

Goose Pond Half Iron and Sprint Triathlons

Age Group Results

May 26, 2019

Results by Endurance Sports Management

Sprint Age Group

Female Sprint Overall Winners

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Joy Rusmisell	427	39	8	1:11:48.6	71:48/M		7:36.1	39.5MPM	1:38.3	0.00MPM	38:34.5	18.7MPM	0:46.4	0.00MPM	23:13.1	8.01MPM
2	Holly Connell	425	38	9	1:12:01.6	72:01/M		10:29.0	28.6MPM	1:44.1	0.00MPM	36:55.1	19.5MPM	1:13.4	0.00MPM	21:39.8	8.59MPM
3	Lauren Sampson	488	30	12	1:13:42.0	73:42/M		7:40.2	39.1MPM	2:17.8	0.00MPM	37:33.2	19.2MPM	0:49.6	0.00MPM	25:21.1	7.34MPM

Male Sprint Overall Winners

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Matt McMillian	452	34	1	1:04:41.0	64:41/M		7:47.8	38.5MPM	1:31.6	0.00MPM	33:54.5	21.2MPM	0:53.5	0.00MPM	20:33.4	9.05MPM
2	Sean Casey	470	52	2	1:04:44.2	64:44/M		9:08.0	32.8MPM	1:51.0	0.00MPM	31:43.2	22.7MPM	1:04.8	0.00MPM	20:57.0	8.88MPM
3	Timothy Gooch	446	29	3	1:06:15.4	66:15/M		9:08.2	32.8MPM	1:46.2	0.00MPM	32:27.5	22.2MPM	0:55.3	0.00MPM	21:58.0	8.47MPM

Female Sprint Masters Winners

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Paola Attias	430	43	15	1:16:05.2	76:05/M		9:53.0	30.4MPM	1:43.0	0.00MPM	25:34.7	28.2MPM	38:40.9	0.00MPM	25:48.3	7.21MPM

Male Sprint Masters Winners

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Daniel Coonce	459	41	4	1:08:39.1	68:39/M		9:01.4	33.3MPM	1:30.6	0.00MPM	36:31.5	19.7MPM	1:10.5	0.00MPM	20:24.9	9.12MPM

Female 14 and under

Total	Total	Swim	T1	Bike	T2	Run
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Goose Pond Half Iron and Sprint Triathlons

Place	Name	Bib No	Age	Overall	Time	Pace	Penalty	Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Emily Coonce	410	14	25	1:23:06.4	83:06/M		9:10.3	32.7MPM	2:12.2	0.00MPM	41:45.2	17.2MPM	0:45.8	0.00MPM	29:12.8	6.37MPM
2	Madison Hill	409	13	75	2:44:18.1	** :18/M		10:52.6	27.6MPM	4:43.2	0.00MPM	1:19:49.5	9.02MPM	2:30.0	0.00MPM	1:06:22.7	2.80MPM

Male 14 and under

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	George Holt	482	13	64	1:47:36.5	** :36/M		10:22.2	28.9MPM	1:56.1	0.00MPM	52:06.3	13.8MPM	0:34.3	0.00MPM	42:37.4	4.36MPM
2	Elijah Brand	441	12	70	1:53:02.7	** :02/M											

Female 15 to 19

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	Samantha Byron	412	19	35	1:26:48.2	86:48/M		7:53.6	38.1MPM	3:11.4	0.00MPM	49:26.8	14.6MPM	0:56.1	0.00MPM	25:20.1	7.34MPM
2	Gracie Ray	549	16	53	1:35:22.8	95:22/M		12:06.5	24.8MPM	2:29.3	0.00MPM	48:25.9	14.9MPM	1:24.2	0.00MPM	30:56.8	6.01MPM
3	Mya Hill	411	15	65	1:47:37.6	** :37/M		10:06.1	29.7MPM	3:18.1	0.00MPM	2:05:10.4	5.75MPM	51:01.4	0.00MPM	43:11.9	4.31MPM

Male 20 to 24

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	Christopher Romanoski	443	23	34	1:25:50.6	85:50/M		10:05.8	29.8MPM	2:47.7	0.00MPM	26:34.3	27.1MPM	46:07.1	0.00MPM	26:49.9	6.94MPM
2	Gregory Baucom	442	21	39	1:27:38.3	87:38/M		11:19.3	26.5MPM	3:06.0	0.00MPM	47:44.5	15.1MPM	1:10.7	0.00MPM	24:17.6	7.66MPM

Male 25 to 29

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	Jae Maeng	444	26	31	1:24:45.4	84:45/M		9:13.5	32.5MPM	2:31.2	0.00MPM	45:35.0	15.8MPM	0:46.7	0.00MPM	26:38.9	6.98MPM
2	Jack Hynes	445	27	38	1:27:25.0	87:25/M	2:00	11:11.2	26.8MPM	3:37.6	0.00MPM	39:51.0	18.1MPM	6:17.8	0.00MPM	26:27.2	7.03MPM

Female 30 to 34

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	Mary Kelly	418	32	26	1:23:10.7	83:10/M		10:54.8	27.5MPM	2:01.8	0.00MPM	43:25.7	16.6MPM	1:56.5	0.00MPM	24:51.8	7.48MPM
2	Lauren Barranger	490	31	32	1:25:11.0	85:11/M		11:09.6	26.9MPM	2:26.9	0.00MPM	42:04.7	17.1MPM	1:12.2	0.00MPM	28:17.4	6.58MPM
3	Casey Jacobs	489	34	37	1:27:11.3	87:11/M		11:22.0	26.4MPM	3:06.6	0.00MPM	41:38.6	17.3MPM	1:14.5	0.00MPM	29:49.4	6.24MPM
4	Bethany Parker	415	31	44	1:31:02.9	91:02/M		15:00.7	20.0MPM	3:17.1	0.00MPM	43:29.3	16.6MPM	2:09.2	0.00MPM	27:06.3	6.86MPM
5	Rachel Keilman	414	30	72	1:59:23.0	** :23/M		11:45.2	25.5MPM	4:30.9	0.00MPM	57:57.2	12.4MPM	2:21.8	0.00MPM	42:47.8	4.35MPM

Male 30 to 34

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Michael Buckley	449	32	10	1:13:32.7	73:32/M		9:16.5	32.4MPM	2:00.6	0.00MPM	36:29.4	19.7MPM	0:52.8	0.00MPM	24:53.3	7.47MPM
2	James Ebert	451	32	29	1:24:14.9	84:14/M		14:54.4	20.1MPM	2:00.1	0.00MPM	40:35.2	17.7MPM	0:48.1	0.00MPM	25:56.9	7.17MPM
3	Scott Trew	447	30	50	1:33:14.7	93:14/M		10:18.3	29.1MPM	3:13.8	0.00MPM	44:06.5	16.3MPM	0:55.9	0.00MPM	34:40.1	5.37MPM
4	James Hilburn	448	30	59	1:38:17.8	98:17/M		11:31.5	26.0MPM	5:01.4	0.00MPM	49:08.6	14.7MPM	1:12.9	0.00MPM	31:23.1	5.93MPM
5	Chris Hilburn	450	32	62	1:41:39.8	** :39/M		14:06.4	21.3MPM	3:34.9	0.00MPM	51:05.4	14.1MPM	0:58.0	0.00MPM	31:54.9	5.83MPM

Female 35 to 39

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Emily Woolley	424	37	28	1:23:52.4	83:52/M		9:35.3	31.3MPM	2:35.4	0.00MPM	41:53.4	17.2MPM	0:40.1	0.00MPM	29:08.0	6.38MPM
2	Carole Addona	422	35	41	1:28:33.4	88:33/M		10:38.5	28.2MPM	1:43.3	0.00MPM	43:23.4	16.6MPM	1:01.2	0.00MPM	31:46.8	5.86MPM
3	Ashley Putt	428	39	55	1:35:48.7	95:48/M		13:01.4	23.0MPM	2:21.9	0.00MPM	42:36.5	16.9MPM	1:29.7	0.00MPM	36:19.0	5.12MPM

Male 35 to 39

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Joseph Doster	492	35	11	1:13:34.3	73:34/M		8:43.5	34.4MPM	1:56.0	0.00MPM	33:41.4	21.4MPM	0:39.2	0.00MPM	28:34.0	6.51MPM
2	Chris Poarch	455	36	13	1:14:18.1	74:18/M		8:33.4	35.1MPM	1:31.6	0.00MPM	34:08.2	21.1MPM	1:29.4	0.00MPM	28:35.3	6.51MPM
3	Jonathan Kidd	453	35	43	1:30:52.6	90:52/M		10:56.3	27.4MPM	1:56.0	0.00MPM	48:46.1	14.8MPM	0:53.3	0.00MPM	28:20.8	6.56MPM
4	Bruce Hudgins	454	36	47	1:31:42.6	91:42/M		12:20.0	24.3MPM	3:04.9	0.00MPM	44:31.2	16.2MPM	1:25.0	0.00MPM	30:21.3	6.13MPM
5	Jonathan Cantrell	547	37	52	1:34:58.2	94:58/M		12:25.4	24.2MPM	2:30.4	0.00MPM	41:20.6	17.4MPM	1:20.0	0.00MPM	37:21.6	4.98MPM
6	Christopher Fisher	456	37	58	1:37:07.7	97:07/M		13:47.1	21.8MPM	3:55.6	0.00MPM	47:48.6	15.1MPM	2:41.2	0.00MPM	28:55.1	6.43MPM

Female 40 to 44

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Eva Courtney	429	42	45	1:31:14.5	91:14/M		10:46.6	27.9MPM	2:52.3	0.00MPM	44:04.3	16.3MPM	2:33.4	0.00MPM	30:57.7	6.01MPM
2	Lori Headley	431	43	57	1:36:28.9	96:28/M		12:50.9	23.4MPM	3:23.9	0.00MPM	46:17.3	15.6MPM	1:37.0	0.00MPM	32:19.6	5.76MPM
3	Mara Hutchings	432	44	67	1:48:38.4	** :38/M		17:26.0	17.2MPM	3:46.7	0.00MPM	46:19.7	15.5MPM	4:01.4	0.00MPM	37:04.5	5.02MPM

Male 40 to 44

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Steve Lopez	458	40	16	1:17:57.2	77:57/M		10:38.6	28.2MPM	2:10.9	0.00MPM	37:51.0	19.0MPM	1:38.4	0.00MPM	25:38.1	7.26MPM
2	David Connors	460	42	21	1:19:49.4	79:49/M		10:37.8	28.3MPM	2:58.3	0.00MPM	39:14.1	18.4MPM	1:00.3	0.00MPM	25:58.7	7.16MPM

3	Jason Grear	491	42	27	1:23:26.6	83:26/M		10:41.2	28.1MPM	3:02.1	0.00MPM	40:10.1	17.9MPM	1:00.7	0.00MPM	28:32.3	6.52MPM
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Female 45 to 49

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Melinda Hyatt	483	46	40	1:27:58.4	87:58/M		10:10.6	29.5MPM	2:20.5	0.00MPM	47:19.0	15.2MPM	1:18.9	0.00MPM	26:49.3	6.94MPM
2	Renee McGeehen	303	46	48	1:32:14.5	92:14/M		12:20.2	24.3MPM	2:44.1	0.00MPM	44:32.7	16.2MPM	1:36.1	0.00MPM	31:01.3	6.00MPM
3	Tamatha Farrow	434	48	51	1:33:43.3	93:43/M		12:21.0	24.3MPM	2:41.4	0.00MPM	41:57.8	17.2MPM	1:43.5	0.00MPM	34:59.4	5.32MPM
4	Misty Hanson	481	49	54	1:35:28.9	95:28/M		12:48.4	23.4MPM	3:48.2	0.00MPM	42:39.5	16.9MPM	3:16.8	0.00MPM	32:55.8	5.65MPM
5	Michele Packard	433	47	56	1:36:10.3	96:10/M		13:12.4	22.7MPM	2:30.8	0.00MPM	45:19.6	15.9MPM	2:30.4	0.00MPM	32:37.0	5.70MPM
6	Kerry McDonald	548	49	63	1:47:12.6	** :12/M		9:52.1	30.4MPM	4:27.9	0.00MPM	46:13.0	15.6MPM	3:34.9	0.00MPM	43:04.5	4.32MPM
7	Hilary Moreno	310	49	66	1:48:08.9	** :08/M		12:02.5	24.9MPM	4:17.5	0.00MPM	51:25.3	14.0MPM	2:31.6	0.00MPM	37:51.7	4.91MPM
8	Corinne West	401	47	76	2:58:58.1	** :58/M	2:00	21:07.6	14.2MPM	7:20.6	0.00MPM	1:24:14.6	8.55MPM	2:40.5	0.00MPM	1:03:34.6	2.93MPM

Male 45 to 49

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Jeffrey Putt	467	48	5	1:09:11.6	69:11/M		9:59.9	30.1MPM	1:46.6	0.00MPM	30:37.3	23.5MPM	1:09.9	0.00MPM	25:37.8	7.26MPM
2	Joseph Lemery	485	49	6	1:09:25.3	69:25/M		9:32.7	31.5MPM	1:46.5	0.00MPM	32:56.8	21.9MPM	1:26.0	0.00MPM	23:43.1	7.84MPM
3	John Stanton	486	48	7	1:09:25.5	69:25/M		9:15.4	32.4MPM	2:07.0	0.00MPM	33:09.6	21.7MPM	1:09.5	0.00MPM	23:43.9	7.84MPM
4	Matthew Desmond	463	45	14	1:15:41.8	75:41/M		9:27.4	31.7MPM	1:39.0	0.00MPM	37:12.7	19.4MPM	1:05.4	0.00MPM	26:17.1	7.08MPM
5	Franklin Farrow	545	49	19	1:19:37.8	79:37/M		11:43.3	25.6MPM	2:08.8	0.00MPM	38:18.9	18.8MPM	1:19.3	0.00MPM	26:07.4	7.12MPM
6	Bradley Atkinson	464	47	22	1:19:53.5	79:53/M		9:59.6	30.1MPM	1:12.6	0.00MPM	37:00.0	19.5MPM	2:05.9	0.00MPM	29:35.3	6.29MPM
7	Massimiliano Bonamente	465	48	23	1:21:25.8	81:25/M		10:36.5	28.3MPM	2:07.8	0.00MPM	38:26.0	18.7MPM	1:21.5	0.00MPM	28:53.8	6.44MPM
8	David G. Rawlings	466	48	42	1:30:38.7	90:38/M		12:31.8	24.0MPM	2:37.9	0.00MPM	40:07.0	17.9MPM	1:58.1	0.00MPM	33:23.8	5.57MPM

Female 50 to 54

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Lori Coward	438	54	17	1:18:31.5	78:31/M		10:06.0	29.7MPM	2:23.9	0.00MPM	38:09.9	18.9MPM	1:26.2	0.00MPM	26:25.4	7.04MPM
2	Tess Talbot	437	54	30	1:24:41.2	84:41/M		12:06.5	24.8MPM	2:14.8	0.00MPM	39:10.5	18.4MPM	1:24.8	0.00MPM	29:44.4	6.26MPM
3	Lori Galloway	435	50	46	1:31:38.2	91:38/M		12:10.0	24.7MPM	2:59.7	0.00MPM	45:38.6	15.8MPM	1:58.3	0.00MPM	28:51.3	6.45MPM
4	Danna Vaughn	314	53	71	1:57:35.6	** :35/M		21:51.1	13.7MPM	2:19.7	0.00MPM	50:28.1	14.3MPM	3:42.3	0.00MPM	39:14.3	4.74MPM

Male 50 to 54

Place	Name	Bib No	Age	Overall	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
					Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Lawrence Thurman	471	53	24	1:22:04.1	82:04/M		11:57.4	25.1MPM	3:05.3	0.00MPM	39:10.5	18.4MPM	1:39.0	0.00MPM	26:11.8	7.10MPM
2	Steven Long	484	50	49	1:32:50.7	92:50/M		10:32.7	28.5MPM	3:37.4	0.00MPM	40:44.3	17.7MPM	3:41.9	0.00MPM	34:14.3	5.43MPM

3	Kenny Leigh	469	50	60	1:38:26.8	98:26/M		14:33.7	20.6MPM	4:29.0	0.00MPM	44:41.8	16.1MPM	1:17.5	0.00MPM	33:24.6	5.57MPM
4	Charles Packard	472	54	61	1:39:09.8	99:09/M		10:16.8	29.2MPM	8:29.0	0.00MPM	45:16.9	15.9MPM	2:30.8	0.00MPM	32:36.2	5.71MPM

Female 55 to 59

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	Deborah Carter	439	56	69	1:50:13.2	** :13/M		13:50.3	21.7MPM	3:47.5	0.00MPM	47:42.3	15.1MPM	3:00.2	0.00MPM	41:52.7	4.44MPM
2	Annette Dolbow	440	57	73	2:05:19.6	** :19/M		14:12.6	21.1MPM	6:47.0	0.00MPM	50:40.5	14.2MPM	5:49.7	0.00MPM	47:49.5	3.89MPM

Male 55 to 59

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	Louis Talbot	473	56	18	1:18:59.0	78:59/M		11:59.4	25.0MPM	2:15.0	0.00MPM	36:48.0	19.6MPM	1:03.2	0.00MPM	26:53.1	6.92MPM
2	Michael Swanson	475	58	20	1:19:40.4	79:40/M		10:51.8	27.6MPM	2:38.1	0.00MPM	37:53.6	19.0MPM	1:25.9	0.00MPM	26:50.8	6.93MPM
3	Robert Carter	474	56	36	1:27:09.3	87:09/M		9:55.2	30.3MPM	2:44.8	0.00MPM	39:37.0	18.2MPM	1:31.3	0.00MPM	33:20.8	5.58MPM
4	William Stanfield	487	58	68	1:50:00.0	** :00/M	2:00	13:18.6	22.6MPM	1:53.7	0.00MPM					1:34:47.7	1.96MPM
5	Elliot Rodberg	477	59	74	2:08:19.3	** :19/M		15:55.8	18.8MPM	7:56.2	0.00MPM	51:54.4	13.9MPM	4:43.6	0.00MPM	47:49.1	3.89MPM

Male 65 to 69

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	Daniel Coonce	479	68	33	1:25:22.9	85:22/M		11:54.0	25.2MPM	3:18.0	0.00MPM	40:22.8	17.8MPM	2:08.6	0.00MPM	27:39.3	6.73MPM

Sprint Relay Male

Relay Male

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	Robert Colannino	480	52	1	1:24:31.7	84:31/M		12:22.1	24.3MPM	1:45.6	0.00MPM	47:03.0	15.3MPM	0:34.4	0.00MPM	22:46.4	8.17MPM

Sprint Relay Female

Relay Female

Place	Name	Bib No	Age	Overall	Total Time	Total Pace	Penalty	Swim Time	Swim Pace	T1 Time	T1 Pace	Bike Time	Bike Pace	T2 Time	T2 Pace	Run Time	Run Pace
1	Fisher Leighann	405	36	1	1:48:55.5	** :55/M		14:05.4	21.3MPM	1:28.5	0.00MPM	47:03.2	15.3MPM	0:48.0	0.00MPM	45:30.3	4.09MPM

