

Hammer Sprint 2016

Age Group Results

April 30, 2016

Results By Endurance Sports Management

Triathlon Age Group

Female Overall Winners

Overall				Swim			Trans 1		Bike			Trans 2		Run			Total	
Place	Place	Name	Bib No	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty		
1	20	Gracie Pendleton	367	2	6:44.19	2:10	0:33.85	2	47:00.51	20.4	0:38.46	1	22:11.68	7:09	1:17:08.69			
2	23	Maggs Morris	496	1	6:15.82	2:01	1:10.18	1	45:08.94	21.3	0:43.57	3	24:41.52	7:58	1:18:00.03			
3	32	Lana Burl	422	3	7:42.21	2:29	1:04.77	3	47:55.61	20.0	1:12.22	2	23:31.61	7:35	1:21:26.42			

Male Overall Winners

Overall				Swim			Trans 1		Bike			Trans 2		Run			Total	
Place	Place	Name	Bib No	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty		
1	1	Nicholas Morgan	486	2	5:37.91	1:49	0:41.03	1	40:18.04	23.8	0:26.83	2	18:16.83	5:54	1:05:20.64			
2	2	Adam Weeks	121	3	6:22.30	2:03	0:56.87	3	40:44.47	23.6	0:32.60	1	17:34.26	5:40	1:06:10.50			
3	3	Bill Beecher	500	1	5:10.87	1:40	0:46.91	2	40:37.02	23.6	0:25.51	3	19:59.37	6:27	1:06:59.68			

Female Masters Winners

Overall				Swim			Trans 1		Bike			Trans 2		Run			Total	
Place	Place	Name	Bib No	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty		
1	45	Julie Springsteen	425	1	7:43.74	2:29	1:01.17	1	47:57.31	20.0	1:09.40	1	28:10.99	9:05	1:26:02.61			

Male Masters Winners

Overall				Swim			Trans 1		Bike			Trans 2		Run			Total	
Place	Place	Name	Bib No	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty		
1	4	Lawrence Brede	443	1	5:29.08	1:46	1:04.39	1	41:42.40	23.0	0:37.07	1	19:16.07	6:13	1:08:09.01			

Male 15 to 19

Overall				Swim			Trans 1		Bike			Trans 2		Run			Total	
Place	Place	Name	Bib No	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty		
1	11	Michael Sia	369	2	6:53.80	2:13	1:06.43	1	46:23.69	20.7	1:10.32	1	18:35.60	6:00	1:14:09.84			

2	64	Simon Mason	368	1	6:27.66	2:05	0:28.68	2	57:59.90	16.6	1:07.05	2	27:40.52	8:55	1:33:43.81
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Female 20 to 24

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----		Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	59	Cayci Gill	373	1	8:09.81	2:38	1:48.23	1	54:22.50	17.7	0:44.81	1	26:55.32	8:41	1:32:00.67				
2	101	Amanda Wade	370	2	9:52.30	3:11	2:15.79	2	1:07:30.81	14.2		2	35:01.34	11:18	1:54:40.24				

Male 20 to 24

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----		Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	24	Bradley Maldonado	372	1	6:45.26	2:11	1:34.41	1	45:35.98	21.1	1:12.52	1	21:17.54	6:52	1:18:25.71	2:00			
2	82	Jared Phillips	371	2	9:07.62	2:56	1:32.38	2	1:10:14.12	13.7		2	21:25.42	6:55	1:42:19.54				

Female 25 to 29

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----		Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	48	Mary Vercoe	387	3	8:28.69	2:44	0:52.69	1	51:40.06	18.6	1:05.01	2	25:58.06	8:23	1:28:04.51				
2	60	Mary Katherine Anderson	374	2	8:16.47	2:40	1:31.59	3	53:56.28	17.8	1:12.27	3	27:11.85	8:46	1:32:08.46				
3	61	Ashley King	378	4	9:18.08	3:00	2:46.27	2	53:47.26	17.8	1:04.60	1	25:43.11	8:18	1:32:39.32				
4	88	Larkin Maples	380	1	8:15.43	2:40	2:12.06	4	1:02:08.86	15.5	1:44.93	5	29:47.14	9:36	1:44:08.42				
5	98	Hillary Rivera	381	8	11:56.26	3:51	2:10.57	6	1:09:50.28	13.7		4	28:11.73	9:05	1:52:08.84				
6	99	Megan Coble	379	5	9:52.55	3:11	1:50.15	5	1:09:49.10	13.8		6	31:02.02	10:01	1:52:33.82				
7	105	Lesta Kocher	478	6	11:26.78	3:41	2:06.11	8	1:15:44.03	12.7		7	33:50.66	10:55	2:03:07.58				
8	107	Erin Decker	376	9	12:43.10	4:06	2:28.87	7	1:13:17.13	13.1		9	39:45.73	12:49	2:08:14.83				
9	108	Carol Rose	498	10	12:56.69	4:10	4:00.64	9	1:16:01.27	12.6		8	35:39.49	11:30	2:08:38.09				
10	111	Sarah Kerr	383	7	11:52.58	3:50	3:25.59	10	1:27:27.79	11.0		10	47:39.98	15:22	2:30:25.94				

Male 25 to 29

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----		Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	15	Jarrad Read	385	2	7:35.11	2:27	1:15.43	1	47:34.94	20.2	0:26.79	1	19:30.05	6:17	1:16:22.32				
2	37	Bradley Heberling	375	1	6:46.86	2:11	1:26.70	3	50:30.50	19.0	0:57.44	2	22:16.23	7:11	1:21:57.73				
3	42	Phillip Rhodes	386	4	8:08.13	2:37	1:14.60	2	49:59.29	19.2	0:56.43	3	23:57.54	7:44	1:24:15.99				
4	57	Jarrod King	382	3	8:00.18	2:35	3:52.98	4	51:15.38	18.7	1:26.37	4	27:14.98	8:47	1:31:49.89				
5	73	Thomas Egan	377	5	9:29.47	3:04	2:31.16	5	58:57.31	16.3	0:55.17	5	27:29.94	8:52	1:39:23.05				
6	103	David Kerr	388	6	10:44.75	3:28	2:59.32	6	1:09:28.63	13.8		6	32:42.20	10:33	1:55:54.90				

Female 30 to 34

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----		Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	71	Amy Dukes	403	1	9:00.36	2:54	1:32.58	1	59:04.94	16.3	0:42.68	1	27:52.44	8:59	1:38:13.00				
2	90	Hayley Holt	390	3	9:54.50	3:12	1:48.66	2	1:05:28.33	14.7		3	28:43.83	9:16	1:45:55.32				
3	100	Shirley Delmoro	391	2	9:46.40	3:09	3:42.25	3	1:11:26.01	13.4		2	27:55.76	9:00	1:52:50.42				

Male 30 to 34

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	7	Joshua Gibson	400	3	7:25.63	2:24	0:34.43	2	44:48.91	21.4	0:29.50	1	18:59.25	6:07	1:12:17.72					
2	14	Dustin Carpenter	396	4	7:27.10	2:24	0:54.30	3	45:13.89	21.2	0:59.24	2	21:01.23	6:47	1:15:35.76					
3	25	Jeff Carlton	392	1	6:34.10	2:07	0:48.17	5	47:58.31	20.0	0:30.39	4	22:39.24	7:18	1:18:30.21					
4	43	William Tindell	397	6	8:06.51	2:37	1:30.49	4	47:36.62	20.2	1:22.09	7	26:29.56	8:33	1:25:05.27					
5	44	Justin Wade	494	7	8:27.40	2:44	2:13.52	7	51:56.30	18.5	0:34.19	3	22:07.35	7:08	1:25:18.76					
6	52	J.c. Thompson	393	9	10:27.36	3:22	1:38.47	9	53:59.21	17.8	0:28.60	5	23:35.00	7:36	1:30:08.64					
7	53	Daniel Main	407	8	8:53.94	2:52	3:08.96	6	50:23.30	19.1	1:32.68	8	26:31.91	8:33	1:30:30.79					
8	67	Keith Stringfield	406	11	10:47.24	3:29	3:28.51	11	55:12.02	17.4	1:40.69	6	24:45.67	7:59	1:35:54.13					
9	69	Austin Keathley	395	5	7:32.66	2:26	4:36.01	12	55:30.35	17.3	2:20.06	10	27:07.95	8:45	1:37:07.03					
10	74	Daniel Van Cleef	401	12	12:08.70	3:55	3:14.24	8	52:09.53	18.4	0:49.78	11	31:02.45	10:01	1:39:24.70					
11	85	Dana Brooks	484	13	15:53.48	5:07	3:52.57	10	54:28.67	17.6	1:57.66	9	26:53.99	8:40	1:43:06.37					
12	110	Greg Delmoro	399	10	10:29.65	3:23	3:36.06	13	1:22:59.64	11.6		12	38:48.93	12:31	2:15:54.28					
13	113	Drew McCracken	402	14	31:51.05	10:16	6:35.21	14	1:38:48.90	9.72		13	53:21.73	17:13	3:10:36.89					

Female 35 to 39

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	34	Brenda Wilkins	409	2	8:04.55	2:36	1:46.21	1	47:33.44	20.2	1:16.31	1	23:00.43	7:25	1:21:40.94					
2	40	Renee Black	414	1	8:01.24	2:35	1:15.76	2	48:24.25	19.8	0:56.53	2	23:56.94	7:43	1:22:34.72					
3	68	Hillary Herndon	418	3	8:20.22	2:41	1:56.15	3	59:59.14	16.0	0:43.49	3	26:06.21	8:25	1:37:05.21					
4	89	Andrea Clark	412	5	11:01.11	3:33	2:43.59	4	1:03:24.46	15.1		4	27:27.45	8:51	1:44:36.61					
5	104	Lyndsey Lampkin	417	4	8:49.26	2:51		6	1:50:40.74	35:42		6	1:50:40.74	35:42	1:59:30.00					
6	112	Amy Allen	410	6	27:26.99	8:51	6:55.22	5	1:43:55.67	9.24		5	48:18.68	15:35	3:06:36.56					

Male 35 to 39

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	6	Danny Sturdevan	485	3	7:21.43	2:22	1:11.26	1	43:38.35	22.0	0:32.36	1	19:05.83	6:09	1:11:49.23					
2	12	John Smith	419	1	5:37.19	1:49	0:58.62	2	45:12.72	21.2	0:45.20	2	21:47.35	7:02	1:14:21.08					
3	26	Ross Nichols	408	2	6:37.09	2:08	0:43.42	6	48:40.03	19.7	0:38.79	3	22:29.80	7:15	1:19:09.13					
4	33	James Sharp	489	8	9:01.48	2:55	1:52.57	3	45:46.81	21.0	1:04.37	6	23:47.28	7:40	1:21:32.51					
5	35	Douglas Wheelock	411	6	8:13.04	2:39	0:59.52	5	48:24.94	19.8	0:49.76	4	23:18.00	7:31	1:21:45.26					
6	36	Doug Kelly	415	4	8:02.06	2:35	0:50.93	4	48:09.94	19.9	0:57.86	7	23:50.05	7:41	1:21:50.84					
7	49	Bryan Smith	420	5	8:09.58	2:38	1:59.68	8	53:17.10	18.0	1:25.18	5	23:23.16	7:33	1:28:14.70					
8	62	David King	97	7	8:49.92	2:51	2:12.84	7	50:41.85	18.9	2:07.74	9	29:12.98	9:25	1:33:05.33					
9	92	Brandon Payne	416	9	10:15.60	3:18	3:13.55	9	1:02:15.69	15.4	2:28.28	8	28:17.67	9:07	1:46:30.79					

Female 40 to 44

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	78	Jodi Banks	431	2	9:04.07	2:55	3:33.18	2	1:00:06.54	16.0	0:43.75	1	27:51.63	8:59	1:41:19.17					
2	81	Tina Galloway	432	1	8:27.78	2:44	2:58.99	1	58:34.78	16.4	1:28.65	2	30:44.91	9:55	1:42:15.11					
3	91	Mistie Morgan	426	3	11:27.72	3:42	2:33.13	3	1:00:42.27	15.8		3	31:44.59	10:14	1:46:27.71					

Male 40 to 44

Overall				----- Swim -----			Trans 1			----- Bike -----			Trans 2			----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	Jon Tate	427	3	7:13.50	2:20	1:33.61	1	41:50.63	22.9	0:30.42	1	20:23.29	6:35	1:11:31.45	
2	17	Chris Burl	423	2	6:39.20	2:09	1:00.09	4	46:09.39	20.8	0:46.93	3	21:56.67	7:05	1:16:32.28	
3	22	Lloyd Jones	39	4	7:26.35	2:24	0:55.34	3	45:07.55	21.3	0:41.65	5	23:45.02	7:40	1:17:55.91	
4	27	Brad Price	429	8	8:14.06	2:39	1:08.07	2	44:54.70	21.4	0:49.82	6	24:17.66	7:50	1:19:24.31	
5	28	James Simpson	424	9	8:34.82	2:46	1:37.37	5	46:17.36	20.7	1:09.21	2	21:55.13	7:04	1:19:33.89	
6	30	Benson Lai	421	5	7:35.86	2:27	1:07.12	6	47:44.64	20.1	0:47.97	4	23:12.56	7:29	1:20:28.15	
7	39	Cory Alexander	95	1	5:21.70	1:44	1:10.55	9	50:16.56	19.1	0:56.49	7	24:38.72	7:57	1:22:24.02	
8	46	Scott Oberlin	430	6	7:47.31	2:31	1:40.93	8	50:01.32	19.2	0:58.68	8	25:57.57	8:22	1:26:25.81	
9	58	Lee Haggard	428	7	8:02.58	2:35	2:22.04	7	49:58.17	19.2	1:39.00	10	27:48.28	8:58	1:31:50.07	2:00
10	79	Sean Price	433	10	12:41.95	4:05	2:00.58	10	59:05.55	16.2	1:48.00	9	26:26.60	8:32	1:42:02.68	

Female 45 to 49

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	Penalty
Place	Place	Name	Bib No	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	86	Sonja Fordham	352	1	11:27.50	3:42	4:10.87	1	59:56.86	16.0		1	27:41.91	8:56	1:43:17.14	

Male 45 to 49

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	Penalty
Place	Place	Name	Bib No	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	10	Joseph Hicks	499	3	7:25.36	2:24	1:36.18	1	43:52.65	21.9	0:50.91	1	19:33.92	6:18	1:13:19.02	
2	16	Tim Sparer	441	7	8:23.96	2:42	1:04.90	3	45:13.77	21.2	1:03.38	3	20:41.82	6:40	1:16:27.83	
3	18	John Holcombe	434	4	7:32.75	2:26	1:16.32	4	45:24.23	21.1	0:59.85	4	21:19.98	6:53	1:16:33.13	
4	21	Dave Sandstrom	437	1	7:02.17	2:16	1:09.82	2	44:43.49	21.5	0:35.57	5	24:01.88	7:45	1:17:32.93	
5	31	Max Lemons	436	2	7:06.30	2:17	1:10.50	6	51:29.87	18.6	0:49.58	2	20:30.91	6:37	1:21:07.16	
6	47	Shane West	440	5	7:42.86	2:29	2:01.31	5	50:35.62	19.0	1:06.70	6	25:00.71	8:04	1:26:27.20	
7	55	Tom Boyd	439	8	9:11.84	2:58	1:58.17	7	52:26.79	18.3	1:22.91	7	26:30.90	8:33	1:31:30.61	
8	63	Michael Couden	483	6	8:10.93	2:38	2:15.87	8	54:20.18	17.7	1:16.92	8	27:09.68	8:45	1:33:13.58	
9	80	Bryan Walker	435	9	10:04.21	3:15	2:52.32	9	59:20.46	16.2	1:26.73	9	28:20.94	9:08	1:42:04.66	
10	95	Cameron Taylor	438	10	11:33.53	3:44	4:23.60	10	59:33.66	16.1	1:57.36	10	30:47.64	9:56	1:48:15.79	

Female 50 to 54

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	Penalty
Place	Place	Name	Bib No	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	54	Rebecca Jackson	17	4	9:03.43	2:55	1:33.25	1	54:14.75	17.7	1:32.31	1	24:13.95	7:49	1:30:37.69	
2	84	Margaret Akers	454	1	7:55.14	2:33	3:16.18	3	1:01:14.68	15.7	1:00.99	2	29:38.93	9:34	1:43:05.92	
3	97	Jen Hoeft	446	2	8:20.38	2:41	6:37.79	2	58:29.27	16.4		3	35:31.31	11:27	1:48:58.75	
4	109	Julie Childress	442	5	12:54.10	4:10	2:20.42	5	1:13:10.54	13.1		4	40:16.06	12:59	2:08:41.12	

Male 50 to 54

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	Penalty
Place	Place	Name	Bib No	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	19	Cliff Helton	100	1	6:46.58	2:11	1:31.62	2	45:57.49	20.9	0:49.53	1	21:45.66	7:01	1:16:50.88	
2	41	Johnny Johnson	488	6	11:12.04	3:37	2:23.51	1	45:44.22	21.0	1:17.64	2	23:37.07	7:37	1:24:14.48	
3	50	Fred Burke	128	2	7:02.84	2:16	2:04.95	4	51:58.43	18.5	0:56.62	4	26:44.01	8:37	1:28:46.85	
4	66	Dave Ogle	491	7	11:59.63	3:52	5:30.78	3	51:06.66	18.8	1:49.87	3	25:03.33	8:05	1:35:30.27	
5	83	Ken Laflamme	448	3	9:01.45	2:55	1:35.27	6	57:47.58	16.6	1:03.50	6	33:26.84	10:47	1:42:54.64	
6	87	Jimmy Everett	449	4	9:17.00	3:00	2:09.47	7	58:56.33	16.3	1:08.38	5	32:19.08	10:25	1:43:50.26	
7	93	Jeff Bowerman	447	5	11:07.56	3:35	2:04.53	5	56:21.56	17.0	0:54.17	7	34:15.47	11:03	1:46:43.29	2:00

Female 55 to 59

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	72	Marie Masterson	460	1	7:50.67	2:32	4:38.27	3	59:37.48	16.1	1:20.36	1	25:48.34	8:19	1:39:15.12	
2	76	Tara Armistead	464	2	9:56.64	3:12	2:33.21	1	57:02.13	16.8	0:46.87	2	30:23.31	9:48	1:40:42.16	
3	96	Ramona Tipps	461	3	12:01.94	3:53	2:36.45	2	58:35.16	16.4	1:50.47	3	33:32.01	10:49	1:48:36.03	
4	106	Sally Goade	462	4	12:34.89	4:03	2:52.30	4	1:07:26.58	14.2		4	40:36.41	11:06	2:03:30.18	

Male 55 to 59

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	Tommy Nettleton	493	1	7:14.86	2:20	0:43.32	2	42:22.85	22.7	0:37.68	1	21:26.36	6:55	1:12:25.07	
2	9	John O'Brien	143	2	7:17.60	2:21	1:17.57	1	41:32.54	23.1	0:55.22	2	21:47.49	7:02	1:12:50.42	
3	29	Doug Van Cleef	463	5	8:40.51	2:48	3:18.81	3	44:36.58	21.5	1:02.92	3	22:18.75	7:12	1:19:57.57	
4	51	Mark Croswell	459	6	9:19.63	3:00	2:11.00	4	51:17.19	18.7	1:09.93	4	25:57.06	8:22	1:29:54.81	
5	56	Rick Peters	458	4	7:30.38	2:25	3:08.96	5	53:34.53	17.9	1:32.36	5	26:01.55	8:24	1:31:47.78	
6	75	Stan Hamaguchi	456	3	7:23.86	2:23	1:00.06	6	1:02:02.02	15.5	0:52.84	6	28:25.39	9:10	1:39:44.17	

Female 60 to 64

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	Jacqueline Hutton	466	1	9:45.75	3:09	2:49.17	1	55:27.36	17.3	1:38.26	1	28:09.81	9:05	1:37:50.35	
2	94	Nancy McGinnis	465	2	10:09.83	3:16	3:03.91	2	1:01:13.52	15.7		2	33:13.30	10:43	1:47:40.56	

Male 60 to 64

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	13	Bill Schmitt	467	1	6:19.43	2:02	1:13.43	1	43:26.75	22.1	0:38.45	1	23:49.71	7:41	1:15:27.77	
2	38	Norman Cole	469	2	8:02.09	2:35	1:19.31	2	47:43.68	20.1	0:48.25	2	24:09.13	7:47	1:22:02.46	
3	77	Stephen Lowe	468	3	10:13.46	3:18	4:58.63	3	54:17.13	17.7	2:23.47	3	26:50.72	8:39	1:40:43.41	2:00

Male 65 to 69

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	Jim Lilley	470	1	8:29.54	2:44	1:53.52	1	52:27.51	18.3	1:05.02	1	30:41.57	9:54	1:34:37.16	

Male 70 to 74

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	102	Ron McElhane	472	1	10:58.08	3:32	4:18.92	1	1:00:00.76	16.0	2:15.78	1	37:29.74	12:05	1:55:03.28	

Triathlon Clydesdale

Male 99 and Under

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	Bryce Wylie	492	1	7:34.27	2:26	1:23.43	1	45:37.92	21.0	1:17.97	2	24:05.76	7:46	1:19:59.35	
2	2	Hunter Morgan	96	4	8:00.94	2:35	3:52.07	2	53:10.87	18.1	1:57.79	1	22:06.28	7:08	1:29:07.95	
3	3	Zachery Brom	476	3	7:56.44	2:34	2:32.04	5	58:17.72	16.5	1:24.63	3	29:53.52	9:38	1:40:04.35	
4	4	Mike Land	481	2	7:42.17	2:29	2:40.54	4	58:02.05	16.5	2:06.55	5	31:38.54	10:12	1:42:09.85	
5	5	Enrique Castillo	131	7	15:50.68	5:06	2:57.75	3	53:36.22	17.9	2:41.73	6	32:31.97	10:29	1:47:38.35	
6	6	Shannon Debenport	477	5	8:16.69	2:40	4:48.74	8	1:03:32.00	15.1	0:56.64	4	30:17.62	9:46	1:47:51.69	
7	7	Chuck Jones	99	6	12:21.10	3:59	3:36.74	7	1:01:11.29	15.7	2:28.70	7	37:26.95	12:05	1:57:04.78	
8	8	Robert Buice	480	8	17:54.18	5:46	4:55.14	6	59:23.79	16.2		8	46:47.04	15:05	2:09:00.15	

Triathlon Athena

Female 99 and Under

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	Sarah Gaudreault	474	1	12:01.47	3:53	2:52.27	1	1:14:46.36	12.8		1	34:46.93	11:13	2:04:27.03	

Triathlon Relay Female

Female 0-99

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	Melea Wade	366	1	8:59.48	2:54	1:44.32	1	58:41.32	16.4		1	26:54.77	8:41	1:36:19.89	

Duathlon Age Group

Female Open Winners

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	7	Tracy Longhurst	342	1	20:00.99	6:27	0:39.12	1	50:37.69	19.0	0:41.13	1	20:27.35	6:36	1:32:26.28	
2	18	Sherrrie Giles	363	2	24:29.32	7:54	0:43.14	2	51:20.81	18.7	0:41.49	2	25:18.24	8:10	1:42:33.00	
3	27	Shelley Minton	346	3	25:34.85	8:15	0:59.20	3	1:02:59.72	15.2	0:39.33	3	27:46.95	8:57	1:58:00.05	

Male Open Winners

Overall				----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	John Sillery	49	1	17:33.63	5:40	0:19.01	2	45:02.39	21.3	0:21.77	1	17:37.94	5:41	1:20:54.74	
2	2	Matthew Lee	332	2	19:19.55	6:14	0:39.03	3	45:31.32	21.1	0:32.56	2	18:52.34	6:05	1:24:54.80	
3	3	Justin Cazana	495	3	19:56.74	6:26	0:27.23	1	43:50.15	21.9	0:30.47	3	20:45.71	6:42	1:25:30.30	

Female Masters Winners

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	30	Michelle Pruet	353	1	29:43.91	9:35	1:08.12	1	1:00:15.53	15.9	2:32.77	1	31:42.83	10:14	2:05:23.16	

Male Masters Winners

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	Steven York	349	1	19:02.41	6:08	0:31.20	1	47:40.46	20.1	0:28.75	1	19:56.95	6:26	1:27:39.77	

Male 20 to 24

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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 Thomason	335	2	20:51.36	6:44	0:31.93	2	49:58.33	19.2	0:30.81	3	23:19.10	7:31	1:35:11.53	
2	11	Nathan Hodges	333	4	22:15.09	7:11	1:26.36	1	49:10.70	19.5	0:50.25	1	22:39.84	7:18	1:36:22.24	
3	13	Will Baker	336	3	20:52.85	6:44	0:43.48	4	51:18.70	18.7	1:05.96	2	22:47.14	7:21	1:36:48.13	
4	16	Corey Crumpton	334	1	20:32.19	6:37	0:40.87	3	50:01.48	19.2	0:35.73	4	26:20.63	8:30	1:38:10.90	

Male 25 to 29

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	23	Daniel Prather	337	1	25:52.55	8:21	1:03.47	1	54:44.28	17.5	0:40.03	1	28:21.32	9:09	1:50:41.65	

Male 30 to 34

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	4	Andrew Eickholt	339	1	19:20.28	6:14	0:31.99	1	45:06.45	21.3	0:30.67	1	20:45.17	6:42	1:26:14.56	
2	25	Paul Turner	340	2	24:25.71	7:53	5:33.79	2	58:28.73	16.4	1:56.10	2	23:44.77	7:39	1:54:09.10	
3	28	Patrick Turner	341	3	27:21.01	8:49	2:52.32	3	58:34.60	16.4	1:59.52	3	27:44.81	8:57	1:58:32.26	

Male 35 to 39

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	17	J.j. Thomas	343	1	24:25.80	7:53	0:54.07	1	51:19.80	18.7	0:53.38	1	23:52.10	7:42	1:41:25.15	

Female 40 to 44

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	32	Kimberlee Preston	140	1	35:09.48	11:20	2:13.60	1	1:17:58.58	12.3		1	39:34.45	12:46	2:34:56.11	

Male 40 to 44

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	
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<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	12	Glen Longhurst	345	1	20:47.53	6:42	0:45.56	2	51:39.27	18.6	0:38.78	1	22:31.16	7:16	1:36:22.30	
2	15	Jay Pruettt	350	2	23:11.79	7:29	1:19.48	1	48:31.78	19.8	1:00.96	2	23:04.97	7:26	1:37:08.98	
3	19	Chris Carpenter	497	3	23:27.19	7:34	1:02.98	3	52:08.54	18.4	0:55.16	3	25:10.69	8:07	1:42:44.56	
4	29	Kevin Minton	348	4	27:54.89	9:00	1:29.13	4	1:01:48.36	15.5	0:44.08	4	29:39.37	9:34	2:01:35.83	

Male 45 to 49

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	<u>Penalty</u>	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	6	Paul Horton	351	1	18:56.52	6:06	0:51.98	1	48:07.89	20.0	0:47.66	1	20:09.91	6:30	1:28:53.96	
2	31	Lee Hamner	354	2	34:47.55	11:13	1:11.43	2	1:02:03.40	15.5		2	41:40.46	13:26	2:19:42.84	

Male 50 to 54

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	<u>Penalty</u>	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	22	Mark Rinehart	355	3	24:19.37	7:51	1:15.93	1	55:18.28	17.4	1:10.79	2	27:05.29	8:44	1:49:09.66	
2	24	Eddie Stooksbury	122	2	24:14.68	7:49	1:42.24	2	58:04.76	16.5	2:00.73	1	24:56.02	8:03	1:50:58.43	
3	26	Jeff Galloway	357	1	23:59.39	7:44	1:05.57	3	1:01:16.28	15.7	0:43.35	3	27:35.76	8:54	1:54:40.35	

Male 55 to 59

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	<u>Penalty</u>	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	9	Bruce Heiser	361	2	22:36.93	7:17	0:27.28	2	47:55.07	20.0	0:31.85	3	24:10.14	7:48	1:35:41.27	
2	10	Bruce Vincent	359	1	22:02.19	7:06	1:35.09	1	47:35.25	20.2	1:51.93	1	23:09.81	7:28	1:36:14.27	
3	14	Dan McCaslin	362	3	23:07.66	7:27	0:51.94	3	48:42.05	19.7	0:54.75	2	23:21.03	7:32	1:36:57.43	
4	20	Todd Giorgio	360	4	23:52.97	7:42	1:38.58	4	51:05.27	18.8	1:11.79	4	26:47.94	8:38	1:44:36.55	

Male 60 to 64

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	<u>Penalty</u>	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	21	Stephen Thomas	364	1	25:30.76	8:14	0:35.84	1	52:52.80	18.2	0:40.71	1	28:15.01	9:07	1:47:55.12	

Duathlon Relay Mixed

Mixed 0-99

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	<u>Penalty</u>	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	Chris Carter	77	1	36:34.82	11:48	0:39.05	1	51:38.22	18.6	0:22.74	1	31:22.79	10:07	2:00:37.62	

Physically Challenged Tri

Male 0-99

Overall			----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	Penalty	
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	John Gardner	482	1	17:39.14	5:42	5:39.05	1	1:50:14.43	8.71		1	1:09:01.88	22:16	3:22:34.50	
