	Douglas Clark	3	7:23.97	2:23	1:14.14	2	45:26.73	21.1	0:55.04	2	22:13.35	7:10	1:17:13.2	
4	21	Geoffrey Milanovich	6	8:58.86	2:54	1:31.07	3	45:44.51	21.0	0:40.39	4	23:03.44	7:26	1:19:58.2	
5	57	DOUG SHARP	4	8:43.05	2:49	1:02.90	6	53:38.93	17.9	1:24.83	6	30:15.56	9:45	1:35:05.2	
6	74	Pedro Osornio	7	11:29.90	3:42	2:39.68	7	1:04:45.6	14.8	1:57.09	5	25:39.74	8:16	1:46:32.0	

Female 40 to 44

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Trans 1</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Trans 2</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Penalty</u>
1	87	Carrie Vinson	1	13:18.22	4:17	3:18.03	1	1:13:09.9	13.1	1:31.68	1	25:07.33	8:06	1:56:25.2	

Race Date
April 27, 2014

Hammer Sprint 2014

Age Group Results

Triathlon Age Group

Male 40 to 44

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	Penalty
Place	Overall	Name	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	10	Todd Caldwell	3	8:01.22	2:35	1:16.52	1	45:54.20	20.9	1:04.37	1	18:22.31	5:55	1:14:38.6	
2	19	Charles Payne	1	6:36.05	2:08	1:06.31	2	46:13.65	20.8	0:44.16	5	24:35.35	7:56	1:19:15.5	
3	28	Cedrick Manalili	7	9:12.21	2:58	1:35.22	3	47:37.80	20.2	1:33.96	3	23:34.76	7:36	1:23:33.9	
4	31	David Biddle	4	8:14.21	2:39	1:15.28	8	51:17.45	18.7	1:10.85	2	22:33.02	7:16	1:24:30.8	
5	34	Herman Comeaux	6	8:54.29	2:52	1:03.48	6	49:48.76	19.3	1:12.11	4	24:04.39	7:46	1:25:03.0	
6	35	Lloyd Jones	8	10:19.67	3:20	1:01.32	4	47:53.29	20.0	0:45.19	6	25:16.84	8:09	1:25:16.3	
7	38	jason dale	2	7:24.87	2:23	2:05.45	5	49:26.71	19.4	0:45.29	8	26:15.79	8:28	1:25:58.1	
8	48	scott oberlin	5	8:53.03	2:52	1:47.71	7	51:16.29	18.7	0:48.25	7	25:38.96	8:16	1:30:24.2	2:00

Female 45 to 49

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	Penalty
Place	Overall	Name	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	71	Julie Smith	1	6:48.46	2:12	1:43.20	1	1:05:05.6	14.8	0:51.37	1	29:04.59	9:23	1:43:33.3	

Male 45 to 49

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	Penalty
Place	Overall	Name	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	17	Rommel Sia	5	8:28.59	2:44	1:27.81	1	45:15.67	21.2	1:17.96	2	21:32.14	6:57	1:18:02.1	
2	22	Cliff Helton	2	7:36.51	2:27	0:57.93	2	48:14.35	19.9	0:46.38	3	22:32.28	7:16	1:20:07.4	
3	30	Steve Perkins	1	6:55.16	2:14	2:40.76	6	53:01.47	18.1	1:01.14	1	20:38.76	6:39	1:24:17.2	
4	42	Rich Fulford	4	8:25.46	2:43	2:20.95	4	51:26.54	18.7	0:31.22	4	25:03.93	8:05	1:27:48.1	
5	43	Edward Kim	3	7:39.54	2:28	1:41.45	5	52:25.08	18.3	1:04.74	5	25:05.78	8:05	1:27:56.5	
6	49	jason bales	7	9:28.92	3:03	2:18.03	3	49:27.13	19.4	1:35.26	6	27:44.08	8:57	1:30:33.4	

Race Date
April 27, 2014

Hammer Sprint 2014
Age Group Results
Triathlon Age Group

Male 45 to 49

Place			----- Run / -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
7	61	Ken LaFlamme	6	8:46.84	2:50	1:38.25	8	53:57.50	17.8	0:49.27	8	29:40.78	9:34	1:36:52.6	2:00
8	69	Eric Pacia	8	14:18.24	4:37	2:23.04	7	53:33.89	17.9	2:23.66	7	29:29.37	9:31	1:42:08.2	

Female 50 to 54

Place			----- Run / -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	58	Rebecca Jackson	1	9:05.39	2:56	3:37.46	1	55:45.01	17.2	1:15.30	1	25:45.13	8:18	1:35:28.2	

Male 50 to 54

Place			----- Run / -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	44	Shawn McCormick	6	10:53.64	3:31	1:25.50	1	51:49.00	18.5	0:59.13	1	23:22.91	7:32	1:28:30.1	
2	52	Andrew Alonso	3	9:24.74	3:02	2:31.98	2	53:05.12	18.1	1:30.25	2	25:45.75	8:18	1:32:17.8	
3	59	james oberloh	5	10:28.06	3:23	1:56.27	3	54:51.76	17.5	2:01.49	3	26:37.26	8:35	1:35:54.8	
4	62	Donald Myers	1	6:51.12	2:13	2:36.15	5	58:55.05	16.3	1:26.59	4	27:24.34	8:50	1:37:13.2	
5	66	Mike Land	2	8:35.99	2:46	4:15.20	4	55:29.99	17.3	1:51.48	5	29:23.40	9:29	1:39:36.0	
6	75	Dan Mangers	7	11:02.16	3:34	2:44.58	7	1:00:04.0	16.0	1:35.22	6	31:17.45	10:05	1:46:43.5	
7	78	Gary Stuart	4	10:10.45	3:17	4:06.09	6	59:49.09	16.0	1:05.22	7	32:28.58	10:28	1:47:39.4	

Race Date
April 27, 2014

Hammer Sprint 2014
Age Group Results
Triathlon Age Group

Female 55 to 59

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	70	Nancy Mcginnis	1	8:42.49	2:48	2:51.46	1	1:01:37.6	15.6	1:53.86	1	28:10.09	9:05	1:43:15.5	
2	89	Pamela Hintz	2	14:09.36	4:34	2:32.28	2	1:10:13.9	13.7	1:08.06	2	35:47.90	11:33	2:03:51.5	

Male 55 to 59

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	63	John Hall	1	9:39.96	3:07	2:37.86	1	55:16.60	17.4	1:33.50	1	28:32.30	9:12	1:37:40.2	
2	72	William Coats	2	9:59.63	3:13	2:46.98	2	59:22.23	16.2	1:46.64	2	32:13.36	10:24	1:46:08.8	

Female 60 to 64

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	81	Karin Jessen	1	9:43.79	3:08	2:17.08	1	1:01:09.1	15.7	1:36.63	1	33:41.34	10:52	1:48:27.9	

Male 60 to 64

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	46	Norman W. Cole	1	10:26.37	3:22	1:18.61	1	50:14.82	19.1	1:30.74	1	26:35.74	8:35	1:30:06.2	

Race Date
April 27, 2014

Hammer Sprint 2014
Age Group Results
Triathlon Age Group

Female 65 to 69

<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	80	Mary Beth Price	1	10:18.54	3:19	1:30.80	1	1:05:32.5	14.6	0:29.65	1	29:58.59	9:40	1:47:50.1	

Male 65 to 69

<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	27	ROBERT GRIFFITH	1	6:35.51	2:07	1:10.44	1	51:19.18	18.7	0:27.91	1	23:41.18	7:38	1:23:14.2	
2	79	Roy Fenstermaker	2	10:19.97	3:20	5:05.39	2	1:04:42.9	14.8	1:52.03	2	25:41.19	8:17	1:47:41.5	

Male 70 to 74

<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	40	Larry Nelson	1	9:08.15	2:57	1:53.28	1	47:02.33	20.4	1:09.97	1	27:06.70	8:45	1:26:20.4	

Race Date
April 27, 2014

Hammer Sprint 2014
Age Group Results
Triathlon Clydesdale

Male 39 and Under

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	1	david callahan	1	7:47.59	2:31	0:47.01	1	49:30.81	19.4	0:35.14	1	25:18.16	8:10	1:23:58.7	
2	3	Adam Brantley	2	11:34.37	3:44	2:38.39	2	1:01:40.5	15.6	1:10.80	3	34:50.13	11:14	1:51:54.2	
3	4	Chris McConkey	3	12:20.83	3:59	3:31.68	3	1:04:01.0	15.0	1:51.12	2	32:51.44	10:36	1:54:36.1	

Male 40 and Over

Place			Run /			Trans 1	Bike			Trans 2	Run			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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>	<u>Penalty</u>
1	2	Dave Sandstrom	1	7:34.90	2:26	1:28.18	1	50:40.11	18.9	1:13.58	1	24:12.72	7:48	1:25:09.4	