

SPRINT TRIATHLON RESULTS
 SHERMAN LAKE YMCA "SHERMANATOR" TRIATHLON/DUATHLON/AQUA-BIKE
 SATURDAY, AUGUST 3, 2013

MALE OVERALL WINNER

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	1	199 Dan Vansweden	48	M	2	9:10	1:04	3	26:12	0:52	2	19:15	56:30
2	2	1 Carl Fried	46	M	10	10:18	0:40	6	26:41	0:35	1	18:47	56:59
3	3	156 Ron Pelak	44	M	40	12:16	0:36	5	26:32	0:35	8	20:03	1:00:01

FEMALE OVERALL WINNER

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	14	214 Sarah Willey	40	F	4	11:23	0:51	1	28:37	0:44	8	22:56	1:04:30
2	18	165 Erin Rumery	33	F	18	12:29	0:35	3	29:51	0:29	2	22:17	1:05:39
3	27	79 Kim Houtkooper	45	F	17	12:29	0:58	6	30:59	0:53	1	22:00	1:07:16

MALE MASTERS WINNER

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	4	64 Bill Greer	54	M	11	11:12	1:04	6	27:37	0:49	3	19:55	1:00:35

FEMALE MASTERS WINNER

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	36	197 Colleen Valkema	46	F	5	12:39	1:12	2	30:41	1:04	4	23:25	1:09:01

MALE AGE GROUP 1 - 11

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
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FEMALE AGE GROUP 1 - 11

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	195	10 Gabby Bennecke	11	F	1	18:21	3:59	1	45:25	1:17	1	32:59	1:41:59

MAE AGE GROUP 12 - 13

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
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FEMALE AGE GROUP 12 - 13

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	208	30 Anna Conrad	12	F	1	23:12	4:21	1	49:00	1:41	1	30:20	1:48:32

MALE AGE GROUP 14 - 15

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	59	133 Jack Millmier	14	M	3	13:57	2:05	1	34:40	0:27	1	21:14	1:12:21
2	77	33 Chase Cushman	14	M	1	10:50	2:55	2	37:00	0:27	2	22:52	1:14:01
3	158	90 Brendan Kennedy	14	M	2	11:49	3:59	3	42:33	1:57	3	29:32	1:29:48

FEMALE AGE GROUP 14 - 15

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	141	163 Madeline Rayner	15	F	1	11:41	3:03	1	38:01	2:11	1	31:15	1:26:09

MALE AGE GROUP 16 - 17

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	46	140 Ben Myers	17	M	1	14:02	2:10	2	34:04	0:23	1	19:56	1:10:32
2	63	105 Tyler Leach	17	M	3	16:33	2:15	1	30:37	0:39	2	22:54	1:12:56
3	114	143 Graham Newman	16	M	2	14:07	3:29	3	36:20	0:53	3	25:51	1:20:38

FEMALE AGE GROUP 16 - 17

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	145	172 Michaela Scholte	16	F	2	15:50	2:29	1	39:12	0:46	2	28:44	1:27:00
2	148	67 Lynette Gumbleton	16	F	1	13:23	1:30	3	44:07	0:39	1	28:07	1:27:43
3	152	168 Leah Savage	16	F	3	16:01	2:44	2	39:15	1:48	3	29:17	1:29:03

MALE AGE GROUP 18 - 19

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	102	135 Brad Moldovan	18	M	2	13:10	1:47	1	34:43	0:52	1	27:29	1:17:59
2		116 Riley Lundquist	19	M	1	9:11	1:47						

FEMALE AGE GROUP 18 - 19

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	71	113 Charlotte Long	19	F	4	13:14	1:12	2	34:58	1:11	1	22:56	1:13:29
2	90	139 Victoria Mutch	19	F	3	12:27	1:43	1	33:50	0:43	4	27:19	1:15:59
3	125	129 Stephanie Mellinger	18	F	5	14:21	2:20	6	39:11	0:53	2	25:56	1:22:38
4	127	99 Amanda Kronemeyer	19	F	1	10:09	1:39	4	38:25	0:38	6	32:01	1:22:51
5	133	48 Erika Fojtik	19	F	6	17:40	1:58	3	36:22	1:02	3	27:07	1:24:07
6	172	166 Kristina Rushlau	19	F	2	11:46	2:10	5	38:46	0:45	7	40:40	1:34:05
7	194	56 Maheen Gill	19	F	7	22:38	3:06	7	43:29	1:05	5	31:42	1:41:58

MALE AGE GROUP 20 - 24

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	16	159 Evann Potts	23	M	2	11:19	1:31	1	31:18	0:22	1	20:51	1:05:20
2	22	152 Trevor Overstreet	20	M	1	10:23	1:24	2	31:34	0:55	2	21:50	1:06:04
3	204	77 Dyami Hernandez	21	M	3	21:16	5:11	3	47:57	1:23	3	28:00	1:43:44

FEMALE AGE GROUP 20 - 24

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	111	73 Ashley Hamlin	22	F	2	16:31	1:39	1	34:38	0:45	1	26:28	1:19:59
2	166	128 Cassie McDonald	22	F	1	12:20	3:09	2	38:47	2:15	3	35:56	1:32:25
3	199	136 Fayth Moore	23	F	3	28:25	0:58	3	45:57	1:04	2	26:46	1:43:08

MALE AGE GROUP 25 - 29

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	12	236 Steve Schnell	29	M	1	11:10	1:06	1	27:21	0:54	3	22:26	1:02:55
2	23	209 Tyler Weston	28	M	3	13:56	1:39	2	29:02	0:54	1	20:55	1:06:23
3	47	182 Derrick Small	28	M	4	14:08	1:07	4	32:36	0:28	4	22:30	1:10:47
4	69	171 Steven Schofield	27	M	5	16:29	2:18	3	31:18	1:01	2	22:21	1:13:24
5	93	21 Scott Boyd	25	M	2	12:25	1:17	5	37:13	1:27	5	24:15	1:16:34
6	205	240 Andrew Radtke	25	M	6	18:20	8:09	6	47:57	1:21	6	28:01	1:43:45

FEMALE AGE GROUP 25 - 29

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	29	235 Amanda Tyner	29	F	4	12:56	0:52	1	29:44	1:22	1	22:46	1:07:38
2	57	58 Mallory Good	26	F	2	11:44	1:49	2	31:53	1:27	4	25:12	1:12:03
3	66	181 Caitlin Slezak	27	F	7	14:09	1:28	4	33:00	0:48	2	23:42	1:13:04
4	70	196 Kristi Tullis	29	F	6	13:37	1:18	3	32:58	1:05	3	24:28	1:13:24
5	99	93 Martina Kerschen	25	F	1	10:09	1:56	7	37:56	0:40	5	26:45	1:17:24
6	104	110 Rebecca Lillie	27	F	5	13:34	1:29	5	34:34	0:51	7	28:08	1:18:35
7	106	146 Nicole Obrieht	26	F	3	12:08	2:09	6	36:54	0:44	6	26:56	1:18:50
8	157	28 Jessica Coakes	25	F	10	19:18	2:01	8	39:01	0:40	8	28:46	1:29:44
9	167	187 Tori Steely	27	F	8	14:59	2:31	10	42:23	1:24	9	31:46	1:33:02
10	193	8 Anja Bauman	25	F	9	18:24	3:59	11	44:25	2:13	10	32:58	1:41:58
11	207	109 Heather Lettow	26	F	12	21:51	3:03	9	40:48	1:37	11	40:28	1:47:45
12	212	78 Tara Hoult	26	F	11	20:22	2:45	12	57:28	1:04	12	43:58	2:05:35

MALE AGE GROUP 30 - 34

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	15	194 Skyler Tripp	31	M	5	11:10	0:51	1	28:19	1:07	6	23:14	1:04:40
2	17	212 Jesse Yeager	33	M	7	12:31	1:33	5	29:31	0:28	2	21:37	1:05:38
3	21	95 Dan Kersting	33	M	1	9:10	1:01	8	31:04	0:42	8	24:01	1:05:57
4	24	111 Stephen Robert Lill	33	M	9	13:36	1:09	4	28:55	1:01	3	21:45	1:06:24
5	26	42 Nicholas Erridge	31	M	6	12:24	3:31	6	30:27	1:31	1	19:17	1:07:07
6	28	51 Daniel Frayer	33	M	10	13:54	0:49	3	28:36	0:54	5	23:14	1:07:25
7	31	189 Cullen Stevenson	32	M	8	13:12	1:31	2	28:35	0:57	7	23:44	1:07:57
8	38	162 Bala Rajagopal	30	M	3	10:28	1:22	9	31:51	0:58	9	24:48	1:09:25
9	44	88 Mike Jones	34	M	4	10:29	2:02	7	31:03	1:05	10	25:50	1:10:28
10	75	211 Dustin White	34	M	11	14:17	1:21	10	34:40	0:28	4	23:11	1:13:55
11	80	19 David Bouman	31	M	2	10:25	1:57	11	35:21	0:38	12	26:23	1:14:41
12	128	204 Matt Webster	30	M	12	15:56	2:39	12	37:32	1:02	11	25:54	1:23:02
13	188	178 Ben Skupien	32	M	13	17:06	7:49	13	42:53	0:22	13	30:59	1:39:07

FEMALE AGE GROUP 30 - 34

Place	Oal	No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	48	65	Holly Gregory	33	F	2	11:41	0:40	1	32:34	0:46	1	25:09	1:10:48
2	91	92	Chanel Kerschbaum	31	F	3	13:32	0:59	2	34:26	1:07	3	26:06	1:16:07
3	123	6	Emily Bandeen	32	F	1	11:02	1:29	5	39:19	2:03	5	28:27	1:22:18
4	129	217	Stephanie Wychers	33	F	6	16:22	1:57	3	38:16	0:59	2	25:42	1:23:14
5	153	192	Keri Tice	30	F	5	16:00	2:31	6	40:40	1:38	4	28:20	1:29:07
6	156	72	Melanie Hall	34	F	7	16:57	1:55	4	38:21	1:14	6	31:16	1:29:40
7	185	25	Cindy Capobianco	31	F	4	14:15	2:56	8	44:47	1:04	7	35:08	1:38:09
8	197	145	Lindsay Nisbett	30	F	8	16:59	2:20	7	41:25	0:56	8	41:09	1:42:48

MALE AGE GROUP 35 - 39

Place	Oal	No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	10	81	Mike Hughes	37	M	1	9:56	0:51	3	30:06	0:54	1	20:05	1:01:49
2	34	210	Brian White	39	M	6	13:02	1:55	1	28:45	0:53	6	24:12	1:08:45
3	45	198	Mikel Vallier	36	M	8	13:26	0:42	2	29:58	0:35	7	25:50	1:10:29
4	55	112	Jason Liss	37	M	7	13:07	1:34	7	34:24	0:46	2	21:47	1:11:36
5	56	86	Ryan Johnson	36	M	5	12:54	2:05	5	31:55	1:26	5	23:30	1:11:48
6	81	26	Michael Cell	35	M	11	14:54	36:03			1:37	4	22:25	1:14:57
7	82	46	Richard Finedell	37	M	9	13:59	3:50	6	33:07	1:39	3	22:24	1:14:58
8	87	7	Timothy Bandeen	37	M	3	11:38	1:13	10	35:00	1:03	9	26:47	1:15:39
9	105	37	Stewart Dunn	35	M	10	14:06	2:02	9	34:56	0:50	8	26:45	1:18:37
10	110	233	Kamman Erik	38	M	12	17:07	2:04	4	31:36	1:15	10	27:38	1:19:38
11	160	47	Kevin Fitzgerald	35	M	2	10:21	11:59	11	38:54	1:10	11	28:02	1:30:24
12	161	44	James Feltch	37	M	13	18:45	2:35	8	34:49	0:42	12	33:37	1:30:26
13	163	4	Gerald Artman	35	M	4	12:20	1:38	12	38:55	0:52	13	37:04	1:30:47

FEMALE AGE GROUP 35 - 39

Place	Oal	No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	39	234	Michelle Kamman	36	F	1	11:24	0:53	2	32:22	0:36	4	24:20	1:09:33
2	65	69	Kristy Gunderson	35	F	3	12:38	1:40	6	34:17	1:18	1	23:11	1:13:01
3	74	150	Heather Ott	37	F	6	14:21	1:04	3	33:28	1:00	3	24:04	1:13:55
4	85	193	Kim Triemstra	35	F	4	13:07	1:40	5	34:07	1:30	7	24:48	1:15:10
5	89	85	Martina Johnson	38	F	11	16:28	1:21	1	32:03	1:24	6	24:44	1:15:59
6	97	82	Reese Hughes	36	F	10	16:17	1:48	4	33:42	1:24	2	23:41	1:16:50
7	98	241	Toni Daniels	35	F	2	12:35	1:03	7	34:51	0:57	12	27:29	1:16:53
8	107	103	Avril Leach	39	F	12	16:30	1:23	9	36:15	0:27	5	24:37	1:19:10
9	115	142	Jennifer Nelsen	38	F	7	14:46	1:30	12	38:04	0:49	9	25:34	1:20:40
10	131	5	Minde Artman	35	F	9	15:50	3:00	8	36:12	0:36	13	28:17	1:23:54
11	144	3	Lisa Allred	35	F	15	17:25	2:40	17	41:00	0:47	8	24:49	1:26:38
12	154	106	Lisa Leeger	38	F	8	15:05	2:18	15	39:56	0:48	15	31:16	1:29:21
13	162	123	Monica Markillie	39	F	13	16:36	2:22	11	37:58	1:14	16	32:26	1:30:33
14	165	59	Amy Goodwin	35	F	14	16:54	2:47	13	39:26	1:38	14	30:24	1:31:06
15	181	120	Ursula Marchand	39	F	19	21:06	3:01	10	37:48	0:48	20	33:53	1:36:34
16	183	11	Rachelle Bennecke	35	F	5	13:21	4:03	20	45:20	1:16	18	33:02	1:37:00
17	190	53	Shawna Gallagher	38	F	18	18:41	2:53	18	44:30	1:25	17	32:51	1:40:19
18	192	161	Tamra Puckett	39	F	17	18:25	2:54	19	45:15	1:05	19	33:45	1:41:22
19	202	40	Julie Eilenberg	39	F	20	31:00	3:30	16	40:06	2:14	11	26:35	1:43:23
20	203	45	Erica Finedell	35	F	16	17:32	16:50	14	39:40	2:50	10	26:33	1:43:23

MALE AGE GROUP 40 - 44

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	5	41 Paul Emenheiser	43	M	2	10:52	0:45	2	26:51	0:41	1	21:33	1:00:42
2	13	115 Jay Lonsway	41	M	3	11:02	1:41	1	26:46	1:30	4	22:30	1:03:27
3	25	54 Jay Garside	43	M	7	11:41	1:37	6	30:32	1:16	3	22:01	1:07:05
4	32	62 Bjorn Green	42	M	8	12:33	1:28	10	30:45	1:41	2	21:51	1:08:16
5	35	122 Mark Markillie	43	M	9	12:51	1:23	8	30:34	0:47	6	23:22	1:08:55
6	40	131 Scott Miller	42	M	18	14:22	0:47	4	29:36	0:42	9	24:22	1:09:48
7	43	134 Mike Millmier	41	M	11	13:07	0:59	12	31:09	0:28	15	24:45	1:10:26
8	51	114 Robert Longstreet	43	M	15	13:53	1:52	9	30:44	1:19	7	23:29	1:11:14
9	52	34 Chuck Cushman	43	M	1	10:00	2:44	23	34:10	0:53	8	23:33	1:11:19
10	53	215 Keith Williams	42	M	4	11:19	1:48	20	33:18	0:31	11	24:29	1:11:24
11	60	104 Steve Leach	42	M	19	14:38	1:34	7	30:33	0:58	14	24:45	1:12:26
12	61	191 Shawn Sullivan	43	M	6	11:32	1:17	13	31:33	1:03	21	27:18	1:12:41
13	64	60 Chris Goodwin	40	M	5	11:30	1:41	21	33:21	1:00	16	25:26	1:12:57
14	67	13 Corey Billups	41	M	17	14:22	2:32	3	27:58	1:01	20	27:14	1:13:05
15	68	16 Eric Boring	40	M	21	14:43	1:38	14	31:46	0:35	10	24:28	1:13:08
16	83	155 Tj Pearson	41	M	24	16:18	1:48	11	31:08	1:12	12	24:35	1:14:58
17	86	137 Michael Muday	40	M	16	13:59	1:27	15	32:06	1:22	19	26:39	1:15:32
18	92	190 Timm Sturgeon	42	M	20	14:41	2:03	5	30:14	0:34	26	28:56	1:16:26
19	100	107 Michael Leeger	43	M	22	14:46	2:11	18	32:46	1:46	18	26:09	1:17:36
20	101	119 John Marchand	43	M	14	13:49	2:09	17	32:25	0:30	25	28:46	1:17:37
21	103	80 Ryan Hovanec	41	M	25	18:12	1:57	16	32:11	1:19	13	24:37	1:18:13
22	113	96 Jason King	40	M	13	13:24	1:52	22	33:22	1:03	27	30:30	1:20:09
23	118	220 Mark Zabaldo	42	M	12	13:15	2:30	25	36:02	0:58	24	28:27	1:21:10
24	121	239 Andrew Widner	42	M	27	18:59	1:55	27	38:13	0:31	5	22:36	1:22:12
25	126	216 Michael Wilson	43	M	23	15:09	1:56	28	39:06	0:48	17	25:51	1:22:48
26	137	164 Todd Rayner	42	M	26	18:44	3:25	19	33:14	1:36	23	28:24	1:25:21
27	139	108 Troy Leinaar	43	M	10	13:00	1:46	24	35:48	1:39	28	33:12	1:25:24
28	201	245 Jeff Crouse	41	M	28	21:33	4:12	26	37:50	2:39	29	37:10	1:43:21
29	211	207 Matthew Wellman	44	M	29	29:26	5:43	29	48:01	2:55	22	27:37	1:53:39

FEMALE AGE GROUP 40 - 44

Place	Oal	No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	41	22	Kathy Braginton	40	F	3	13:27	0:53	1	30:09	0:42	3	24:51	1:09:59
2	49	20	Laura Bowling	42	F	1	11:34	0:57	2	32:58	0:56	2	24:32	1:10:55
3	94	61	Mary Kate Goodwin-K	41	F	6	14:35	2:00	5	37:02	0:27	1	22:34	1:16:35
4	117	218	Christina Yavarow	41	F	7	16:23	1:32	3	33:27	1:18	8	28:30	1:21:08
5	132	169	Lisa Savage	41	F	5	14:15	1:49	4	36:58	1:46	9	29:17	1:24:03
6	138	9	Sherrie Bencik	44	F	4	13:30	2:38	9	42:53	0:43	4	25:39	1:25:22
7	140	175	Karen Schwab	42	F	10	18:14	1:35	6	37:41	0:53	5	27:05	1:25:26
8	147	38	Jill Eastman	44	F	9	18:09	2:11	7	37:59	1:28	6	27:41	1:27:26
9	151	89	Amelia Katanski	42	F									1:28:25
10	173	57	Julie Gless	41	F	8	17:36	1:53	12	45:40	0:59	7	28:29	1:34:34
11	182	14	Laura Billups	43	F	12	19:34	4:08	8	39:40	2:19	11	31:03	1:36:42
12	187	132	Elise Millmier	41	F	11	19:26	3:47	10	44:49	0:43	10	30:19	1:39:03
13	196	91	Jana Kennedy	44	F	2	13:19	3:53	11	45:03	1:46	12	38:23	1:42:22
14	213	238	Missy Pluta	44	F	13	23:44	2:38	13	1:08:02	1:10	13	48:23	2:23:56

MALE AGE GROUP 45 - 49

Place	Oal	No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	6	43	Patrick Farrell	48	M	4	10:58	0:58	2	28:35	0:50	1	19:33	1:00:53
2	7	147	Sean O'Brien	47	M	2	9:57	1:23	3	29:06	0:54	2	19:53	1:01:11
3	8	158	Peter Post	46	M	1	9:53	1:08	1	26:06	1:02	4	23:18	1:01:25
4	33	70	William Gust	48	M	5	11:38	1:48	4	30:12	1:10	5	23:33	1:08:20
5	50	124	Craig Marsh	46	M	3	10:09	1:49	8	33:22	0:34	6	25:22	1:11:14
6	58	141	David Neely	48	M	7	13:21	2:59	6	30:53	2:04	3	22:50	1:12:06
7	88	2	Henricus Alkemade	46	M	12	16:22	3:01	5	30:31	0:36	7	25:28	1:15:54
8	96	117	Tom Lundquist	49	M	6	12:01	2:26	9	34:21	1:08	8	26:47	1:16:41
9	122	173	Ronald Scholte	49	M	13	17:59	3:20	7	32:57	0:58	9	27:03	1:22:14
10	130	202	Charles Way	46	M	9	14:13	39:50			0:55	11	28:53	1:23:49
11	136	125	Shawn Maxwell	49	M	11	16:01	2:27	10	37:59	0:49	10	27:59	1:25:13
12	174	195	Tim True	47	M	8	13:28	3:11	11	40:55	0:50	12	36:16	1:34:38
13	186	36	Michael Dietz	49	M	10	14:28	3:33	12	41:53	2:35	13	36:30	1:38:58

FEMALE AGE GROUP 45 - 49

Place	Oal	No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	72	148	Isobel O'Brien Trac	48	F	1	12:27	1:55	3	35:09	0:37	2	23:42	1:13:46
2	76	176	Kelly Seelbinder	46	F	2	12:29	1:18	1	33:24	1:21	4	25:28	1:13:58
3	79	15	Heather Boersma	46	F	4	14:29	1:29	4	35:37	0:33	1	22:18	1:14:25
4	109	200	Belinda Vinton	47	F	6	15:12	2:14	2	33:58	2:05	5	26:03	1:19:29
5	116	126	Deanna Mayo	45	F	3	13:26	1:36	7	36:58	0:37	6	28:17	1:20:53
6	142	237	Lynda Gercak	48	F	5	15:01	2:08	8	38:02	1:15	7	30:01	1:26:23
7	149	118	Cathie Magill	46	F	9	19:08	3:21	9	38:30	2:03	3	24:54	1:27:54
8	155	76	Beth Herman	46	F	8	18:00	1:51	5	36:27	1:00	9	32:22	1:29:38
9	177	144	Sandy Newport	46	F	7	17:05	4:34	6	36:29	2:34	10	34:50	1:35:29
10	184	243	Gaye Kerschner	47	F	10	21:11	2:27	10	41:02	2:05	8	31:14	1:37:56

MALE AGE GROUP 50 - 54

Place	Oal	No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	9	24	Paul Bushnell	52	M	2	11:30	1:31	1	26:06	0:43	1	21:38	1:01:26
2	30	160	Lanny Potts	51	M	3	11:36	1:07	2	28:32	0:54	3	25:49	1:07:56
3	42	184	Doug Smith	51	M	1	3:10	1:51	4	33:45	1:17	5	30:21	1:10:22
4	54	87	Jim Jones	50	M	4	12:03	2:09	3	30:04	1:31	2	25:41	1:11:25
5	134	52	Steven Fryling	50	M	5	15:16	2:13	5	36:16	1:11	4	29:18	1:24:13

FEMALE AGE GROUP 50 - 54

Place	Oal	No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	84	203	Marylynn Webster	54	F	4	16:03	1:08	1	31:19	1:04	1	25:35	1:15:07
2	124	97	Sarah King	51	F	7	18:00	1:21	2	35:42	0:53	2	26:33	1:22:27
3	159	66	Linda Grossheim	52	F	3	15:35	2:36	5	39:12	1:36	4	30:52	1:29:49
4	169	121	Linda Maring	53	F	5	17:10	1:58	3	36:44	1:43	7	36:02	1:33:35
5	170	188	Carole Stevens	54	F	8	19:19	2:25	6	43:01	0:37	3	28:29	1:33:49
6	171	174	Carey Schoolmaster	54	F	2	15:13	2:25	4	38:13	2:09	6	35:53	1:33:51
7	175	71	Christine Hadden	53	F	6	17:29	2:15	7	43:34	0:53	5	30:54	1:35:02
8	200	49	Madeleine Fojtik	53	F	1	14:07	3:17	8	47:48	1:34	8	36:36	1:43:21

MALE AGE GROUP 55 - 59

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	11	157 James Henderson	59	M	2	10:37	0:54	1	28:22	0:42	1	21:39	1:02:13
2	19	201 John Wagner	57	M	3	11:40	1:09	2	28:47	0:38	2	23:29	1:05:41
3	37	242 Peter J Colquhoun	56	M	1	10:19	2:13	5	31:47	1:05	3	23:59	1:09:20
4	78	55 Richard Gendernalik	59	M	7	14:51	1:17	4	31:37	0:34	5	26:02	1:14:19
5	95	167 Dan Sarkipato	59	M	5	12:36	1:56	8	35:11	0:53	4	26:02	1:16:36
6	108	149 Chris O'Leary	57	M	4	12:08	3:06	7	34:28	2:28	6	27:12	1:19:20
7	112	186 Robin Steely	57	M	9	15:29	2:03	3	31:34	1:51	9	29:13	1:20:09
8	120	213 Brad Wildey	56	M	6	13:34	1:37	6	33:48	1:32	11	31:18	1:21:47
9	143	35 Ken Davis	55	M	8	15:08	3:36	10	36:27	2:54	8	28:25	1:26:28
10	146	83 Patrick Huot	55	M	10	16:26	3:13	11	37:17	2:26	7	27:56	1:27:15
11	189	205 Steve Webster	55	M	13	1:07:00		12	39:40	2:53	12	32:51	1:39:51
12	198	68 Timothy Gumbleton	57	M	11	21:45	2:26	9	36:20	2:18	13	40:06	1:42:53
13	206	154 Rick Pattison	59	M	12	24:10	5:50	13	42:05	1:41	10	30:17	1:44:01

FEMALE AGE GROUP 55 - 59

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	62	180 Karen Slack	59	F	3	14:36	2:28	1	32:05	0:52	1	22:53	1:12:52
2	135	127 Jane McDonagh	55	F	2	14:15	1:59	3	37:59	1:12	2	28:49	1:24:14
3	150	12 Cynthia Berg	59	F	4	14:54	2:25	2	36:49	3:35	3	30:22	1:28:02
4	164	170 Janet Schauer	57	F	5	15:43	2:33	4	40:14	1:12	4	31:25	1:31:05
5	168	50 Patti Frawley	57	F	1	12:18	2:25	6	41:54	0:39	7	35:56	1:33:09
6	176	179 Mary Beth Skupien	57	F	6	18:57	2:40	5	41:33	0:33	5	31:48	1:35:28
7	191	177 Sarah L Sherman	55	F	7	18:57	2:24	7	43:06	1:04	6	35:38	1:41:06

MALE AGE GROUP 60 - 64

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	20	138 R.J. Mullenix	60	M	1	12:05	1:53	1	26:30	1:00	1	24:29	1:05:56
2	73	221 Robert Zick	62	M	2	12:42	1:49	2	31:12	0:28	3	27:39	1:13:47
3	119	151 Les Ott	61	M	3	16:28	2:26	3	34:25	2:01	2	26:21	1:21:40
4	179	98 David Kozminske	63	M	4	19:24	4:29	4	37:55	1:51	4	32:22	1:35:59

FEMALE AGE GROUP 60 - 64

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	210	100 Eleanor Kuiper	61	F	1	20:37	2:59	1	45:36	1:24	1	41:10	1:51:44

MALE AGE GROUP 65 - 69

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	178	31 Bob Cook	65	M	1	16:43	2:52	2	41:48	1:02	2	33:24	1:35:48
2	180	102 Allan Lareau	65	M	2	20:56	2:43	1	41:17	1:19	1	30:09	1:36:23

FEMALE AGE GROUP 65 - 69

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

Place	Oal No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
1	209	18 Sherwood Boudeman	72	M	1	16:55	3:22	1	44:31	1:42	1	42:13	1:48:40

FEMALE AGE GROUP 70 - 89

Place	Oal	No.	Name	Ag	S	Rank	Swim/ru	Trans1	Rank	Bike	Trans2	Rank	Run	Final
TWO PERSON RELAY														
	1	231	Team Denoyer				1	8:22	0:52	1	30:48	0:41	1	26:30 1:07:11
Liam Griffin														
Jon Griffin														
	2	232	Peak				2	14:56	1:20	2	34:18	0:33	2	36:04 1:27:07
Jill Mullaney														
Vincent Egolf														
THREE PERSON RELAY														
	1	227	Team Halley				6	13:13	0:35	1	27:16	0:23	3	21:40 1:03:06
Michelle Halley														
David Halley														
Hunter Halley														
	2	229	Diekema Hamann				3	9:47	0:42	3	30:46	0:26	4	21:49 1:03:29
Karl Kowalski														
Kristin Cochran														
Norman Hamann														
	3	226	Team Nice Ice (plus Mitchell)				2	9:44	0:38	4	33:33	0:23	1	21:01 1:05:16
Joseph Dolley														
Aaron Shaw														
Mitchell Nickkolas														
	4	228	We Already Beat You				1	8:34	0:36	5	35:30	0:22	2	21:11 1:06:12
Gabrielle Roehr														
Alison Gust														
David Gust														
	5	230	Moldovan Crew				4	12:55	0:28	2	30:21	0:35	5	23:37 1:07:54
Brittney Moldavan														
Mike Moldovan														
Shannon Moldovan														
	6	244	3 Little Delights				7	13:14	0:33	6	36:11	0:25	7	24:50 1:15:10
Vince Behnke														
Brooke Feraco														
Haley Adamski														

