

Triathlon

SPRINT TRIATHLON RESULTS
SHERMAN LAKE YMCA "SHERMANATOR" TRIATHLON/DUATHLON/AQUA-BIKE
SATURDAY, AUGUST 4, 2012

MALE OVERALL WINNER

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	1	223	Brian Reynolds	25	M	1	7:12	0:27	1	27:04	0:30	1	16:08	51:19
2	2	190	Darren Moroziuk	43	M	5	7:43	1:15	2	27:11	0:50	5	19:20	56:16
3	3	98	Carl Fried	46	M	25	8:59	0:37	3	27:44	0:31	4	19:04	56:54

FEMALE OVERALL WINNER

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	23	294	Sarah Willey	40	F	6	9:24	0:48	1	29:43	0:39	8	23:13	1:03:45
2	27	174	Christen McCool	32	F	22	10:52	0:42	6	32:27	0:37	1	19:22	1:03:59
3	47	36	Kathy Braginton	40	F	51	12:02	1:02	2	30:23	0:50	9	23:45	1:08:00

MALE MASTERS WINNER

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	6	186	Michael Miller	44	M	2	8:38	0:50	2	27:48	0:44	6	20:17	58:16

FEMALE MASTERS WINNER

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	48	275	Colleen Valkema	46	F	9	11:18	0:55	1	31:55	0:52	2	23:04	1:08:02

MAE AGE GROUP 12 - 13

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	20	151	Keegan Korienek	13	M	1	8:08	1:35	1	29:24	0:54	1	23:16	1:03:15
2	171	271	Michael Tracy	13	M	2	13:14	2:17	2	39:07	0:47	2	27:40	1:23:03

FEMALE AGE GROUP 12 - 13

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
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MALE AGE GROUP 14 - 15

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	62	111	Liam Griffin	15	M	1	7:14	2:35	1	32:16	0:48	2	26:51	1:09:43
2	158	197	Graham Newman	15	M	2	11:30	3:16	2	38:08	0:42	3	27:26	1:21:00
3	224	188	Jack Millmier	14	M	3	13:42	2:46	3	47:40	1:24	1	25:40	1:31:10

FEMALE AGE GROUP 14 - 15

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	211	239	Michaela Scholte	15	F	2	14:07	2:20	1	43:16	1:03	1	28:54	1:29:38
2	242	112	Lynette Gumbleton	15	F	1	11:43	1:53	2	48:41	0:54	2	32:35	1:35:44

MALE AGE GROUP 16 - 17

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	10	93	Jordan Florian	17	M	1	8:02	1:13	1	31:51	0:36	1	18:07	59:47
2	103	11	Christopher Baker	17	M	3	9:27	2:17	2	34:34	1:45	4	26:22	1:14:24
3	109	165	Demetrius Mallos	17	M	2	9:22	1:34	3	37:08	0:38	3	26:10	1:14:50

♀ 4 131 216 Justin Perigo 17 M 4 12:29 1:50 4 Triathlon 37:47 0:29 2 25:04 1:17:38

FEMALE AGE GROUP 16 - 17

Place	Oal	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	89	44	Morgan Carriere	17	F	1	7:46	1:53	1	35:31	0:51	1	26:41	1:12:40
2	149	139	Grace Karnes	17	F	2	9:23	2:50	2	37:04	0:45	2	29:47	1:19:47
3	231	170	Morgan Marsh	17	F	3	12:51	2:20	3	44:17	0:58	3	32:38	1:33:03

MALE AGE GROUP 18 - 19

Place	Oal	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	5	231	Tim Ruesink	19	M	2	7:32	0:59	1	28:39	0:43	2	19:24	57:15
2	18	121	Ian Heinicke	19	M	6	9:36	1:11	2	29:46	0:55	5	21:43	1:03:08
3	22	229	Seth Rose	18	M	3	8:35	1:15	4	32:16	1:30	3	20:10	1:03:44
4	34	274	Anthony Trobeck	19	M	5	9:21	0:57	5	32:56	0:24	4	21:13	1:04:50
5	35	160	Adam Licavoli	18	M	1	7:26	1:34	3	32:04	1:07	7	22:45	1:04:55
6	42	47	Dallas Chase	18	M	8	11:21	1:25	6	34:06	0:35	1	19:20	1:06:46
7	74	176	Chad McDonald	19	M	4	9:16	2:16	7	36:28	0:53	6	22:10	1:11:00
8	95	300	Chris Woloszyk	18	M	7	10:12	1:09	8	38:35	0:42	8	23:05	1:13:42

FEMALE AGE GROUP 18 - 19

Place	Oal	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	130	180	Stephanie Mellinger	18	F	3	11:55	1:45	1	38:26	0:41	1	24:37	1:17:22
2	147	76	Helen Dolley	19	F	1	8:56	2:08	2	39:12	0:47	2	28:45	1:19:47
3	246	75	Danielle Diltz	19	F	5	17:55	2:50	3	46:44	0:37	3	30:51	1:38:55
4	259	232	Kristina Rushlau	18	F	2	10:17	2:53	4	49:51	0:49	5	43:27	1:47:16
5	268	14	Shannan Baker	19	F	4	14:10	3:42	5	53:43	1:35	4	37:28	1:50:35

MALE AGE GROUP 20 - 24

Place	Oal	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	9	196	Mitch Neubauer	21	M	1	8:25	0:32	1	29:31	0:43	2	20:27	59:36
2	13	146	Jason King	20	M	4	10:28	0:51	2	30:20	1:05	1	18:07	1:00:49
3	56	90	Gavin Fisher	21	M	3	10:13	1:48	3	34:45	0:51	3	21:34	1:09:10
4	135	22	Andrew Belluomini	23	M	7	12:33	1:41	5	35:55	0:27	5	27:43	1:18:17
5	146	131	Neil Hughes	24	M	2	9:27	1:36	4	35:36	1:18	6	31:47	1:19:41
6	162	198	James Nichols	23	M	6	11:20	4:51	6	37:42	1:11	4	26:27	1:21:30
7	190	94	Jeremy Forsythe	21	M	5	10:55	2:13	7	38:31	1:35	8	32:57	1:26:10
8	212	72	Seth Dehaan	21	M	8	12:56	2:02	9	41:19	1:06	7	32:17	1:29:39
9	241	106	Tyler Gjeltema	21	M	10	15:52	2:26	8	40:16	0:39	9	35:29	1:34:40
10	251	199	Robert Nichols	21	M	9	15:10		10	48:19	1:43	10	35:35	1:40:46

FEMALE AGE GROUP 20 - 24

Place	Oal	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	120	132	Lindsey Hutchings	20	F	1	10:48	1:07	2	36:35	0:59	2	26:46	1:16:13
2	132	56	Chelsea Cook	21	F	5	13:26	2:22	3	39:16	0:45	1	22:09	1:17:57
3	138	219	Deidre Prescott	24	F	4	13:25	2:05	1	34:51	0:31	3	27:58	1:18:48
4	186	71	Meghann Dehaan	22	F	2	11:22	2:09	4	42:25	0:59	4	28:47	1:25:41
5	226	245	Shelby Skinner	21	F	3	13:25	2:20	5	44:11	0:53	6	30:40	1:31:28
6	237	21	Emily Bell	23	F	6	14:30	2:50	6	46:02	1:21	5	29:07	1:33:48

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MALE AGE GROUP 25 - 29

Place	Oa1	No.	Name	Ag	S	Rank	Triathlon							
							Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	4	89	Mark Finazzo	26	M	4	8:39	0:32	1	27:53	0:30	1	19:33	57:06
2	16	66	Anthony Davis	28	M	5	9:06	1:17	3	29:56	1:19	3	20:14	1:01:50
3	30	221	Josh Reeves	25	M	3	8:38	1:33	5	30:37	1:08	4	22:32	1:04:26
4	41	220	Bala Rajagopal	29	M	2	8:23	1:51	4	30:27	1:32	5	23:55	1:06:06
5	65	67	Taylor Day	28	M	9	15:59	1:13	6	31:44	1:13	2	19:42	1:09:49
6	133	238	Steven Schofield	27	M	7	14:13	2:22	7	35:47	1:19	6	24:28	1:18:07
7	168	268	Jeremy Themm	28	M	6	13:01	2:01	8	36:20	0:45	7	30:12	1:22:17
8	223	86	Thomas Engelhardt	26	M	8	14:19	2:55	9	40:36	1:05	8	32:12	1:31:05
9		162	w. Travis Liston	26	M	1	8:02	0:55	2	28:30	0:43			

FEMALE AGE GROUP 25 - 29

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	88	107	Mallory Good	26	F	3	10:27	1:54	1	33:41	32:01			1:12:39
2	93	248	Caitlin Slezak	27	F	6	11:50	1:19	2	33:53	0:56	1	25:39	1:13:36
3	124	138	Amanda Kardys	27	F	4	10:47	1:45	3	37:37	0:34	3	26:16	1:16:58
4	167	150	Sarah Kolber	28	F	5	10:59	1:41	13	1:11:28				1:22:12
5	193	51	Erin Clark	25	F	8	12:38	2:30	4	40:38	0:56	4	29:39	1:26:19
6	196	179	Ashley Mellema	25	F	9	12:42	1:53	5	40:38	0:57	5	30:35	1:26:44
7	215	237	Kimberly Schoetzwow	25	F	12	15:56	2:24	8	43:50	1:54	2	25:55	1:29:57
8	219	7	Ann Armbruster	26	F	7	12:18	3:29	6	40:44	1:10	6	33:00	1:30:40
9	239	256	Tori Steely	26	F	10	12:51	2:02	9	44:01	1:14	7	33:53	1:33:59
10	257	82	Bridget Ekquist	28	F	1	9:10	3:34	10	51:51	1:21	9	39:04	1:44:58
11	260	263	Stephanie Supp	29	F	2	10:25	3:59	11	56:52	1:10	8	35:39	1:48:04
12	261	95	Rachel Frank	25	F	13	16:34	3:19	7	42:08	1:54	11	45:03	1:48:55
13	272	200	Lindsay Nisbett	29	F	11	15:10	1:47	12	59:01	0:42	10	44:26	2:01:04

MALE AGE GROUP 30 - 34

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	21	64	Michael Daniels	34	M	4	9:05	0:36	4	30:05	0:51	2	22:50	1:03:26
2	45	277	Andy Van Dis	32	M	3	8:52	1:05	6	31:38	1:03	4	24:56	1:07:33
3	46	235	Marcus Schoenherr	33	M	5	9:08	1:30	1	29:28	1:27	6	26:12	1:07:42
4	52	202	Zach Novak	30	M	6	10:01	1:08	5	31:28	0:53	5	24:57	1:08:25
5	53	259	Cullen Stevenson	31	M	7	10:40	1:59	2	29:34	1:33	3	24:45	1:08:30
6	73	145	Dan Kersting	33	M	1	7:55	1:44	8	33:50	1:13	7	26:18	1:10:58
7	78	273	Skyler Tripp	31	M	2	8:44	1:34	3	29:59	1:12	9	29:49	1:11:16
8	163	224	Benny Rietkerk	31	M	8	15:13	3:48	9	34:15	0:48	8	27:38	1:21:40
9	177	302	Jesse Yeager	32	M	9	26:12	2:16	7	32:46	0:54	1	21:57	1:24:04

FEMALE AGE GROUP 30 - 34

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	61	148	Elizabeth Kirby	32	F	6	10:54	1:40	2	33:30	1:35	1	21:58	1:09:34
2	66	84	Kim Eldred	33	F	4	10:35	1:08	1	32:52	1:04	2	24:22	1:09:59
3	145	18	Maureen Bauschke	30	F	2	9:49	2:48	3	36:47	1:38	9	28:39	1:19:40
4	148	15	Emily Bandeen	32	F	1	9:02	1:54	10	39:32	1:28	5	27:52	1:19:47
5	152	208	Rebecca Osterwalder	32	F	13	12:37	2:16	4	36:49	0:40	6	27:57	1:20:17
6	153	38	Michelle Braymer	32	F	12	11:57	2:37	7	37:18	1:05	4	27:22	1:20:17
7	156	80	Niki Dzwik	34	F	9	11:28	2:11	12	40:01	1:13	3	25:43	1:20:34
8	159	144	Chanel Kerschbaum	30	F	10	11:34	1:11	6	37:18	1:13	11	29:53	1:21:07
9	175	283	Amy Vanhuysen	30	F	7	10:59	2:43	9	38:45	0:45	13	30:27	1:23:36
10	178	68	Sarah Deboer	32	F	5	10:44	2:04	25	1:17:56				1:24:08
11	179	267	Jennifer Taylor	31	F	11	11:53	2:46	8	37:40	1:05	16	31:17	1:24:40

Triathlon

12	180	117	Shelley Hall	33	F	3	9:58	2:01	15	42:04	0:45	12	29:58	1:24:45
13	187	204	Johnnie O'Connor	33	F	17	13:00	2:09	14	41:41	0:59	7	27:58	1:25:45
14	188	61	London Crowley	34	F	15	12:46	1:26	11	39:47	0:45	15	31:14	1:25:57
15	199	178	Emily Mejeur	30	F	19	13:50	3:01	13	40:14	1:39	10	28:46	1:27:29
16	218	143	Jennifer Kenyon	31	F	14	12:45	2:00	17	43:56	1:09	14	30:39	1:30:26
17	221	79	Emily Durham	32	F	18	13:17	1:33	5	37:13	2:05	18	36:50	1:30:57
18	240	269	Tanya Thompson	34	F	23	15:28	2:01	20	47:11	0:45	8	28:37	1:34:00
19	247	116	Melanie Hall	33	F	22	15:24	2:43	16	42:18	2:17	17	36:27	1:39:06
20	252	73	Theresa Dennis	32	F	8	10:59	3:41	21	47:28	1:50	20	37:57	1:41:53
21	254	59	Sara Crider	30	F	24	17:35	3:00	18	44:04	1:14	19	37:00	1:42:51
22	266	120	Chrisann Hanson	31	F	16	12:58	4:44	23	51:51	1:17	21	39:10	1:49:58
23	267	183	Amy Miedema	33	F	20	14:11	3:03	24	52:19	1:14	22	39:13	1:49:58
24	270	91	Melissa Fisher	32	F	21	14:18	4:29	22	50:31	1:38	23	42:53	1:53:48
25	271	123	Kristin Henson	31	F	25	22:57	2:49	19	45:53	1:20	24	47:27	2:00:25

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MALE AGE GROUP 35 - 39

Place	Qual	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	19	243	Ben Siems	38	M	7	10:03	1:04	5	30:29	0:43	1	20:52	1:03:11
2	24	191	Charles Muday	37	M	5	9:55	1:00	1	29:07	0:49	5	23:00	1:03:49
3	25	279	Robert Van Staveren	36	M	11	10:18	1:33	3	30:03	1:10	2	20:55	1:03:56
4	28	298	Derek Wissner	39	M	2	8:16	1:35	12	31:36	0:59	3	21:42	1:04:05
5	31	304	Aaron Zeigler	39	M									1:04:30
6	51	266	John Tangeman	36	M	15	10:41	2:00	8	31:11	0:46	8	23:45	1:08:22
7	54	16	Timothy Bandeen	36	M	3	9:10	1:07	15	33:38	0:59	7	23:40	1:08:31
8	60	181	Thomas Mellinger	39	M	6	10:03	2:03	6	31:05	1:02	13	25:13	1:09:24
9	63	164	Andrew Lowe	39	M	21	11:37	1:17	2	29:19	0:47	22	26:48	1:09:47
10	68	161	Jason Liss	37	M	12	10:23	1:18	21	35:17	0:33	4	22:43	1:10:12
11	70	192	Michael Muday	39	M	14	10:37	1:19	9	31:23	1:03	19	25:58	1:10:18
12	71	115	Frederick Hall	39	M	8	10:10	2:31	4	30:24	2:06	14	25:20	1:10:29
13	72	201	Brian Noble	35	M	17	11:19	1:31	10	31:34	1:03	15	25:27	1:10:51
14	82	212	Mike Parry	39	M	1	8:04	1:39	19	34:43	1:21	20	26:07	1:11:53
15	83	276	Mikel Vallier	35	M	20	11:28	1:03	14	33:01	0:56	18	25:53	1:12:18
16	87	227	Chris Rogers	37	M	13	10:33	2:28	17	34:24	1:39	6	23:37	1:12:39
17	91	83	Charles Elder	35	M	22	12:32	1:41	7	31:11	49:58			1:13:13
18	98	137	Ryan Johnson	36	M	4	9:43	3:30	18	34:42	1:46	10	24:15	1:13:53
19	100	226	Robby Robertson	36	M	18	11:20	1:31	11	31:34	1:25	24	28:09	1:13:57
20	114	19	Ryan Bauschke	36	M	24	12:39	3:21	16	34:21	1:23	9	23:59	1:15:41
21	116	184	Neal Miedema	35	M	9	10:12	2:40	26	36:35	0:42	17	25:49	1:15:57
22	119	284	Tim Verstrate	35	M	19	11:26	2:51	25	36:27	1:04	11	24:26	1:16:12
23	136	250	Jeffery Smith	36	M	26	13:44	2:58	23	35:38	1:32	12	24:38	1:18:29
24	139	234	Brian Schnell	39	M	10	10:17	1:56	22	35:33	1:24	26	29:55	1:19:03
25	161	287	Mac Waldorf	38	M	30	16:36	1:40	20	35:02	1:34	21	26:39	1:21:29
26	174	57	Bryan Craddock	39	M	25	12:45	4:16	27	39:00	30:52			1:23:33
27	192	78	Stewart Dunn	35	M	16	10:43	3:05	30	41:08	0:52	27	30:30	1:26:16
28	198	272	Mickey Trimmer	37	M	31	26:08	1:42	13	32:27	1:13	16	25:35	1:27:01
29	204	240	Joel Schrader	38	M	28	14:12	3:37	28	40:29	1:27	25	28:35	1:28:19
30	209	126	Kevin Hoppe	36	M	23	12:33	2:10	29	40:42	2:02	28	32:04	1:29:30
31	210	105	Chris Gillette	37	M	27	14:11	1:51	24	35:45	1:00	29	36:45	1:29:30
32	258	101	Bill Gallup	39	M	29	15:55	3:01	31	1:00:21	0:50	23	27:05	1:47:10

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FEMALE AGE GROUP 35 - 39

Place	Qual	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	67	62	Michelle Dalton	37	F	1	9:47	0:42	1	33:39	0:48	5	25:10	1:10:04

Triathlon														
Place	Qa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
2	94	29	Myra Bost	37	F	10	12:53	1:45	5	35:29	0:33	2	23:02	1:13:40
3	97	209	Heather Ott	36	F	7	12:25	0:50	3	34:26	0:27	6	25:47	1:13:53
4	102	265	Zsuzsanna Szinyei	36	F	3	10:56	1:32	9	37:31	0:33	3	23:53	1:14:22
5	126	70	Cristi Dedoes	35	F	15	14:22	2:03	7	36:31	1:22	1	22:49	1:17:05
6	129	135	Martina Johnson	37	F	13	13:34	2:22	2	33:42	1:20	7	26:17	1:17:14
7	137	39	Sara Brown	37	F	8	12:42	2:04	12	39:11	0:50	4	23:53	1:18:38
8	141	55	Kelly Conway	38	F	2	10:25	1:12	4	34:53	1:11	15	31:44	1:19:24
9	155	23	Jennifer Billings	36	F	9	12:43	1:19	8	37:10	0:49	11	28:31	1:20:30
10	169	290	Angela Weber	37	F	5	12:14	2:02	6	35:39	1:32	14	31:03	1:22:27
11	181	54	Kristina Cobeen	37	F	4	11:02	1:51	10	38:01	1:10	17	32:53	1:24:56
12	185	281	willemina Vander Du	38	F	11	12:59	2:26	14	41:31	0:48	9	27:37	1:25:19
13	194	225	Kirsten Rimes	39	F	6	12:16	2:51	15	41:45	1:38	10	28:09	1:26:37
14	197	299	Stephanie Wohlgamut	35	F	16	14:42	1:35	17	42:29	1:30	8	26:30	1:26:45
15	214	303	Christi Young	38	F	17	14:50	1:32	13	39:34	1:04	18	32:58	1:29:56
16	220	177	Nicole Meintz-Richa	38	F	12	13:24	1:42	11	38:16	1:58	20	35:34	1:30:52
17	229	291	Toni Westervelt	35	F	14	14:07	5:14	19	42:43	1:03	12	29:37	1:32:42
18	233	100	Shawna Gallagher	37	F	18	14:57	3:32	20	43:13	0:57	13	30:36	1:33:14
19	234	127	Kim Hoppe	37	F	19	16:17	1:56	16	41:51	1:13	16	32:04	1:33:18
20	249	4	Wendy Albertson	37	F	20	17:45	2:10	18	42:36	1:50	19	35:32	1:39:50

MALE AGE GROUP 40 - 44

Place	Qa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	8	33	David Brace	41	M	5	9:47	1:08	1	27:50	0:48	1	19:35	59:06
2	11	214	Ronald Pelak	43	M	7	10:03	0:34	4	28:42	0:31	2	20:09	59:56
3	17	125	James Holman	40	M	1	8:55	1:06	5	30:46	0:53	4	21:04	1:02:43
4	29	136	Robert Johnson	43	M	9	10:23	0:57	2	28:23	0:57	9	23:44	1:04:22
5	38	103	Jay Garside	42	M	6	9:56	0:59	6	30:54	1:10	5	22:08	1:05:05
6	39	149	Mike Koetsier	41	M	11	10:45	1:37	3	28:32	1:07	11	23:58	1:05:58
7	43	168	Mark Markillie	42	M	8	10:13	1:10	7	31:47	0:48	6	23:04	1:07:00
8	64	28	Curtis Bonnema	40	M	19	13:56	1:32	10	32:55	0:42	3	20:46	1:09:49
9	76	74	Glen Dickinson	42	M	13	11:12	2:21	9	32:43	1:27	7	23:22	1:11:04
10	77	189	Mike Millmier	41	M	14	11:17	1:14	12	33:04	0:54	13	24:45	1:11:13
11	79	109	Chris Goodwin	40	M	2	9:21	1:24	16	34:18	0:56	14	25:21	1:11:18
12	80	195	Brad Neilson	40	M	15	11:19	1:12	17	34:20	0:52	8	23:41	1:11:21
13	85	278	Mike Van Ryn	41	M	10	10:43	2:17	15	34:01	1:40	10	23:53	1:12:32
14	86	262	Shawn Sullivan	43	M	4	9:34	1:24	13	33:10	1:01	17	27:28	1:12:36
15	99	280	Ken Vandalsen	42	M	12	10:59	1:18	14	33:51	1:45	16	26:05	1:13:55
16	115	241	Jon Schrader	42	M	3	9:32	1:54	22	37:21	28:21			1:15:50
17	122	24	Corey Billups	40	M	16	11:56	1:14	8	32:03	1:20	20	30:05	1:16:37
18	125	213	Tj Pearson	40	M	22	14:09	2:26	11	33:04	1:42	15	25:45	1:17:04
19	151	163	Robert Longstreet	43	M	17	12:06	4:02	23	38:04	1:04	12	24:45	1:19:59
20	173	3	Scott Adrian	41	M	21	14:07	3:05	19	35:55	1:19	19	28:44	1:23:09
21	182	261	Timm Sturgeon	42	M	18	13:07		24	40:48	0:43	21	30:22	1:24:59
22	183	17	Kenneth Barnard	42	M	20	13:57	3:11	20	36:55	0:31	22	30:27	1:24:59
23	203	207	Mike Oorbeck	44	M	25	19:48	4:59	18	34:39	0:56	18	27:56	1:28:17
24	250	60	Jeff Crouse	40	M	23	16:52	3:50	21	36:59	2:45	24	39:44	1:40:07
25	265	124	Joseph Hertel	41	M	24	19:43	3:16	25	47:42	0:51	23	38:22	1:49:52

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FEMALE AGE GROUP 40 - 44

Place	Qa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	49	129	Kim Houtkooper	44	F	5	11:11	1:10	1	32:20	1:12	1	22:25	1:08:17
2	55	102	Jane Garrett	40	F	1	9:44	1:06	2	33:06	0:55	3	24:07	1:08:56
3	57	32	Laura Bowling	41	F	2	9:44	0:55	4	34:01	0:56	2	23:48	1:09:21
4	121	152	Laura Korienek	40	F	7	11:43	1:04	3	33:11	0:53	6	29:27	1:16:17

Triathlon

5	142	46	Janine Chapman	40	F	8	11:43	1:16	7	35:18	0:30	9	30:43	1:19:28
6	160	155	Tina Kyger	42	F	9	11:53	1:21	5	34:20	1:10	13	32:30	1:21:12
7	164	8	Barbara Arnold	41	F	12	12:31	1:44	8	38:56	0:41	4	27:50	1:21:41
8	176	210	Bethany Oudekerk	44	F	6	11:26	1:36	10	39:31	1:15	8	29:55	1:23:42
9	184	211	Rachel Pallett	40	F	14	14:48	1:15	6	34:36	5:07	5	29:16	1:25:01
10	191	119	Sheri Hanna	42	F	4	11:11	1:39	9	39:23	0:50	14	33:12	1:26:13
11	217	30	Katharine Boudeman	43	F	11	12:10	2:39	13	43:14	0:59	11	31:22	1:30:22
12	230	25	Laura Billups	43	F	15	15:59	3:09	11	40:22	2:39	10	30:46	1:32:54
13	235	257	Kim Stevens	40	F	3	11:05	3:04	15	48:11	1:32	7	29:40	1:33:29
14	244	48	Cris Childers	43	F	13	12:44	1:35	12	41:07	1:00	16	40:26	1:36:49
15	255	96	Lillian Franz	44	F	10	12:01	3:35	14	47:15	2:10	15	38:04	1:43:02
16	264	187	Elise Millmier	41	F	16	16:52	3:54	16	55:52	0:52	12	32:13	1:49:41

MALE AGE GROUP 45 - 49

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	12	203	Sean O'Brien	46	M	1	8:52	1:03	3	29:26	0:42	1	20:12	1:00:14
2	15	88	Patrick Farrell	47	M	3	8:58	1:17	4	29:57	0:51	2	20:15	1:01:15
3	26	118	David Halley	45	M	7	10:33	1:34	2	28:47	1:26	4	21:39	1:03:57
4	33	85	Bob Emery	47	M	4	9:29	1:04	5	30:16	0:50	7	23:07	1:04:43
5	40	10	Andy Baker	47	M	10	11:57	1:02	6	30:31	1:13	3	21:21	1:06:01
6	50	97	Daniel Frey	45	M	9	11:20	1:46	7	32:23	1:01	5	21:50	1:08:18
7	96	45	Tim Castleberry	48	M	6	10:22	1:45	8	32:44	1:22	14	27:32	1:13:43
8	105	41	Dave Butler	46	M	19	51:54		1	27:48	1:33	6	22:35	1:14:28
9	106	251	Jeffrey Smith	47	M	5	9:47	2:54	9	33:03	1:37	13	27:14	1:14:32
10	110	43	Michael Carriere	46	M	13	12:57		12	36:10	1:08	8	24:40	1:14:55
11	111	169	Craig Marsh	46	M	2	8:55	1:55	15	36:34	0:40	12	27:03	1:15:05
12	112	222	Steve Regner	48	M	11	12:05	2:03	10	33:52	1:37	10	25:47	1:15:22
13	113	154	Michal Kuiper	47	M	15	13:54	2:18	13	36:14	24:26			1:15:33
14	134	5	Henricus Alkemade	45	M	14	12:59	2:38	11	35:38	0:48	11	26:13	1:18:15
15	150	260	Kenneth Stoepker	46	M	8	11:08	1:56	14	36:22	0:33	15	30:00	1:19:57
16	195	206	Eric Oman	49	M	16	14:19	2:08	16	37:35	1:11	16	31:30	1:26:41
17	202	40	Jim Budnar	47	M	18	16:19	3:54	17	41:25	0:51	9	25:23	1:27:51
18	263	173	John Mayer	48	M	12	12:21	4:17	18	47:20	1:45	17	44:00	1:49:41
19	273	13	Kenneth Baker	49	M	17	15:46	7:40	19	51:35	2:05	18	46:43	2:03:48

FEMALE AGE GROUP 45 - 49

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	90	270	Isobel O'Brien Trac	48	F	2	10:18	1:57	3	36:01	0:35	1	24:08	1:12:56
2	107	159	Marianne Leduc-Bake	45	F	5	12:48	1:05	1	32:22	1:31	4	27:01	1:14:44
3	117	108	Dawn Goodman	49	F	3	11:53	1:33	2	33:52	1:43	3	27:00	1:15:59
4	118	26	Heather Boersma	45	F	4	12:28	1:23	5	37:09	0:47	2	24:15	1:16:00
5	127	292	Dana White	49	F	1	9:28	2:00	6	37:24	0:51	5	27:24	1:17:06
6	201	20	Kim Bedinger	46	F	7	13:23	2:44	8	41:42	1:15	6	28:40	1:27:41
7	207	50	Karen Christensen	45	F	8	14:47	1:09	4	36:34	1:15	8	35:09	1:28:53
8	227	286	Belinda Vinton	47	F	9	16:38	2:51	7	39:21	0:46	7	32:08	1:31:42
9	256	12	Joanne Baker	47	F	6	13:15	5:00	9	46:39	3:21	9	35:39	1:43:50

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MALE AGE GROUP 50 - 54

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	7	142	Glen Kellam	52	M	1	8:07	0:46	1	27:49	0:57	2	20:54	58:32
2	14	110	Bill Greer	53	M	4	9:55	1:05	2	29:17	0:54	1	19:52	1:01:02
3	36	244	Dan Skinner	53	M	2	9:07	1:23	3	29:43	1:31	4	23:18	1:05:00
4	37	185	Donald Miller	51	M	7	10:46	0:33	5	30:34	0:36	3	22:36	1:05:03

Triathlon

5	58	218	Lanny Potts	50	M	3	9:19	1:19	4	30:15	1:15	7	27:15	1:09:22
6	101	172	Dan Matz	52	M	5	10:13	1:14	7	32:39	1:01	9	28:59	1:14:05
7	104	42	Robert Carlton	52	M	8	12:06	1:33	6	32:18	1:53	5	26:39	1:14:26
8	154	52	Paul Clements	51	M	9	13:31	2:28	9	36:34	0:44	6	27:08	1:20:23
9	166	6	Lance Allen	54	M	11	16:35	1:23	8	34:43	1:13	8	28:09	1:22:01
10	200	63	Henry Damsteegt	51	M	10	14:58	2:42	10	39:50	0:45	10	29:18	1:27:32
11	245	253	Blewett Smyth	52	M	6	10:17	3:08	11	42:14	2:08	11	40:55	1:38:40

FEMALE AGE GROUP 50 - 54

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	75	27	Pam Boner	52	F							1	25:13	1:11:03
2	157	9	Deann Auton	50	F	4	13:59	1:03	1	34:49	1:18	3	29:34	1:20:42
3	213	175	Jane McDonagh	54	F	2	12:57	2:05	6	41:43	0:59	5	32:14	1:29:56
4	222	182	Renee Mercer	53	F	6	16:26	2:02	3	38:08	2:47	4	31:43	1:31:04
5	225	167	Linda Maring	53	F	3	13:54	2:17	2	38:02	1:39	7	35:22	1:31:12
6	236	134	Valerie Hyndman	54	F	1	11:40	3:16	5	40:55	1:00	8	36:41	1:33:30
7	238	147	Sarah King	50	F	7	19:56	1:26	7	43:10	0:36	2	28:53	1:33:58
8	243	156	Alistair Langworthy	50	F	5	16:02	3:30	4	38:43	4:04	6	34:06	1:36:24

MALE AGE GROUP 55 - 59

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	32	122	James Henderson	58	M	4	11:28	0:49	2	29:46	0:46	1	21:53	1:04:40
2	44	194	Robert Mullenix	59	M	1	10:30	1:56	1	27:51	1:08	4	25:46	1:07:09
3	59	247	Brent Slezak	55	M	6	11:57	1:23	4	33:00	0:49	2	22:15	1:09:23
4	81	104	Richard Gendernalik	59	M	5	11:49	1:25	3	31:59	0:39	5	25:55	1:11:45
5	123	236	Doug Schoetzow	56	M	10	15:53	1:48	5	34:25	0:32	3	24:11	1:16:47
6	140	205	Chris O'Leary	57	M	2	11:09	2:04	7	36:25	1:57	7	27:50	1:19:24
7	143	293	Brad Wildey	56	M	3	11:11	1:41	6	34:27	1:31	11	30:42	1:19:31
8	144	297	Mitch Wilson	55	M	8	12:19	1:47	8	36:54	1:27	6	27:13	1:19:38
9	165	255	Robin Steely	56	M	9	12:53	2:11	9	36:55	1:44	8	28:14	1:21:54
10	189	35	Eugene Bradley	59	M	12	17:51	1:25	10	37:43	0:57	9	28:14	1:26:08
11	206	254	Paul Solomon	59	M	7	12:11	2:50	12	41:52	2:19	10	29:34	1:28:43
12	248	53	Paul Clift	59	M	11	16:09	3:09	11	38:25	1:38	12	39:52	1:39:11

FEMALE AGE GROUP 55 - 59

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	92	246	Karen Slack	58	F	3	13:31	1:25	1	33:28	0:51	1	24:04	1:13:17
2	205	217	Julie Peterson	57	F	1	11:46	2:15	2	38:54	2:04	4	33:27	1:28:23
3	208	233	Janet Schauer	57	F	2	13:11	4:38			1:06	2	31:15	1:29:08
4	228	242	Kathryn Sellers	56	F	4	14:29	2:14	3	40:44	2:20	3	32:18	1:32:04
5	262	252	Robin Smith	59	F	5	17:45	3:00	4	50:27	1:00	5	37:20	1:49:29

MALE AGE GROUP 60 - 64

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	69	34	Bill Bradley	60	M	1	11:05	1:26	1	31:16	1:19	2	25:11	1:10:14
2	108	171	John Massey	62	M	2	12:21	1:48	2	34:41	1:45	1	24:16	1:14:49
3	216	114	Jim Hagon	62	M	4	16:47	2:49	3	37:09	2:09	4	31:12	1:30:05
4	232	157	Allan Lareau	64	M	3	16:32	2:22	4	42:49	1:27	3	30:02	1:33:10
5	253	153	David Kozminske	62	M	5	16:56	6:02	5	42:56	3:35	5	33:18	1:42:46

FEMALE AGE GROUP 60 - 64

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
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Triathlon

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	128	314	Jean walker	64	F	2	11:51	1:12	1	33:08	1:50	1	29:09	1:17:08
2	170	37	Caren Braymer	61	F	1	11:12	3:29	3	37:29	1:22	2	29:12	1:22:43
3		288	Jean Walker	64	F			2:15	2	35:54	1:49			

MALE AGE GROUP 65 - 69

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	172	69	Dave Decker	67	M	1	12:09	2:32	1	34:05	2:13	1	32:07	1:23:04

FEMALE AGE GROUP 65 - 69

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
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MALE AGE GROUP 70 - 89

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	84	99	Earl Gaball	70	M	1	10:59	1:40	1	32:39	1:12	1	25:56	1:12:24
2	269	31	Sherwood Boudeman	72	M	2	14:13	4:36	2	49:10	1:26	2	41:40	1:51:03

FEMALE AGE GROUP 70 - 89

Place	Oa1	No.	Name	Ag	S	Rank	Swim	Trans1	Rank	Bike	Trans2	Rank	Run	Final
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TWO PERSON RELAY

1	312	Agility Rod & Quads Miller Rodriguez	2	11:10	0:24	1	29:04	0:19	3	23:28	1:04:24
2	313	Agility Sole Train Richman Matunas	3	13:22	0:51	2	37:51	0:30	1	18:51	1:11:23
3	310	6 Dolley Nikolass	1	8:26	5:31	3	39:20	0:42	2	21:35	1:15:32
4	309	5 Guerrero Pandya	4	13:28	0:49	4	58:04	0:39	4	42:35	1:55:34

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THREE PERSIB RELAY

1	306	2 Bruce Koob Evans	4	9:07	0:28	2	31:41	0:21	1	17:00	58:35
2	307	3 Rohr Stelzer Stelzer	1	8:19	0:34	1	31:27	0:22	2	20:05	1:00:44
3	311	7 Crandall Ackels	2	8:24	0:33	3	34:16	0:27	4	28:40	1:12:18

		Triathlon									
Fisher											
4	305	1	3	8:58	0:35	4	39:50	0:22	3	23:47	1:13:31
Petrisian											
Rosen											
Rolling											
5	308	4	5	12:15	0:39	5	56:05	1:06	5	50:09	2:00:11
Hutchinson											
Dimmick											
Tollefson											