

Goose Pond Half Iron and Sprint Triathlons

Age Group Results

May 26, 2019

Results by Endurance Sports Management

Half Age Group

Female Half Iron Winners

Place	Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
					Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Mary Kathryn Bowman Choat	219	32	6	5:24:16.9	** :16/M	28:18.1	44.5MPM	3:04.1	0.00MPM	2:46:46.2	20.1MPM	2:29.8	0.00MPM	40:20.9	7.14MPM	51:31.2	4.72MPM	31:46.3	6.04MPM
2	Meredith Flanagan	214	31	8	5:33:41.0	** :41/M	26:59.4	46.7MPM	2:20.3	0.00MPM	2:58:58.6	18.8MPM	1:43.8	0.00MPM	41:38.9	6.92MPM	49:34.6	4.90MPM	32:25.2	5.92MPM
3	Ginny Thistle	213	30	9	5:45:26.9	** :26/M	30:01.5	42.0MPM	3:43.4	0.00MPM	2:52:59.8	19.4MPM	3:10.4	0.00MPM	46:52.1	6.15MPM	56:43.1	4.28MPM	31:56.3	6.01MPM

Male Half Iron Winners

Place	Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
					Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Jason Sabio	385	33	1	4:33:50.9	** :50/M	27:13.0	46.3MPM	2:50.6	0.00MPM	2:30:05.3	22.4MPM	0:52.0	0.00MPM	30:51.5	9.34MPM	38:13.8	6.36MPM	23:44.4	8.09MPM
2	Zack Sims	320	26	2	4:58:04.5	** :04/M	32:57.4	38.2MPM	5:25.1	0.00MPM	2:52:26.4	19.5MPM	2:11.9	0.00MPM	28:08.6	10.2MPM	34:31.2	7.04MPM	22:23.7	8.58MPM
3	Eric Esposito	337	34	3	5:05:06.3	** :06/M	26:28.8	47.6MPM	2:31.4	0.00MPM	2:38:57.8	21.1MPM	2:08.8	0.00MPM	37:49.0	7.62MPM	47:47.6	5.09MPM	29:22.7	6.54MPM

Female Half Masters 40+ Winners

Place	Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
					Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Kay Hart	389	48	24	6:11:36.4	** :36/M	39:29.8	31.9MPM	3:01.1	0.00MPM	2:51:29.7	19.6MPM	3:32.1	0.00MPM	50:00.7	5.76MPM	1:05:05.5	3.73MPM	38:57.3	4.93MPM

Male Half Masters 40+ Winners

Place	Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
					Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Oren Azrad	353	43	5	5:24:16.6	** :16/M	23:57.8	52.6MPM	3:56.3	0.00MPM	2:44:58.8	20.4MPM	1:39.8	0.00MPM	43:43.0	6.59MPM	53:05.0	4.58MPM	32:55.6	5.83MPM

Female 20 to 24

Place	Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
					Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Lauren Qualls	150	24	25	6:13:19.8	** :19/M	26:53.0	46.9MPM	3:25:17.0	0.00MPM	3:10.2	1061MPM			1:12:32.4	3.97MPM			1:05:27.0	2.93MPM
2	Hannah Lamb	114	22	69	7:43:12.6	** :12/M	43:26.6	29.0MPM	16:16.6	0.00MPM	3:33:05.1	15.8MPM	5:58.8	0.00MPM	1:12:28.0	3.97MPM	1:07:25.7	3.60MPM	44:31.7	4.31MPM
3	Abigail Branham	130	22	77	8:53:22.6	** :22/M	52:57.2	23.8MPM	6:46.5	0.00MPM	5:07:54.3	10.9MPM	5:34.0	0.00MPM	1:16:55.8	3.74MPM	43:32.6	5.58MPM	39:41.9	4.84MPM

Female 25 to 29

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Rachel Vargas	206	29	60	7:26:49.8	**:.49/M	31:16.0	40.3MPM	6:01.9	0.00MPM	3:27:49.2	16.2MPM	17:50.4	0.00MPM	1:00:43.5	4.74MPM	1:15:16.4	3.23MPM	47:51.9	4.01MPM
2 Hayley Hucks	197	28	63	7:32:06.8	**:.06/M	35:35.5	35.4MPM	4:10.4	0.00MPM	3:48:31.4	14.7MPM	11:44.4	0.00MPM	57:43.4	4.99MPM	1:13:42.7	3.30MPM	40:38.8	4.73MPM

Male 25 to 29

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Trevor Bowen	387	28	10	5:45:43.2	**:.43/M	32:12.9	39.1MPM	3:38.4	0.00MPM	2:57:41.5	18.9MPM	2:45.5	0.00MPM	46:55.8	6.14MPM	52:50.6	4.60MPM	29:38.4	6.48MPM
2 Nic Shea	323	27	12	5:51:05.4	**:.05/M	31:04.0	40.6MPM	3:48.8	0.00MPM	2:43:15.3	20.6MPM	2:28.4	0.00MPM	43:10.3	6.67MPM	54:15.7	4.48MPM	53:02.5	3.62MPM
3 Turner Bowman	324	27	27	6:16:32.8	**:.32/M	0:00.0	****MPM	29:58.1	0.00MPM	3:06:34.6	18.0MPM	2:16.1	0.00MPM	53:00.9	5.43MPM	1:05:32.5	3.71MPM	39:10.1	4.90MPM
4 Dillon Ellis	321	26	46	7:01:04.5	**:.04/M	37:06.9	34.0MPM	4:27.8	0.00MPM	3:26:59.3	16.2MPM	2:54.9	0.00MPM	54:03.1	5.33MPM	1:11:40.7	3.39MPM	43:51.3	4.38MPM
5 Mark Daigle	327	29	50	7:12:07.8	**:.07/M	41:51.8	30.1MPM	4:25.9	0.00MPM	3:16:30.3	17.1MPM	4:56.1	0.00MPM	1:04:57.9	4.43MPM	1:16:17.0	3.19MPM	43:08.6	4.45MPM
6 Connor Brems	322	26	57	7:26:02.9	**:.02/M	31:43.6	39.7MPM	6:29.0	0.00MPM	3:45:14.6	14.9MPM	2:41.5	0.00MPM	1:00:31.5	4.76MPM	1:15:57.0	3.20MPM	43:25.5	4.42MPM
7 Richard Stephens	325	28	64	7:32:38.8	**:.38/M	36:45.0	34.3MPM	3:39.8	0.00MPM	3:27:25.6	16.2MPM	4:11.6	0.00MPM	1:05:21.5	4.41MPM	1:20:19.3	3.03MPM	54:55.7	3.50MPM

Female 30 to 34

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Heather White	218	32	14	5:55:53.3	**:.53/M	34:41.3	36.3MPM	2:33.3	0.00MPM	2:56:29.6	19.0MPM	1:41.1	0.00MPM	49:29.6	5.82MPM	57:29.5	4.23MPM	33:28.7	5.74MPM
2 Emily Richey	208	30	22	6:07:39.4	**:.39/M	43:16.4	29.1MPM	2:46.9	0.00MPM	3:09:11.0	17.8MPM	1:49.3	0.00MPM	42:53.8	6.72MPM	53:49.7	4.52MPM	33:51.9	5.67MPM
3 Megan Newton	217	31	66	7:34:07.7	**:.07/M	43:35.0	28.9MPM	20:15.1	0.00MPM	3:56:43.5	14.2MPM	8:08.3	0.00MPM	51:01.1	5.65MPM	57:16.3	4.24MPM	37:08.2	5.17MPM
4 Alicia Peterson	215	31	75	8:07:55.0	**:.55/M	56:13.1	22.4MPM	7:38.7	0.00MPM	3:56:43.9	14.2MPM	8:06.8	0.00MPM	1:02:18.7	4.62MPM	1:12:03.4	3.37MPM	44:50.1	4.28MPM

Male 30 to 34

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Joshua Hayes	334	33	11	5:48:00.7	**:.00/M	38:51.1	32.4MPM	4:38.0	0.00MPM	2:48:34.5	19.9MPM	3:12.3	0.00MPM	52:21.2	5.50MPM	50:21.4	4.83MPM	30:01.9	6.40MPM
2 Joshua Beasley	332	32	17	5:59:47.8	**:.47/M	37:11.2	33.9MPM	3:58.8	0.00MPM	3:15:51.0	17.2MPM	2:18.7	0.00MPM	38:34.3	7.47MPM	47:57.9	5.07MPM	33:55.6	5.66MPM
3 Danny Hirtler	329	31	31	6:29:11.6	**:.11/M	34:01.8	37.0MPM	6:09.5	0.00MPM	3:05:45.5	18.1MPM	4:52.7	0.00MPM	54:12.4	5.31MPM	1:04:08.8	3.79MPM	40:00.6	4.80MPM
4 Nicholas Kniffen	336	34	36	6:40:04.6	**:.04/M	42:32.8	29.6MPM	4:45.4	0.00MPM	3:09:43.9	17.7MPM	3:00.9	0.00MPM	52:58.3	5.44MPM	1:07:37.2	3.59MPM	39:25.8	4.87MPM
5 Rodrigo Vargas	333	33	65	7:32:50.1	**:.50/M	42:45.3	29.5MPM	7:12.2	0.00MPM	3:33:19.4	15.8MPM	5:42.5	0.00MPM	1:00:42.9	4.74MPM	1:15:17.9	3.23MPM	47:49.7	4.02MPM

Female 35 to 39

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Penny Whelchel	234	37	15	5:56:02.7	**:.02/M	31:17.3	40.3MPM	4:30.8	0.00MPM	2:54:10.0	19.3MPM	4:37.7	0.00MPM	49:50.2	5.78MPM	57:20.7	4.24MPM	34:15.8	5.61MPM
2 Gina Goebel	242	37	62	7:31:25.8	**:.25/M	39:23.1	32.0MPM	4:12.7	0.00MPM	3:29:43.0	16.0MPM	4:11.2	0.00MPM	1:07:57.9	4.24MPM	1:19:09.1	3.07MPM	46:48.5	4.10MPM

Male 35 to 39

Goose Pond Half Iron and Sprint Triathlons

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Stephen Kernion	340	37	4	5:16:16.0	**:.16/M	25:34.8	49.3MPM	1:57.2	0.00MPM	2:36:46.1	21.4MPM	1:44.7	0.00MPM	43:02.9	6.69MPM	53:47.2	4.52MPM	33:22.9	5.75MPM
2 Andrew Tingle	343	38	61	7:30:33.1	**:.33/M	56:04.0	22.5MPM	4:51.4	0.00MPM	3:49:19.4	14.7MPM	5:40.6	0.00MPM	46:35.1	6.18MPM	1:06:13.1	3.67MPM	41:49.1	4.59MPM
3 Scott Todd	345	39	73	8:06:39.2	**:.39/M	46:21.9	27.2MPM	3:47.5	0.00MPM	3:37:45.2	15.4MPM	3:33.8	0.00MPM	1:08:05.9	4.23MPM	1:32:09.9	2.64MPM	54:54.8	3.50MPM

Female 40 to 44

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Mellissa Davidson	287	41	32	6:33:28.6	**:.28/M	36:44.4	34.3MPM	3:06.5	0.00MPM	3:23:09.0	16.5MPM	4:44.2	0.00MPM	53:41.4	5.36MPM	54:48.8	4.43MPM	37:14.1	5.16MPM
2 Shireen Knowles	297	41	33	6:34:47.6	**:.47/M	38:40.9	32.6MPM	3:28.5	0.00MPM	2:52:05.7	19.5MPM	3:41.9	0.00MPM	1:03:51.5	4.51MPM	1:08:15.1	3.56MPM	44:43.6	4.29MPM
3 Shelby Singleton	298	43	34	6:37:22.1	**:.22/M	50:31.1	24.9MPM	3:14.5	0.00MPM	2:57:56.8	18.9MPM	3:39.2	0.00MPM	1:02:19.5	4.62MPM	1:02:57.0	3.86MPM	36:43.7	5.23MPM
4 Charlene Sylvester	300	43	39	6:54:57.3	**:.57/M	31:28.3	40.0MPM	3:58.9	0.00MPM	3:03:42.8	18.3MPM	5:13.7	0.00MPM	1:44:11.3	2.76MPM			1:26:22.1	2.22MPM
5 Courtney Adler	286	40	42	6:55:52.5	**:.52/M	38:38.6	32.6MPM	11:17.5	0.00MPM	3:12:52.8	17.4MPM	6:59.5	0.00MPM	57:45.3	4.99MPM	1:08:26.8	3.55MPM	39:51.6	4.82MPM
6 Juliet Ray	301	44	51	7:15:57.1	**:.57/M	38:13.3	33.0MPM	3:08.2	0.00MPM	3:21:02.4	16.7MPM	2:23.0	0.00MPM	1:12:13.1	3.99MPM	1:11:43.9	3.39MPM	47:13.0	4.07MPM

Male 40 to 44

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Jacob Divoll	349	42	19	6:03:10.8	**:.10/M	43:30.7	29.0MPM	2:59.8	0.00MPM	2:51:46.2	19.6MPM	1:53.4	0.00MPM	49:57.4	5.77MPM	56:45.7	4.28MPM	36:17.3	5.29MPM
2 Brad Ehrman	348	40	20	6:03:18.2	**:.18/M														
3 Jonathan Keim	347	40	41	6:55:51.2	**:.51/M	39:46.6	31.7MPM	4:43.8	0.00MPM	3:00:28.5	18.6MPM	6:11.0	0.00MPM	1:04:11.6	4.49MPM	1:15:27.2	3.22MPM	45:02.2	4.26MPM
4 John Woodfin	355	44	48	7:10:36.0	**:.36/M	40:57.2	30.8MPM	5:01.1	0.00MPM	3:19:34.9	16.8MPM	2:51.5	0.00MPM	1:00:44.0	4.74MPM	1:12:43.3	3.34MPM	48:43.7	3.94MPM
5 Troy Wilson	356	44	58	7:26:14.8	**:.14/M	43:10.0	29.2MPM	6:22.5	0.00MPM	3:17:45.8	17.0MPM	8:18.7	0.00MPM	1:08:46.8	4.19MPM	1:16:13.8	3.19MPM	45:36.9	4.21MPM
6 Clint Martin	350	42	59	7:26:15.1	**:.15/M	32:34.7	38.7MPM	7:46.7	0.00MPM					4:47:03.9	1.00MPM	1:16:20.7	3.18MPM	42:29.0	4.52MPM

Female 45 to 49

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Kandas Cavender	386	46	38	6:51:09.2	**:.09/M	44:44.1	28.2MPM	4:21.4	0.00MPM	3:08:35.1	17.8MPM	3:25.3	0.00MPM	56:15.0	5.12MPM	1:10:49.2	3.43MPM	42:58.7	4.47MPM
2 Awilda Esclusa	311	49	47	7:01:15.6	**:.15/M	45:11.6	27.9MPM	4:00.2	0.00MPM	3:17:24.1	17.0MPM	3:06.2	0.00MPM	57:35.6	5.00MPM	1:10:21.1	3.45MPM	43:36.6	4.40MPM
3 Nancy Schwertfeger	308	48	49	7:11:51.9	**:.51/M	41:06.4	30.7MPM	5:22.8	0.00MPM	3:17:25.7	17.0MPM	4:27.1	0.00MPM	1:02:08.9	4.64MPM	1:14:35.2	3.26MPM	46:45.6	4.11MPM
4 Tonya Dedmon	306	47	71	7:52:01.1	**:.01/M	41:43.7	30.2MPM	6:57.8	0.00MPM	4:07:32.0	13.6MPM	4:41.2	0.00MPM	58:39.9	4.91MPM	1:10:19.3	3.46MPM	42:06.9	4.56MPM
5 Kelly Wright	305	47	72	7:53:25.7	**:.25/M	53:47.3	23.4MPM	3:17.0	0.00MPM	3:33:39.9	15.7MPM	4:21.7	0.00MPM	1:09:13.9	4.16MPM	1:18:13.9	3.11MPM	50:51.7	3.78MPM

Male 45 to 49

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Brian Matzke	384	46	16	5:57:16.2	**:.16/M	34:38.9	36.4MPM	2:23.4	0.00MPM	2:50:36.1	19.7MPM	3:25.4	0.00MPM	49:58.1	5.76MPM	1:02:31.1	3.89MPM	33:42.8	5.70MPM
2 Doug Higdon	364	47	35	6:39:53.3	**:.53/M	37:19.6	33.8MPM	4:53.6	0.00MPM	3:15:01.3	17.2MPM	5:48.3	0.00MPM	57:42.0	4.99MPM	1:01:34.2	3.95MPM	37:34.0	5.11MPM
3 Destry Hill	361	47	37	6:45:57.8	**:.57/M	34:12.0	36.8MPM	4:38.0	0.00MPM	3:02:05.0	18.5MPM	2:23.2	0.00MPM	58:32.3	4.92MPM	1:15:49.2	3.21MPM	48:17.8	3.98MPM
4 Brian Johnson	359	46	43	6:56:08.0	**:.08/M	38:55.1	32.4MPM	3:52.7	0.00MPM	3:19:23.8	16.9MPM	3:24.9	0.00MPM	1:00:23.7	4.77MPM	1:07:16.4	3.61MPM	42:51.1	4.48MPM
5 Julio Mestroni	362	47	44	6:58:52.5	**:.52/M	39:49.1	31.6MPM	13:08.0	0.00MPM	3:05:37.2	18.1MPM	14:07.1	0.00MPM	57:46.8	4.99MPM	1:08:05.7	3.57MPM	40:18.4	4.76MPM
6 Morgan Ashurst	357	45	55	7:23:53.7	**:.53/M	39:44.2	31.7MPM	6:55.1	0.00MPM	3:18:48.9	16.9MPM	9:14.8	0.00MPM	1:04:13.7	4.48MPM	1:16:15.6	3.19MPM	48:41.1	3.94MPM

7	Rudi Snyders	363	47	70	7:44:30.5	**:	30/M	47:35.2	26.5MPM	9:13.9	0.00MPM	3:25:03.0	16.4MPM	7:04.8	0.00MPM	1:03:46.6	4.52MPM	1:17:37.2	3.13MPM	54:09.5	3.55MPM
8	Billy Day	365	49	79	11:05:58.0	**:	58/M	57:07.0	22.1MPM	21:04.2	0.00MPM	5:51:44.0	9.55MPM	15:29.7	0.00MPM	1:09:35.1	4.14MPM			2:30:57.8	1.27MPM

Female 50 to 54

Place Name	Bib No	Age	Overall	Total Time	Total Pace	Swim Time	Swim Pace	T1 / T2 Time	T1 / T2 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run 4.8 Mi. Time	Run 4.8 Mi. Pace	Next 4.05 Mi Time	Next 4.05 Mi Pace	Next 3.2 Mi Time	Next 3.2 Mi Pace	
1 Kara Noone	315	53	28	6:24:25.5	**:	25/M	35:57.3	35.0MPM	4:15.9	0.00MPM	3:08:42.8	17.8MPM	4:03.4	0.00MPM	51:44.6	5.57MPM	1:00:39.8	4.01MPM	39:01.4	4.92MPM
2 Tammy Cook	313	50	40	6:54:58.3	**:	58/M	36:59.3	34.1MPM	4:25.9	0.00MPM	3:33:49.7	15.7MPM	4:55.9	0.00MPM	1:41:00.3	2.85MPM			53:47.0	3.57MPM

Male 50 to 54

Place Name	Bib No	Age	Overall	Total Time	Total Pace	Swim Time	Swim Pace	T1 / T2 Time	T1 / T2 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run 4.8 Mi. Time	Run 4.8 Mi. Pace	Next 4.05 Mi Time	Next 4.05 Mi Pace	Next 3.2 Mi Time	Next 3.2 Mi Pace	
1 Jose Leal	392	52	7	5:26:49.4	**:	49/M	29:45.6	42.4MPM	2:23.7	0.00MPM	2:41:11.7	20.8MPM	1:15.6	0.00MPM	42:33.6	6.77MPM	54:27.2	4.46MPM	35:11.7	5.46MPM
2 Kelly McCreight	370	52	21	6:05:47.8	**:	47/M	36:10.9	34.8MPM	3:21.3	0.00MPM	3:05:52.4	18.1MPM	2:31.6	0.00MPM	50:05.3	5.75MPM	55:15.3	4.40MPM	32:30.8	5.91MPM
3 Stephen Perkins	366	50	23	6:08:38.2	**:	38/M	34:50.4	36.2MPM	4:21.1	0.00MPM	3:01:26.5	18.5MPM	2:37.2	0.00MPM	43:49.0	6.57MPM	1:02:37.5	3.88MPM	38:56.2	4.93MPM
4 Shawn Powell	368	51	26	6:14:57.8	**:	57/M	34:59.0	36.0MPM	5:10.6	0.00MPM	3:02:23.6	18.4MPM	5:06.5	0.00MPM	50:16.5	5.73MPM	58:14.7	4.17MPM	38:46.5	4.95MPM
5 John Kavanagh	372	52	29	6:27:56.5	**:	56/M	38:27.8	32.8MPM	3:16.7	0.00MPM	3:00:14.9	18.6MPM	4:12.9	0.00MPM	54:15.6	5.31MPM	1:10:31.2	3.45MPM	36:57.0	5.20MPM
6 William Cook	375	53	30	6:28:46.0	**:	46/M	44:19.5	28.4MPM	4:27.1	0.00MPM	3:03:12.6	18.3MPM	2:39.8	0.00MPM	51:33.3	5.59MPM	1:03:58.5	3.80MPM	38:34.9	4.98MPM
7 Todd Thoman	376	54	52	7:17:24.6	**:	24/M	38:30.4	32.7MPM	3:21.8	0.00MPM	2:55:35.1	19.1MPM	4:15.5	0.00MPM	1:11:55.7	4.00MPM	1:32:34.0	2.63MPM	51:11.8	3.75MPM
8 Tony Kraus	371	52	54	7:19:49.7	**:	49/M	50:23.2	25.0MPM	8:05.3	0.00MPM	3:20:21.9	16.8MPM	4:22.6	0.00MPM	58:46.8	4.90MPM	1:09:16.0	3.51MPM	48:33.5	3.95MPM
9 Steven Ikeler	367	50	56	7:24:38.2	**:	38/M	47:08.8	26.7MPM	7:48.1	0.00MPM	3:11:46.9	17.5MPM	6:13.0	0.00MPM	1:07:09.3	4.29MPM	1:17:08.0	3.15MPM	47:23.9	4.05MPM
10 Jeff Reichert	374	53	67	7:34:32.9	**:	32/M	43:26.2	29.0MPM	3:21.5	0.00MPM	3:11:25.0	17.6MPM	4:49.0	0.00MPM	1:08:25.8	4.21MPM	1:24:00.5	2.89MPM	59:04.6	3.25MPM
11 Norman Baucom	373	53	78	8:54:21.4	**:	21/M	44:04.7	28.6MPM	12:15.7	0.00MPM	3:27:06.7	16.2MPM	2:30.3	0.00MPM	1:01:08.6	4.71MPM	1:43:47.6	2.34MPM	1:43:27.4	1.86MPM

Female 55 to 59

Place Name	Bib No	Age	Overall	Total Time	Total Pace	Swim Time	Swim Pace	T1 / T2 Time	T1 / T2 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run 4.8 Mi. Time	Run 4.8 Mi. Pace	Next 4.05 Mi Time	Next 4.05 Mi Pace	Next 3.2 Mi Time	Next 3.2 Mi Pace	
1 Diane Alexander	316	58	74	8:07:38.5	**:	38/M	42:40.5	29.5MPM	7:12.1	0.00MPM	3:25:41.2	16.3MPM	2:59.1	0.00MPM	1:18:55.6	3.65MPM	1:33:46.3	2.59MPM	56:23.4	3.41MPM

Male 55 to 59

Place Name	Bib No	Age	Overall	Total Time	Total Pace	Swim Time	Swim Pace	T1 / T2 Time	T1 / T2 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run 4.8 Mi. Time	Run 4.8 Mi. Pace	Next 4.05 Mi Time	Next 4.05 Mi Pace	Next 3.2 Mi Time	Next 3.2 Mi Pace	
1 Matt Ernst	377	58	13	5:54:41.8	**:	41/M	35:24.6	35.6MPM	4:31.4	0.00MPM	2:49:27.7	19.8MPM	3:13.7	0.00MPM	49:11.2	5.86MPM	57:41.2	4.21MPM	35:11.8	5.46MPM
2 Jamie Miller	378	58	18	6:01:36.4	**:	36/M	37:09.3	33.9MPM	4:06.9	0.00MPM	3:04:43.3	18.2MPM	2:42.8	0.00MPM	46:14.4	6.23MPM	53:36.0	4.53MPM	33:03.5	5.81MPM
3 William Zwick	379	58	45	6:59:56.7	**:	56/M	43:14.2	29.1MPM	8:11.3	0.00MPM	3:19:01.9	16.9MPM	5:46.8	0.00MPM	56:15.0	5.12MPM	1:08:11.2	3.56MPM	39:16.1	4.89MPM

Male 60 to 64

Place Name	Bib No	Age	Overall	Total Time	Total Pace	Swim Time	Swim Pace	T1 / T2 Time	T1 / T2 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run 4.8 Mi. Time	Run 4.8 Mi. Pace	Next 4.05 Mi Time	Next 4.05 Mi Pace	Next 3.2 Mi Time	Next 3.2 Mi Pace	
1 Kevin Pelin	382	62	68	7:36:05.4	**:	05/M	43:15.1	29.1MPM	4:28.6	0.00MPM	3:23:48.9	16.5MPM	2:37.8	0.00MPM	59:31.8	4.84MPM	1:16:27.3	3.18MPM	1:05:55.6	2.91MPM
2 Steven McKinney	394	63	76	8:39:05.1	**:	05/M	1:00:24.8	20.9MPM	6:57.7	0.00MPM	3:36:59.4	15.5MPM	6:17.4	0.00MPM	1:13:33.6	3.92MPM	1:29:01.5	2.73MPM	1:05:50.3	2.92MPM

Goose Pond Half Iron and Sprint Triathlons

Male 70 to 74

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Doug Everett	544	74	53	7:18:32.6	** :32/M	46:15.0	27.2MPM	2:45.5	0.00MPM	3:21:45.5	16.7MPM	4:32.9	0.00MPM	54:40.2	5.27MPM	1:20:03.5	3.04MPM	48:29.7	3.96MPM

Half Clydesdale

Male 99 and under

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Rich Nelson	546	40	1	6:33:48.4	** :48/M	33:16.1	37.9MPM	5:17.9	0.00MPM	3:10:51.2	17.6MPM	4:27.7	0.00MPM	52:06.6	5.53MPM	1:08:36.9	3.54MPM	39:11.8	4.90MPM
2 Chris Ray	74	41	2	11:08:58.0	** :58/M	1:00:19.9	20.9MPM	20:45.6	0.00MPM	5:51:41.5	9.55MPM	15:35.7	0.00MPM	1:09:41.5	4.13MPM			2:30:53.5	1.27MPM

Half Athena

Female 99 and under

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Amelia Wineinger	20	30	1	7:22:35.7	** :35/M	42:41.3	29.5MPM	3:03.3	0.00MPM	3:17:58.3	17.0MPM	2:56.8	0.00MPM	1:06:52.5	4.31MPM	1:20:38.3	3.01MPM	48:25.1	3.97MPM

Half Relay Female

Female 0-99

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Cindy Ittner	92	53	1	6:57:36.0	** :36/M	52:06.1	24.2MPM	2:12.2	0.00MPM	3:27:12.2	16.2MPM	0:29.7	0.00MPM	47:43.6	6.04MPM			1:47:52.0	1.78MPM

Half Relay Mixed

Mixed 0-99

Place Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
				Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1 Stephen Dedmon	360	46	1	6:23:13.6	** :13/M	0:32.5	2363MPM	48:41.6	0.00MPM	3:14:33.4	17.3MPM	4:31.8	0.00MPM	45:00.8	6.40MPM	1:06:14.4	3.67MPM	23:38.7	8.12MPM

Physically Challenged Half

Female 99 and Under

Place	Name	Bib No	Age	Overall	Total		Swim		T1 / T2		Bike		T2		Run 4.8 Mi.		Next 4.05 Mi		Next 3.2 Mi	
					Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Addie Ray	408	13	1	11:08:58.0	** :58/M	1:00:19.7	20.9MPM	20:47.0	0.00MPM	5:51:41.0	9.55MPM	15:34.1	0.00MPM	1:09:40.3	4.13MPM			2:30:55.6	1.27MPM