

2013 Michigan Titanium  
Full**Male Top 3**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
1	JIMI MINNEMA	09:11:33	Top 3	1	1	01:06:07	1:42 sec/100m	00:01:26	04:48:30	23.3 m/hr	00:02:41	03:12:46	7:21 min/m	
2	DANIEL JONES	09:48:25	Top 3	2	2	00:56:39	1:28 sec/100m	00:02:45	05:06:39	21.9 m/hr	00:01:20	03:41:00	8:26 min/m	
5	BRANDON YONKE	11:08:17	Top 3	3	4	01:02:42	1:37 sec/100m	00:03:22	05:59:37	18.7 m/hr	00:03:09	03:59:25	9:08 min/m	

**Female Top 3**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
11	CRISTINA NOBLE	11:30:31	Top 3	1	2	01:27:16	2:15 sec/100m	00:02:01	06:00:26	18.6 m/hr	00:01:08	03:59:38	9:08 min/m	
12	KRISTY BREITEN	11:35:37	Top 3	2	3	01:08:06	1:45 sec/100m	00:01:51	06:14:11	18.0 m/hr	00:02:15	04:09:12	9:30 min/m	
18	AMY BOWDEN	12:04:05	Top 3	3	4	01:19:13	2:03 sec/100m	00:02:01	06:07:30	18.3 m/hr	00:01:56	04:33:24	10:26 min/m	

**Male Ages 18 - 24**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
35	MICHAEL RAJNICEK	13:15:34	Ages 18 - 24	1	30	01:25:53	2:13 sec/100m	00:02:18	06:34:44	17.0 m/hr	00:04:02	05:08:36	11:46 min/m	
77	ERIC MAYES	15:39:07	Ages 18 - 24	2	62	01:43:58	2:41 sec/100m	00:05:35	08:00:20	14.0 m/hr	00:03:43	05:45:28	13:11 min/m	

**Female Ages 18 - 24**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
83	KRISTEN ZHANG	15:52:18	Ages 18 - 24	1	17	01:09:34	1:48 sec/100m	00:04:45	07:41:10	14.6 m/hr	00:04:59	06:51:48	15:43 min/m	

**Male Ages 25 - 29**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
15	KEVIN ANDERSON	11:46:11	Ages 25 - 29	1	12	01:35:29	2:28 sec/100m	00:04:41	05:54:07	19.0 m/hr	00:06:03	04:05:49	9:22 min/m	
47	CHRIS GATES	13:50:55	Ages 25 - 29	2	38	01:21:52	2:07 sec/100m	00:06:43	06:08:31	18.2 m/hr	00:06:14	06:07:33	14:01 min/m	

**Male**      **Ages 25 - 29**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
48	EVAN CUSACK	13:50:56	Ages 25 - 29	3	39	01:19:02	2:02 sec/100m	00:05:50	06:12:16	18.1 m/hr	00:06:12	06:07:34	14:01 min/m	
65	MARK KESKE	14:54:53	Ages 25 - 29	4	52	01:40:49	2:36 sec/100m	00:08:19	06:17:40	17.8 m/hr	00:07:51	06:40:12	15:16 min/m	
93	ROBERT EASTERDAY	16:40:08	Ages 25 - 29	5	75	01:32:51	2:24 sec/100m	00:03:21	07:02:40	15.9 m/hr	00:08:16	07:52:59	18:03 min/m	
	NICHOLAS CONNER		Ages 25 - 29			01:16:08	1:58 sec/100m	00:05:13						
	NOAH RIOJAS		Ages 25 - 29			01:10:25	1:49 sec/100m	00:05:24						

**Female**      **Ages 25 - 29**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
43	KRISTINA NAVAS	13:32:28	Ages 25 - 29	1	9	01:07:14	1:44 sec/100m	00:02:18	07:11:09	15.6 m/hr	00:03:24	05:08:21	11:46 min/m	
49	KEHLY WERKEMA	13:51:26	Ages 25 - 29	2	10	01:13:34	1:54 sec/100m	00:05:03	07:04:31	15.8 m/hr	00:06:24	05:21:53	12:17 min/m	
86	CKAT DUKE	16:02:16	Ages 25 - 29	3	18	01:33:56	2:25 sec/100m	00:04:25	07:56:31	14.1 m/hr	00:07:43	06:19:39	14:29 min/m	

**Male**      **Ages 30 - 34**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
16	KEVIN NEUMANN	11:50:47	Ages 30 - 34	1	13	01:10:14	1:49 sec/100m	00:02:43	05:44:24	19.5 m/hr	00:03:54	04:49:31	11:03 min/m	
21	JON TURNER	12:26:03	Ages 30 - 34	2	17	01:16:13	1:58 sec/100m	00:03:26	06:03:22	18.5 m/hr	00:03:43	04:59:17	11:25 min/m	
23	ADAM PARKS	12:35:58	Ages 30 - 34	3	19	01:25:10	2:12 sec/100m	00:05:19	05:57:01	18.8 m/hr	00:05:53	05:02:34	11:32 min/m	
29	STEVE KUNST	12:51:33	Ages 30 - 34	4	25	01:20:19	2:04 sec/100m	00:04:17	06:54:15	16.2 m/hr				
31	JEFFREY STOLL	13:05:04	Ages 30 - 34	5	26	01:13:35	1:54 sec/100m	00:04:17	06:19:12	17.7 m/hr	00:05:31	05:22:28	12:18 min/m	
34	CHRISTOPHER NIBLOCK	13:14:34	Ages 30 - 34	6	29	01:09:26	1:47 sec/100m	00:04:44	06:37:19	16.9 m/hr	00:02:51	05:20:12	12:13 min/m	
37	JON VOS	13:23:03	Ages 30 - 34	7	32	01:04:36	1:40 sec/100m	00:02:13	06:30:45	17.2 m/hr	00:04:02	05:41:25	13:01 min/m	
55	TED OVIATT	14:09:04	Ages 30 - 34	8	42	01:19:09	2:02 sec/100m	00:05:18	06:38:48	16.9 m/hr	00:12:02	05:53:45	13:30 min/m	
79	JASON PETERSON	15:43:30	Ages 30 - 34	9	63	01:43:47	2:41 sec/100m	00:03:39	07:27:27	15.0 m/hr	00:06:38	06:17:57	14:25 min/m+00:04:00	
92	PHIL CASTELLO	16:37:49	Ages 30 - 34	10	74	01:33:24	2:25 sec/100m	00:04:25	07:26:41	15.0 m/hr	00:03:21	07:29:56	17:10 min/m	
	TOBY TRAPP		Ages 30 - 34			01:28:03	2:16 sec/100m	00:03:54	07:08:15	15.7 m/hr	00:04:44			

**Female**      **Ages 30 - 34**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
30	KERRI SEGER	12:56:51	Ages 30 - 34	1	5	01:12:54	1:53 sec/100m	00:03:40	06:37:18	16.9 m/hr	00:03:58	04:58:59	11:24 min/m	
50	JESSICA HILL	13:53:23	Ages 30 - 34	2	11	01:22:03	2:07 sec/100m	00:03:23	06:27:05	17.4 m/hr	00:04:05	05:56:46	13:37 min/m	

**Female**      **Ages 30 - 34**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
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**Male**      **Ages 35 - 39**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
7	MIKE WORDELMAN	11:17:44	Ages 35 - 39	1	6	01:17:50	2:00 sec/100m	00:01:40	05:35:49	20.0 m/hr	00:01:58	04:20:24	9:56 min/m	
17	ADAM ELLENSTEIN	11:53:34	Ages 35 - 39	2	14	01:03:05	1:38 sec/100m	00:02:58	05:40:30	19.7 m/hr	00:03:29	05:03:30	11:35 min/m	
19	HUGH PINDUR	12:21:04	Ages 35 - 39	3	15	01:10:47	1:49 sec/100m	00:03:53	05:41:52	19.7 m/hr	00:02:53	05:21:38	12:16 min/m	
25	ROGER BONGA	12:37:23	Ages 35 - 39	4	21	01:07:05	1:44 sec/100m	00:01:32	05:35:39	20.0 m/hr	00:02:00	05:51:07	13:24 min/m	
26	ERIC SCHMIEG	12:43:40	Ages 35 - 39	5	22	01:41:21	2:37 sec/100m	00:04:18	06:22:55	17.5 m/hr	00:05:19	04:29:45	10:17 min/m	
33	BENJAMIN SIEMS	13:09:04	Ages 35 - 39	6	28	01:22:46	2:08 sec/100m	00:03:48	06:25:52	17.4 m/hr	00:04:49	05:11:46	11:54 min/m	
45	DANIEL TRAPP	13:48:54	Ages 35 - 39	7	36	01:29:53	2:19 sec/100m	00:05:20	06:30:19	17.2 m/hr	00:07:20	05:36:01	12:49 min/m	
52	BRIAN HILLARY	13:55:27	Ages 35 - 39	8	40	01:09:10	1:47 sec/100m	00:02:50	06:47:04	16.5 m/hr	00:04:52	05:51:29	13:24 min/m	
60	KEVIN ROZEMA	14:26:40	Ages 35 - 39	9	47	01:23:47	2:10 sec/100m	00:02:31	06:48:31	16.4 m/hr	00:03:38	06:08:11	14:03 min/m	
85	MARK MALLOY	15:56:38	Ages 35 - 39	10	68	01:49:12	2:49 sec/100m	00:13:19	06:36:41	16.9 m/hr	00:15:37	07:01:47	16:05 min/m	
87	TIM KRUEGER	16:24:30	Ages 35 - 39	11	69	01:46:07	2:44 sec/100m	00:02:54	07:40:10	14.6 m/hr	00:06:11	06:49:07	15:36 min/m	

**Female**      **Ages 35 - 39**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
53	CATIE GRASSMAN	13:59:47	Ages 35 - 39	1	13	01:20:07	2:04 sec/100m	00:05:03	06:47:26	16.5 m/hr	00:08:21	05:38:49	12:55 min/m	
	ASHLEY SCHMIEG		Ages 35 - 39			01:26:31	2:14 sec/100m	00:05:21	07:05:24	15.8 m/hr				

**Male**      **Ages 40 - 44**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
8	KEVIN DEVRIES	11:28:50	Ages 40 - 44	1	7	01:13:53	1:54 sec/100m	00:01:33	05:50:32	19.2 m/hr	00:02:50	04:20:00	9:55 min/m	
13	PATRICK OCONNELL	11:39:30	Ages 40 - 44	2	10	01:15:46	1:57 sec/100m	00:02:43	05:45:31	19.4 m/hr	00:02:53	04:32:35	10:24 min/m	
28	JEFF JAUCH	12:51:10	Ages 40 - 44	3	24	01:08:32	1:46 sec/100m	00:03:03	06:04:00	18.5 m/hr	00:05:46	05:29:47	12:35 min/m	
38	MATT BARNES	13:26:27	Ages 40 - 44	4	33	01:40:33	2:36 sec/100m	00:04:10	06:45:59	16.6 m/hr	00:03:02	04:52:42	11:10 min/m	
44	MIGUEL SARACHAGA	13:38:04	Ages 40 - 44	5	35	01:36:39	2:30 sec/100m	00:03:24	06:35:08	17.0 m/hr	00:05:00	05:17:51	12:07 min/m	
68	WALTER CRNICH	15:02:55	Ages 40 - 44	6	55	01:30:57	2:21 sec/100m	00:04:20	07:17:33	15.4 m/hr	00:13:02	05:57:01	13:37 min/m	
72	RONALD DOBER	15:29:16	Ages 40 - 44	7	58	01:37:32	2:31 sec/100m	00:05:29	07:04:34	15.8 m/hr	00:05:27	06:36:12	15:07 min/m	
81	ROB HECKERT	15:45:58	Ages 40 - 44	8	65	01:36:56	2:30 sec/100m	00:06:28	06:58:42	16.0 m/hr	00:07:55	06:55:55	15:52 min/m	

**Male**      **Ages 40 - 44**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
95	JAMES ENGLAND	16:46:09	Ages 40 - 44	9	77	01:33:14	2:24 sec/100m	00:06:58	08:23:31	13.3 m/hr	00:05:21	06:37:02	15:09 min/m	
	DANIEL POVOLO		Ages 40 - 44			01:32:34	2:23 sec/100m	00:05:34	06:17:17	17.8 m/hr				
	PAUL EMENHEISER		Ages 40 - 44			01:10:44	1:49 sec/100m	00:04:53	06:30:48	17.2 m/hr	00:11:10			
	JOHN BUTTERFIELD		Ages 40 - 44			01:29:10	2:18 sec/100m	00:04:56	07:14:43	15.5 m/hr				

**Female**      **Ages 40 - 44**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
40	CHRISTA JOHNSON	13:27:56	Ages 40 - 44	1	6	01:25:58	2:13 sec/100m	00:02:24	06:45:08	16.6 m/hr	00:02:11	05:12:14	11:55 min/m	

**Male**      **Ages 45 - 49**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
22	SCOTT HANSEN	12:28:53	Ages 45 - 49	1	18	01:08:21	1:46 sec/100m	00:03:47	06:12:31	18.0 m/hr	00:03:53	05:00:21	11:27 min/m	
24	BRIAN HART	12:36:46	Ages 45 - 49	2	20	01:07:14	1:44 sec/100m	00:03:41	06:00:52	18.6 m/hr	00:03:48	05:21:08	12:15 min/m	
27	JERRY DALY	12:50:56	Ages 45 - 49	3	23	01:19:43	2:03 sec/100m	00:06:01	06:07:19	18.3 m/hr	00:10:03	05:07:49	11:44 min/m	
57	TOM KUNTZLEMAN	14:18:28	Ages 45 - 49	4	44	01:08:08	1:45 sec/100m	00:04:35	07:05:56	15.8 m/hr	00:08:31	05:51:17	13:24 min/m	
59	KEVIN KUSNER	14:23:05	Ages 45 - 49	5	46	01:16:11	1:58 sec/100m	00:08:21	07:00:53	16.0 m/hr	00:04:22	05:53:16	13:29 min/m	
61	KENT MUNRO	14:28:25	Ages 45 - 49	6	48	01:28:18	2:17 sec/100m	00:06:35	06:18:54	17.7 m/hr	00:14:47	06:19:50	14:29 min/m	
67	CURTIS JAKSEN	15:00:16	Ages 45 - 49	7	54	01:25:49	2:13 sec/100m	00:07:45	07:04:36	15.8 m/hr	00:11:50	06:10:14	14:07 min/m	
74	DOUGLAS PODSCHWEIT	15:33:11	Ages 45 - 49	8	60	01:36:27	2:29 sec/100m	00:03:08	07:21:29	15.2 m/hr	00:06:59	06:25:07	14:41 min/m	
82	SCOTT JONES	15:47:30	Ages 45 - 49	9	66	01:29:31	2:19 sec/100m	00:07:12	07:44:24	14.5 m/hr	00:12:51	06:13:31	14:15 min/m	
88	DON FIDAY	16:33:33	Ages 45 - 49	10	70	01:57:36	3:02 sec/100m	00:06:19	07:59:21	14.0 m/hr	00:07:14	06:23:01	14:37 min/m	
97	THOMAS FITZGERALD	16:47:35	Ages 45 - 49	11	79	01:39:06	2:33 sec/100m	00:08:09	08:06:59	13.8 m/hr	00:08:36	06:44:44	15:26 min/m	
	DAN SCHROEDER		Ages 45 - 49			01:15:24	1:57 sec/100m	00:08:12	06:20:59	17.6 m/hr	00:16:32			
	JEFF ROOKUS		Ages 45 - 49			01:28:23	2:17 sec/100m	00:04:01						
	PATRICK TIERNEY		Ages 45 - 49			02:27:13	3:48 sec/100m	00:07:32	07:40:19	14.6 m/hr	00:07:43			
	BILL HONECK		Ages 45 - 49			01:07:30	1:44 sec/100m	00:04:32	06:43:18	16.7 m/hr	00:05:01			

**Male**      **Ages 50 - 54**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
32	GLEN GOMOLL	13:08:17	Ages 50 - 54	1	27	01:02:01	1:36 sec/100m	00:04:43	06:23:25	17.5 m/hr	00:05:03	05:33:03	12:42 min/m	
36	RICH SZYMANSKI	13:18:34	Ages 50 - 54	2	31	01:51:22	2:53 sec/100m	00:06:24	06:25:02	17.5 m/hr	00:03:56	04:51:48	11:08 min/m	

**Male**      **Ages 50 - 54**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
46	DALE BROWN	13:49:13	Ages 50 - 54	3	37	01:20:07	2:04 sec/100m	00:03:16	06:33:33	17.1 m/hr	00:02:59	05:49:17	13:19 min/m	
54	AARON GUTOWSKI	14:00:22	Ages 50 - 54	4	41	01:33:11	2:24 sec/100m	00:05:47	07:29:32	14.9 m/hr	00:04:17	04:47:33	10:58 min/m	
56	GILBERT BLANKS	14:16:07	Ages 50 - 54	5	43	01:23:02	2:09 sec/100m	00:08:32	07:01:35	15.9 m/hr	00:07:28	05:35:29	12:48 min/m	
73	MARK STUBENFOLL	15:33:10	Ages 50 - 54	6	59	01:41:36	2:37 sec/100m	00:03:37	07:44:54	14.5 m/hr	00:11:37	05:51:24	13:24 min/m	
89	JEFF BEAGLE	16:34:10	Ages 50 - 54	7	71	01:10:27	1:49 sec/100m	00:07:59	06:24:40	17.5 m/hr	00:10:46	08:40:17	19:51 min/m	
90	STEVE OKONSKI	16:36:52	Ages 50 - 54	8	72	01:16:53	1:59 sec/100m	00:02:43	08:25:52	13.3 m/hr	00:03:50	06:47:32	15:33 min/m	
94	SCOTT GREEN	16:44:48	Ages 50 - 54	9	76	01:22:59	2:08 sec/100m	00:08:59	08:44:23	12.8 m/hr				
96	DRAKE ROSENWINKEL	16:47:16	Ages 50 - 54	10	78	01:56:12	3:00 sec/100m	00:04:21	07:49:02	14.3 m/hr	00:07:38	06:50:01	15:38 min/m	
	CRAIG VANESS		Ages 50 - 54			01:20:15	2:04 sec/100m	00:07:36	07:19:38	15.3 m/hr	00:07:44			

**Female**      **Ages 50 - 54**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
76	CHRISTY DILLARD	15:37:14	Ages 50 - 54	1	15	01:32:30	2:23 sec/100m	00:03:43	07:35:10	14.8 m/hr	00:04:42	06:21:07	14:32 min/m	
	OLGA FELTON		Ages 50 - 54			02:21:43	3:40 sec/100m	00:08:22						

**Male**      **Ages 55 - 59**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
39	RON RASHID	13:27:37	Ages 55 - 59	1	34	01:23:17	2:09 sec/100m	00:04:22	06:14:02	18.0 m/hr	00:10:49	05:35:06	12:47 min/m	
63	TERRY GATES	14:31:55	Ages 55 - 59	2	50	01:23:43	2:10 sec/100m	00:05:54	06:54:54	16.2 m/hr	00:05:53	06:01:29	13:47 min/m	
69	BOYD SEEVERS	15:07:20	Ages 55 - 59	3	56	01:27:28	2:15 sec/100m	00:04:31	07:36:04	14.7 m/hr	00:03:32	05:55:42	13:34 min/m	
70	BILL GRABOWSKI	15:09:21	Ages 55 - 59	4	57	01:26:23	2:14 sec/100m	00:05:26	06:51:55	16.3 m/hr	00:06:24	06:39:11	15:14 min/m	
91	GEORGE MCGILLIVRAY	16:37:25	Ages 55 - 59	5	73	01:37:32	2:31 sec/100m	00:07:30	08:17:41	13.5 m/hr	00:06:07	06:28:33	14:49 min/m	

**Female**      **Ages 55 - 59**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
71	GAIL RANVILLE	15:13:34	Ages 55 - 59	1	14	01:33:27	2:25 sec/100m	00:03:11	06:52:10	16.3 m/hr	00:04:01	06:40:44	15:17 min/m	

**Male**      **Ages 60 and over**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
62	WALTER WOOLLEY	14:30:01	Ages 60 and over	1	49	01:23:16	2:09 sec/100m	00:04:13	06:45:41	16.6 m/hr	00:07:03	06:09:45	14:06 min/m	
64	DON RANSOME	14:38:49	Ages 60 and over	2	51	01:22:43	2:08 sec/100m	00:02:53	07:03:43	15.9 m/hr	00:02:28	06:06:59	14:00 min/m	
66	TOM HENSON	14:58:11	Ages 60 and over	3	53	01:42:48	2:39 sec/100m	00:05:28	07:20:23	15.3 m/hr	00:03:17	05:46:14	13:12 min/m	
80	WAYNE STOKLEY	15:44:17	Ages 60 and over	4	64	01:23:08	2:09 sec/100m	00:07:10	06:43:57	16.6 m/hr	00:13:56	07:16:04	16:38 min/m	
	THOMAS KUNST		Ages 60 and over			01:41:44	2:38 sec/100m	00:08:20						

**Female**      **Ages 60 and over**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
78	CHRISTINE KUNST	15:39:20	Ages 60 and over	1	16	01:53:07	2:55 sec/100m	00:13:22	07:10:11	15.6 m/hr	00:18:53	06:03:45	13:53 min/m	

**Male**      **Clydesdale**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
58	DOUG TINKHAM	14:22:00	Clydesdale	1	45	01:27:34	2:16 sec/100m	00:03:39	06:54:56	16.2 m/hr	00:04:22	05:51:27	13:24 min/m	
75	MICHAEL DILLARD	15:37:14	Clydesdale	2	61	01:32:38	2:23 sec/100m	00:07:13	06:56:06	16.1 m/hr	00:08:57	06:52:19	15:44 min/m	
84	MIKE KLOPFENSTEIN	15:54:45	Clydesdale	3	67	01:19:41	2:03 sec/100m	00:05:49	07:12:22	15.5 m/hr	00:09:16	07:07:35	16:19 min/m	

**Female**      **Athena**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
51	KELLEY CALLARD	13:54:38	Athena	1	12	01:23:37	2:09 sec/100m	00:04:52	07:00:11	16.0 m/hr	00:06:20	05:19:37	12:11 min/m	

**Male**      **Relay**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
3	TEAM APEX MULTISPORT WORTH	09:52:09	Relay	1	3	01:11:09	1:50 sec/100m	00:00:48	05:20:46	20.9 m/hr	00:00:46	03:18:38	7:34 min/m	
6	TEAM GINNETTI	11:08:23	Relay	2	5	01:16:06	1:58 sec/100m	00:00:48	05:54:08	19.0 m/hr	00:01:09	03:56:11	9:00 min/m	
9	TEAM MITRI3	11:29:01	Relay	3	8	01:16:01	1:58 sec/100m	00:00:56	06:11:55	18.1 m/hr	00:00:44	03:59:23	9:08 min/m	
10	TEAM APEX MULTISPORT KOETSIER	11:29:20	Relay	4	9	06:22:29	9:54 sec/100m	738:39:34	05:19:36	21.0 m/hr				
14	TEAM IDEOMED	11:43:55	Relay	5	11	01:36:23	2:29 sec/100m	00:00:59	05:11:00	21.6 m/hr	00:00:43	04:54:48	11:15 min/m	
20	ST. THOMAS MENS CLUB	12:23:38	Relay	6	16	01:08:03	1:45 sec/100m	00:01:11	06:43:53	16.6 m/hr	00:00:58	04:29:32	10:17 min/m	

**Male Relay**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
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**Female Relay**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
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4	HOLY HAND GRENADES	11:00:20	Relay	1	1	01:23:35	2:09 sec/100m	00:01:06	05:18:20	21.1 m/hr	00:01:16	04:16:01	9:46 min/m	
41	TEAM BLOCK	13:27:58	Relay	2	7	01:31:05	2:21 sec/100m	00:01:16	07:08:42	15.7 m/hr	00:01:05	04:45:49	10:54 min/m	
42	TEAM IDEOMED2	13:31:45	Relay	3	8	01:18:22	2:01 sec/100m	00:01:29	06:58:04	16.1 m/hr	00:07:35	05:06:12	11:41 min/m	