

Race Date
April 28, 2013

Hammer Sprint Triathlon & Duathlon

Overall Hammer Results 2013

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Trans 1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Rate</u>	<u>Trans 2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	Bond Almand	55	1 M Opn	3	17:33.6	5:40	0:37.6	4	43:48.0	21.9	0:34.2	2	18:10.0	5:52	1:20:43.6
2	Andrew Clark	90	2 M Opn	2	17:31.7	5:39	0:24.2	7	45:13.5	21.2	0:25.8	1	18:07.4	5:51	1:21:42.9
3	Bert Hull	56	3 M Opn	5	18:40.9	6:01	0:31.8	2	42:49.4	22.4	0:32.8	4	19:09.5	6:11	1:21:44.6
4	YANN LE MOINE	71	1 M 35-39	9	19:40.5	6:21	0:50.8	1	41:52.6	22.9	0:26.6	5	19:49.8	6:24	1:22:40.4
5	David Maldonado	89	1 M 20-24	1	17:20.7	5:35	1:08.9	10	46:52.3	20.5		3	18:14.9	5:53	1:23:37.0
6	Lawrence Brede	38	1 M Mst	8	19:21.7	6:15	0:42.2	3	42:52.8	22.4		11	20:51.6	6:44	1:23:48.6
7	Don Humphreys	87	1 M 25-29	4	18:16.3	5:54	0:59.5	5	44:22.7	21.6	1:25.3	8	20:25.0	6:35	1:25:28.9
8	Ray Ashworth	26	2 M Mst	13	20:36.7	6:39	0:31.7	6	44:44.5	21.5	0:52.8	13	21:00.6	6:46	1:27:46.5
9	Kit Hayes	14	1 F Opn	15	20:57.3	6:45	0:47.6	8	45:24.6	21.1	0:47.3	10	20:44.4	6:41	1:28:41.5
10	Alan Knauth	85	2 M 25-29	14	20:37.1	6:39	1:09.8	15	47:46.6	20.1	1:06.3	6	20:06.7	6:29	1:30:46.6
11	Chad Nash	381	3 M Mst	16	20:59.6	6:46	0:23.6	11	47:10.7	20.4	0:20.5	16	21:57.2	7:05	1:30:51.8
12	Philip Lee	31	1 M 50-54	10	20:33.4	6:38	0:27.0	17	48:16.8	19.9	0:36.2	12	20:59.8	6:46	1:30:53.4
13	Jason Onks	385	2 M 35-39	17	21:02.6	6:47	0:36.3	16	48:08.9	19.9	0:48.3	14	21:06.9	6:48	1:31:43.2
14	Steven York	384	1 M 40-44	6	18:43.6	6:02	0:34.9	25	52:03.1	18.4	1:03.8	7	20:08.1	6:30	1:32:33.7
15	Michael Greenlee	392	1 M 30-34	12	20:36.1	6:39	1:10.1	14	47:44.4	20.1	0:40.3	21	22:53.7	7:23	1:33:04.8
16	Kevin Rarick	389	3 M 25-29	28	22:04.4	7:07	1:12.4	13	47:19.5	20.3	1:33.0	17	22:01.6	7:06	1:34:11.1
17	Jesse hayes	387	3 M 35-39	25	21:54.9	7:04	0:47.2	18	48:36.5	19.8	0:42.2	19	22:19.0	7:12	1:34:19.9
18	Richard Tennyson	47	2 M 40-44	29	22:09.6	7:09	0:31.1	19	49:50.9	19.3	0:41.8	15	21:32.2	6:57	1:34:45.7
19	Matt Hall	88	4 M 25-29	7	18:48.6	6:04	0:19.0	42	55:00.5	17.5	0:15.6	9	20:26.6	6:35	1:34:50.4
20	Douglas Clark	65	4 M 35-39	19	21:06.2	6:48	0:59.1	12	47:18.9	20.3	1:27.6	33	24:03.5	7:45	1:34:55.6
21	Peter Scott	39	1 M 45-49	49	25:22.6	8:11	1:45.2	9	46:47.0	20.5	0:48.6	18	22:13.2	7:10	1:36:56.8
22	PHILIP SCHMIDT	383	3 M 40-44	26	21:59.0	7:05	0:46.5	21	50:45.1	18.9	0:45.0	29	23:49.0	7:41	1:38:04.7
23	Stephen Perkins	43	4 M 40-44	27	22:01.6	7:06	0:28.4	31	53:21.4	18.0	0:22.8	20	22:28.5	7:15	1:38:42.9
24	Robert Lewis	68	5 M 35-39	24	21:36.5	6:58	1:25.3	22	51:17.1	18.7	1:28.6	27	23:28.7	7:34	1:39:16.2
25	Matthew Nash	388	2 M 30-34	23	21:30.5	6:56	0:27.9	34	53:54.6	17.8	0:22.8	25	23:22.0	7:32	1:39:38.0
26	Dan McCaslin	374	2 M 50-54	30	22:14.3	7:10	0:54.3	27	52:22.0	18.3	0:59.3	22	23:12.5	7:29	1:39:42.6
27	Kevin Price	92	2 M 45-49	21	21:24.9	6:54	1:42.6	28	52:30.1	18.3	0:43.9	26	23:24.5	7:33	1:39:46.3
28	Edward Kim	36	3 M 45-49	31	22:19.7	7:12	1:10.8	26	52:20.5	18.3	1:17.8	23	23:13.2	7:29	1:40:22.2
29	Chad Nash II	390	1 M 15-19	22	21:29.1	6:56	0:27.9	36	54:16.5	17.7	0:24.0	34	24:24.0	7:52	1:41:01.6
30	David Biddle	48	5 M 40-44	20	21:22.5	6:54	1:34.7	30	53:08.8	18.1	1:42.6	24	23:14.6	7:30	1:41:03.3
31	Lloyd Jones	54	6 M 40-44	37	23:27.8	7:34	1:29.2	20	50:25.7	19.0	1:19.8	41	25:08.1	8:06	1:41:50.8
32	joel christensen	74	3 M 30-34	39	23:46.2	7:40	1:21.5	24	52:01.6	18.5	1:10.3	28	23:48.2	7:41	1:42:08.0
33	Brian Holterhaus	72	4 M 30-34	11	20:35.0	6:38	1:13.9	43	56:01.6	17.1	1:02.8	32	24:01.3	7:45	1:42:54.8

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Overall Hammer Results 2013

Place	Name	Bib No	AG Place	Run			Trans 1			Bike			Trans 2			Run			Total Time
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace					
34	JOHN SNELLING	24	1 M 60-64	38	23:42.2	7:39	1:13.9	23	51:19.7	18.7	1:16.7	43	25:36.3	8:15	1:43:08.9				
35	Cedrick Manalili	93	7 M 40-44	34	23:05.8	7:27	1:09.1	32	53:27.1	18.0	1:08.3	36	24:50.8	8:01	1:43:41.3				
36	Lana Burl	10	2 F Opn	55	26:00.0	8:23	1:19.8	29	52:56.6	18.1	1:10.6	37	24:51.4	8:01	1:46:18.5				
37	Bruce Heiser	28	3 M 50-54	48	24:59.0	8:04	0:41.9	39	54:43.6	17.5	1:06.6	45	26:01.4	8:24	1:47:32.7				
38	Suzie Thompson	395	3 F Opn	32	22:46.8	7:21	1:26.5	49	57:52.4	16.6	1:49.6	31	23:56.6	7:43	1:47:52.1				
39	samuel oakes	67	6 M 35-39	36	23:12.7	7:29	1:11.5	46	56:42.5	16.9	0:42.7	46	26:13.0	8:27	1:48:02.7				
40	Ginger Miller	9	1 F 35-39	47	24:56.0	8:03	0:40.5	45	56:31.2	17.0	0:44.7	47	26:13.1	8:27	1:49:05.6				
41	Mike h	86	5 M 25-29	35	23:09.2	7:28	1:25.6	54	59:49.4	16.0	0:53.9	30	23:52.5	7:42	1:49:10.8				
42	Elodie Kruk	19	1 F 20-24	43	24:40.6	7:57	0:00.0	53	59:48.6	16.1		39	25:01.2	8:04	1:49:30.5				
43	Erin Johnson	370	1 F 25-29	58	26:10.8	8:26	2:18.1	40	54:44.4	17.5	1:33.8	42	25:18.9	8:10	1:50:06.1				
44	Jason Hamby	77	5 M 30-34	41	24:06.9	7:46	0:46.6	55	1:00:02.3	16.0	0:33.6	38	25:01.0	8:04	1:50:30.5				
45	Brian Walsh	70	7 M 35-39	45	24:48.5	8:00	1:14.8	44	56:07.8	17.1	1:37.5	50	27:19.4	8:49	1:51:08.1				
46	Daniel Potts	25	2 M 60-64	50	25:29.5	8:13	1:43.5	41	54:47.9	17.5	1:59.5	49	27:11.3	8:46	1:51:12.0				
47	Joe Fleenor	46	8 M 40-44	62	27:02.3	8:43	1:28.3	38	54:41.3	17.6	0:46.8	57	28:29.6	9:11	1:52:28.4				
48	Matthew Deas	81	6 M 30-34	18	21:04.5	6:48	0:38.3	67	1:06:16.8	14.5	0:43.3	35	24:30.5	7:54	1:53:13.5				
49	Larry Nelson	22	1 M 65-69	66	28:00.0	9:02	1:34.6	35	54:13.3	17.7	1:16.6	53	28:15.0	9:07	1:53:19.6				
50	Alan Kingsley	377	4 M 45-49	57	26:07.0	8:25	2:07.0	37	54:28.5	17.6	3:19.8	51	27:22.2	8:50	1:53:24.7				
51	David Tindell	60	8 M 35-39	44	24:42.0	7:58	1:25.9	47	56:53.5	16.9	1:28.7	62	29:13.5	9:25	1:53:43.9				
52	ARIEL ALANA	378	5 M 45-49	51	25:47.6	8:19	1:41.3	33	53:35.6	17.9	1:16.4	65	31:33.0	10:11	1:53:54.1				
53	Kenneth Galloway	44	9 M 40-44	46	24:52.9	8:01	1:43.6	58	1:01:18.8	15.7	1:08.4	40	25:06.0	8:06	1:54:09.9				
54	Greg Webb	32	4 M 50-54	59	26:17.8	8:29	2:10.0	48	56:57.2	16.9	2:13.7	56	28:21.3	9:09	1:56:00.2				
55	Carla Noya	15	1 F 30-34	52	25:52.2	8:21	2:33.0	60	1:01:49.4	15.5		48	26:53.2	8:40	1:57:08.0				
56	scott oberlin	53	10 M 40-44	61	26:40.2	8:36	1:32.0	57	1:00:46.8	15.8	1:31.3	52	27:32.4	8:53	1:58:03.0				
57	jennifer lockhart	13	2 F 35-39	56	26:00.1	8:23	2:24.1	59	1:01:48.6	15.5	1:16.8	55	28:16.8	9:07	1:59:46.5				
58	bill breeding	57	11 M 40-44	53	25:53.5	8:21	1:23.7	62	1:03:15.0	15.2		63	29:15.3	9:26	1:59:47.6				
59	Sarah Harrison	12	3 F 35-39	33	23:04.9	7:26	1:21.1	69	1:07:12.2	14.3		54	28:16.2	9:07	1:59:54.4				
60	David Aebischer	394	5 M 50-54	68	28:32.7	9:12	1:50.9	51	59:12.2	16.2	1:34.2	59	28:52.4	9:19	2:00:02.7				
61	jason dale	58	12 M 40-44	63	27:32.7	8:53	1:44.2	52	59:33.7	16.1	2:23.3	58	28:50.3	9:18	2:00:04.4				
62	Randie Arnold	393	3 M 60-64	40	24:03.4	7:45	2:03.6	71	1:09:00.9	13.9		44	25:36.6	8:15	2:00:44.6				
63	Rebecca Stein	7	1 F Mst	70	32:23.3	10:27	1:29.5	50	58:51.1	16.3		60	29:00.8	9:21	2:01:44.8				
64	Kandi Qualls	11	4 F 35-39	42	24:28.0	7:54	3:57.5	65	1:06:02.1	14.5		61	29:01.6	9:22	2:03:29.4				
65	Irene Pacia	366	2 F Mst	65	27:48.1	8:58	1:13.1	61	1:02:49.1	15.3		68	33:26.6	10:47	2:05:17.1				
66	Stephanie Hull	369	5 F 35-39	69	29:01.7	9:22	1:04.7	63	1:03:41.0	15.1		67	32:56.6	10:37	2:06:44.2				

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67	Brian Qualls	51	13 M 40-44	54	25:54.3	8:21	1:41.1	66	1:06:08.8	14.5		69	33:27.1	10:47	2:07:11.5
68	COPA ALANA	365	3 F Mst	60	26:25.1	8:31	2:02.7	70	1:08:16.6	14.1		64	31:31.2	10:10	2:08:15.7
69	Jamie Phillips	17	2 F 25-29	71	32:25.7	10:27	1:15.3	56	1:00:14.3	15.9		70	34:20.6	11:05	2:08:16.1
70	Cheryl Birks	18	3 F 25-29	73	32:47.3	10:35	1:20.2	68	1:06:46.1	14.4		66	32:12.4	10:23	2:13:06.2
71	Andrew White	61	9 M 35-39	64	27:35.8	8:54	1:06.9	72	1:09:47.2	13.8		73	37:38.5	12:08	2:16:08.5
72	Eric Mantooth	42	14 M 40-44	72	32:42.4	10:33	2:12.2	64	1:05:06.7	14.7		75	39:48.1	12:50	2:19:49.5
73	John Jancewicz	37	6 M 45-49	75	34:00.3	10:58	1:45.7	73	1:10:27.1	13.6		72	36:47.3	11:52	2:23:00.6
74	Leslie Montgomery	4	1 F 45-49	67	28:25.8	9:10	1:29.6	75	1:26:09.7	11.1		71	36:14.5	11:41	2:32:19.7
75	Matthew Richardson	62	10 M 35-39	74	33:59.9	10:58	1:33.7	74	1:20:35.6	11.9		74	39:04.5	12:36	2:35:13.8