

2013 Michigan Titanium
Half**Male Top 3**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
1	NICHOLAS STANKO	04:17:52	Top 3	1	1	00:32:27	1:40 sec/100m	00:00:58	02:18:33	24.2 m/hr	00:01:12	01:24:40	6:27 min/m	
2	BENJAMIN SEMEYN	04:31:48	Top 3	2	2	00:33:38	1:44 sec/100m	00:01:14	02:22:54	23.5 m/hr	00:01:03	01:32:57	7:05 min/m	
3	BEN HAMMER	04:33:39	Top 3	3	3	00:35:12	1:49 sec/100m	00:01:34	02:25:26	23.1 m/hr	00:01:21	01:30:04	6:52 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
6	LISA MUELLER	04:51:10	Top 3	1	1	00:33:44	1:44 sec/100m	00:01:10	02:38:38	21.2 m/hr	00:01:16	01:36:20	7:21 min/m	
16	AMY KUITSE	05:10:51	Top 3	2	3	00:37:54	1:57 sec/100m	00:01:16	02:51:17	19.6 m/hr	00:01:41	01:38:41	7:32 min/m	
22	JESSICA BRANNIGAN	05:13:18	Top 3	3	5	00:34:44	1:47 sec/100m	00:01:50	02:50:33	19.7 m/hr	00:01:46	01:44:24	7:58 min/m	

Male Ages 17 and under

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
76	SAM LEWIS	05:50:58	Ages 17 and under	1	60	00:40:54	2:07 sec/100m	00:01:52	03:02:33	18.4 m/hr	00:01:45	02:03:52	9:27 min/m	
224	MITCHELL REICHERT	07:15:37	Ages 17 and under	2	156	00:45:22	2:20 sec/100m	00:06:33	03:35:31	15.6 m/hr	00:05:20	02:42:48	12:25 min/m	
259	MICHAEL BOERMAN	07:46:13	Ages 17 and under	3	173	00:59:48	3:05 sec/100m	00:04:21	03:20:30	16.8 m/hr	00:04:08	03:17:24	15:04 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
7	TODD BUCKINGHAM	04:57:17	Ages 18 - 24	1	6	00:32:21	1:40 sec/100m	00:01:39	02:38:07	21.2 m/hr	00:01:21	01:43:48	7:55 min/m	
8	BRIAN HELSEL	04:59:20	Ages 18 - 24	2	7	00:32:30	1:40 sec/100m	00:01:28	02:38:22	21.2 m/hr	00:01:15	01:45:44	8:04 min/m	
14	ERIK PETERSON	05:07:21	Ages 18 - 24	3	12	00:32:26	1:40 sec/100m	00:01:33	02:43:10	20.6 m/hr	00:01:54	01:48:16	8:15 min/m	
38	CARLOS DELGADO	05:27:44	Ages 18 - 24	4	29	00:42:21	2:11 sec/100m	00:01:45	02:54:50	19.2 m/hr	00:02:21	01:46:27	8:07 min/m	
63	LUCAS BARNES	05:45:20	Ages 18 - 24	5	51	00:32:40	1:41 sec/100m	00:03:21	03:04:14	18.2 m/hr	00:03:36	02:01:27	9:16 min/m	
68	SHAWN OLSAVSKY	05:46:56	Ages 18 - 24	6	55	00:29:35	1:31 sec/100m	00:02:12	03:00:13	18.6 m/hr	00:01:39	02:13:15	10:10 min/m	
77	JEFF SCHMITT	05:51:12	Ages 18 - 24	7	61	00:29:41	1:32 sec/100m	00:01:54	02:47:02	20.1 m/hr	00:02:10	02:30:24	11:28 min/m	
80	MATTHEW BARYLSKI	05:51:56	Ages 18 - 24	8	64	00:39:01	2:01 sec/100m	00:01:16	02:54:27	19.3 m/hr	00:02:05	02:15:04	10:18 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
98	NOAH YONKER	06:02:57	Ages 18 - 24	9	73	00:46:59	2:26 sec/100m	00:02:34	02:49:03	19.9 m/hr	00:02:27	02:21:51	10:49 min/m	
136	STEPHEN BRENNAN	06:25:12	Ages 18 - 24	10	97	00:36:15	1:52 sec/100m	00:01:32	02:58:20	18.8 m/hr	00:02:31	02:46:32	12:42 min/m	
153	JASON SCHUT	06:33:42	Ages 18 - 24	11	106	00:45:20	2:20 sec/100m	00:05:57	03:28:22	16.1 m/hr	00:02:51	02:11:10	10:00 min/m	
161	BENJAMIN ZISOOK	06:38:46	Ages 18 - 24	12	113	00:37:58	1:57 sec/100m	00:02:16	03:16:23	17.1 m/hr	00:02:57	02:39:10	12:09 min/m	
211	JONATHAN BENSON	07:08:48	Ages 18 - 24	13	149	00:44:20	2:17 sec/100m	00:03:04	03:22:19	16.6 m/hr	00:01:44	02:57:19	13:32 min/m	
255	NOAH ELLIOTT	07:42:34	Ages 18 - 24	14	170	00:49:21	2:33 sec/100m	00:03:27	03:51:15	14.5 m/hr	00:05:51	02:52:38	13:10 min/m	
257	DAVID GALLAGHER	07:43:40	Ages 18 - 24	15	172	00:43:03	2:13 sec/100m	00:01:56	03:45:45	14.9 m/hr	00:02:45	03:10:09	14:30 min/m	
293	JON KETTLEY	12:39:18	Ages 18 - 24	16	186	01:19:58	4:08 sec/100m	00:06:14	06:57:12	8.1 m/hr	00:01:38	04:14:14	19:24 min/m	
	AUSTIN BESSINGER		Ages 18 - 24			00:30:44	1:35 sec/100m	00:01:45						
	JACOB BREMER		Ages 18 - 24			00:35:16	1:49 sec/100m	00:01:33						

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	SARAH OPDYCKE	05:53:20	Ages 18 - 24	1	18	00:33:42	1:44 sec/100m	00:01:49	03:17:47	17.0 m/hr	00:02:51	01:57:10	8:56 min/m	
145	KATIE RIETKERK	06:28:42	Ages 18 - 24	2	43	00:43:39	2:15 sec/100m	00:03:20	03:27:38	16.2 m/hr	00:02:51	02:11:12	10:00 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
5	KYLE SIEMER	04:47:31	Ages 25 - 29	1	5	00:34:24	1:46 sec/100m	00:01:01	02:36:40	21.4 m/hr	00:01:23	01:34:02	7:10 min/m	
10	MATT STOREY	05:04:22	Ages 25 - 29	2	9	00:32:42	1:41 sec/100m	00:01:47	02:42:42	20.7 m/hr	00:01:41	01:45:29	8:03 min/m	
35	JASON RAEHL	05:24:14	Ages 25 - 29	3	27	00:39:31	2:02 sec/100m	00:01:20	02:52:08	19.5 m/hr	00:01:16	01:49:57	8:23 min/m	
61	JOEL SATTGAST	05:44:48	Ages 25 - 29	4	49	00:48:52	2:31 sec/100m	00:02:11	02:50:03	19.8 m/hr	00:02:29	02:01:12	9:15 min/m	
92	NENAD CIRIC	05:57:55	Ages 25 - 29	5	70	00:33:39	1:44 sec/100m	00:01:50	02:58:26	18.8 m/hr	00:02:20	02:21:37	10:48 min/m	
99	ERIC SCHWALBE	06:03:04	Ages 25 - 29	6	74	00:43:52	2:16 sec/100m	00:03:42	03:03:58	18.3 m/hr	00:02:40	02:08:50	9:50 min/m	
107	MATTHEW TANNER	06:10:31	Ages 25 - 29	7	79	00:41:03	2:07 sec/100m	00:04:07	03:14:49	17.2 m/hr	00:03:11	02:07:19	9:43 min/m	
113	RENATO JELIC	06:13:03	Ages 25 - 29	8	82	00:42:24	2:11 sec/100m	00:02:53	03:00:20	18.6 m/hr	00:02:33	02:24:51	11:03 min/m	
116	MICHAEL HEBERT	06:13:15	Ages 25 - 29	9	84	00:44:09	2:17 sec/100m	00:02:45	02:49:31	19.8 m/hr	00:03:43	02:33:04	11:41 min/m	
135	JON HUMSTON	06:23:32	Ages 25 - 29	10	96	00:42:24	2:11 sec/100m	00:02:57	03:01:32	18.5 m/hr	00:03:17	02:33:20	11:42 min/m	
151	ERIK STENLUND	06:31:40	Ages 25 - 29	11	105	00:42:02	2:10 sec/100m	00:02:40	03:13:48	17.3 m/hr	00:02:36	02:30:32	11:29 min/m	
169	JEFF RABINE	06:46:29	Ages 25 - 29	12	120	00:42:16	2:11 sec/100m	00:02:00	03:05:17	18.1 m/hr	00:03:11	02:53:43	13:15 min/m	
198	JOE RUMENAPP	06:59:34	Ages 25 - 29	13	143	00:50:29	2:36 sec/100m	00:03:55	03:41:14	15.2 m/hr	00:06:13	02:17:41	10:30 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
280	BENJAMIN JACOBSON	08:14:26	Ages 25 - 29	14	183	00:49:03	2:32 sec/100m	00:05:20	03:41:16	15.2 m/hr	00:06:21	03:28:23	15:54 min/m	+00:04:00
	JAMES BRADSHAW		Ages 25 - 29			00:35:37	1:50 sec/100m	00:01:38	02:49:45	19.8 m/hr				

Female **Ages 25 - 29**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
30	CHRISTINA BOWER	05:20:44	Ages 25 - 29	1	7	00:35:31	1:50 sec/100m	00:01:42	02:55:55	19.1 m/hr	00:01:33	01:46:02	8:05 min/m	
89	DEBRA KLEBACHA	05:56:43	Ages 25 - 29	2	21	00:44:17	2:17 sec/100m	00:02:36	03:05:02	18.2 m/hr	00:02:11	02:02:35	9:21 min/m	
100	BREE DETERS	06:03:41	Ages 25 - 29	3	26	00:29:37	1:32 sec/100m	00:02:01	03:06:54	18.0 m/hr				
122	COURTNEY BRADY	06:15:28	Ages 25 - 29	4	33	00:47:42	2:28 sec/100m	00:02:00	03:15:46	17.2 m/hr	00:01:41	02:08:18	9:47 min/m	
138	JESSICA KENNEDY	06:26:00	Ages 25 - 29	5	40	00:39:14	2:01 sec/100m	00:02:56	03:33:50	15.7 m/hr				
144	SARAH MCINTYRE	06:28:11	Ages 25 - 29	6	42	00:40:25	2:05 sec/100m	00:02:34	03:21:30	16.7 m/hr	00:02:30	02:21:10	10:46 min/m	
148	DEIDRE PRESCOTT	06:31:09	Ages 25 - 29	7	44	00:47:12	2:26 sec/100m	00:02:48	03:07:52	17.9 m/hr	00:03:19	02:29:57	11:26 min/m	
223	MELISSA NAVAS	07:14:54	Ages 25 - 29	8	68	00:34:19	1:46 sec/100m	00:02:32	03:37:16	15.5 m/hr	00:04:19	02:56:27	13:28 min/m	
244	SARAH WOLSFELD	07:30:01	Ages 25 - 29	9	80	00:51:47	2:40 sec/100m	00:04:37	03:46:37	14.8 m/hr	00:04:10	02:42:48	12:25 min/m	
265	BAILEY INGERSOLL	07:50:28	Ages 25 - 29	10	90	00:50:44	2:37 sec/100m	00:05:13	03:58:45	14.1 m/hr	00:05:25	02:50:19	13:00 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
12	ROBERT POULIN	05:04:48	Ages 30 - 34	1	10	00:34:18	1:46 sec/100m	00:01:19	02:43:52	20.5 m/hr	00:01:18	01:43:58	7:56 min/m	
15	CHRISTOPHER GREGORY	05:07:25	Ages 30 - 34	2	13	00:30:29	1:34 sec/100m	00:01:38	03:01:23	18.5 m/hr	00:01:40	01:32:13	7:02 min/m	
20	GEORGE VAN DENEND	05:12:22	Ages 30 - 34	3	16	00:38:53	2:00 sec/100m	00:02:08	02:44:13	20.5 m/hr	00:02:16	01:44:50	8:00 min/m	
27	JEFF DEVRIES	05:20:04	Ages 30 - 34	4	21	00:39:09	2:01 sec/100m	00:01:05	02:41:27	20.8 m/hr	00:00:54	01:53:27	8:39 min/m	+00:04:00
36	BILL KOOL	05:25:29	Ages 30 - 34	5	28	00:40:33	2:06 sec/100m	00:01:36	02:47:29	20.1 m/hr	00:01:12	01:54:37	8:44 min/m	
56	DOUGLAS SLINKMAN JR.	05:42:09	Ages 30 - 34	6	45	00:40:33	2:06 sec/100m	00:02:04	02:55:05	19.2 m/hr	00:01:58	02:02:27	9:20 min/m	
66	BRADLEY WILLIAMS	05:46:31	Ages 30 - 34	7	53	00:45:38	2:21 sec/100m	00:02:47	02:48:12	20.0 m/hr	00:04:14	02:05:37	9:35 min/m	
70	JASON STOB	05:47:44	Ages 30 - 34	8	56	00:37:53	1:57 sec/100m	00:02:00	02:53:33	19.4 m/hr	00:01:31	02:12:46	10:08 min/m	
78	JJ ZEILSTRA	05:51:16	Ages 30 - 34	9	62	00:37:40	1:57 sec/100m	00:02:11	02:50:42	19.7 m/hr	00:01:48	02:18:53	10:36 min/m	
96	MICHAEL SOUTHWELL	06:00:11	Ages 30 - 34	10	72	00:45:06	2:20 sec/100m	00:01:43	02:44:35	20.4 m/hr	00:02:23	02:26:23	11:10 min/m	
105	KEITH PENHORWOOD	06:07:13	Ages 30 - 34	11	78	00:40:11	2:04 sec/100m	00:03:47	03:06:08	18.1 m/hr	00:04:48	02:12:18	10:05 min/m	
147	CHRIS BRUMBAUGH	06:29:51	Ages 30 - 34	12	104	00:40:27	2:05 sec/100m	00:02:43	03:00:34	18.6 m/hr	00:02:14	02:43:53	12:30 min/m	
164	SHOHEI SHIBATA	06:40:13	Ages 30 - 34	13	116	00:40:04	2:04 sec/100m	00:03:40	03:16:21	17.1 m/hr	00:02:43	02:37:24	12:00 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
167	STEPHEN TANNER	06:45:50	Ages 30 - 34	14	118	00:41:20	2:08 sec/100m	00:02:46	02:56:13	19.1 m/hr	00:03:02	03:02:28	13:55 min/m	
214	TIMOTHY GOOD	07:10:30	Ages 30 - 34	15	151	00:52:41	2:43 sec/100m	00:04:16	03:32:13	15.8 m/hr	00:02:19	02:38:59	12:08 min/m	
	CRAIG PHILLIPS		Ages 30 - 34			00:38:49	2:00 sec/100m							
	BRIAN PHILLIPS		Ages 30 - 34			00:44:08	2:17 sec/100m							

Female **Ages 30 - 34**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
37	TARRA DAPRATO	05:26:57	Ages 30 - 34	1	9	00:36:40	1:53 sec/100m	00:01:53	02:51:36	19.6 m/hr	00:01:47	01:55:00	8:46 min/m	
72	ERIN MILLER	05:49:42	Ages 30 - 34	2	15	00:41:42	2:09 sec/100m	00:02:14	03:06:15	18.0 m/hr	00:01:59	01:57:30	8:58 min/m	
114	CARRIE VANDERZEE	06:13:07	Ages 30 - 34	3	32	00:32:30	1:41 sec/100m	00:03:21	03:23:39	16.5 m/hr	00:02:24	02:11:11	10:00 min/m	
130	JULIE ANDERSON	06:20:56	Ages 30 - 34	4	37	00:43:13	2:14 sec/100m	00:05:40	03:20:45	16.7 m/hr	00:03:12	02:08:03	9:46 min/m	
221	LINDSAY POOL	07:12:51	Ages 30 - 34	5	66	00:36:49	1:54 sec/100m	00:04:56	03:56:17	14.2 m/hr	00:06:00	02:28:48	11:21 min/m	
226	JULIA AMEEL	07:18:10	Ages 30 - 34	6	69	00:47:01	2:26 sec/100m	00:04:54	03:53:57	14.4 m/hr	00:05:12	02:27:05	11:13 min/m	
227	REBECCA KEENAN	07:19:43	Ages 30 - 34	7	70	00:48:59	2:32 sec/100m	00:02:33	03:25:24	16.4 m/hr	00:03:22	02:59:23	13:41 min/m	
243	MEGAN NEFF	07:29:27	Ages 30 - 34	8	79	00:44:14	2:17 sec/100m	00:03:10	03:52:12	14.5 m/hr	00:04:37	02:45:12	12:36 min/m	
252	BRIDGET MEYERS	07:37:30	Ages 30 - 34	9	83	00:46:42	2:25 sec/100m	00:03:21	03:58:30	14.1 m/hr	00:02:01	02:46:54	12:44 min/m	
253	JENNIFER COFFEY	07:38:22	Ages 30 - 34	10	84	00:35:10	1:49 sec/100m	00:02:55	03:40:24	15.2 m/hr	00:02:36	03:17:16	15:03 min/m	
260	DANA BRENNER	07:47:51	Ages 30 - 34	11	87	00:53:37	2:46 sec/100m	00:11:39	03:26:27	16.3 m/hr	00:08:59	03:07:07	14:17 min/m	
263	JENNIFER WOOLDRIDGE	07:48:38	Ages 30 - 34	12	89	00:57:45	2:59 sec/100m	00:05:07	03:47:00	14.8 m/hr	00:04:22	02:54:21	13:18 min/m	
270	JESSICA POPMA	08:00:34	Ages 30 - 34	13	93	00:54:19	2:48 sec/100m	00:05:55	03:53:55	14.4 m/hr	00:04:21	03:02:01	13:53 min/m	

Male **Ages 35 - 39**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
9	KEVIN CONNELLY	05:04:17	Ages 35 - 39	1	8	00:36:49	1:54 sec/100m	00:02:30	02:32:57	22.0 m/hr	00:03:02	01:48:58	8:19 min/m	
23	CHAD MILLS	05:14:24	Ages 35 - 39	2	18	00:41:34	2:09 sec/100m	00:02:09	02:47:43	20.0 m/hr	00:01:04	01:41:52	7:46 min/m	
25	JAMES DALTON	05:18:31	Ages 35 - 39	3	19	00:37:47	1:57 sec/100m	00:01:36	02:38:43	21.2 m/hr	00:01:39	01:58:45	9:03 min/m	
33	JEFFREY FERSCH	05:21:46	Ages 35 - 39	4	25	00:43:34	2:15 sec/100m	00:02:26	02:48:24	20.0 m/hr	00:01:24	01:45:57	8:05 min/m	
43	PAUL NEMSCHOFF	05:29:30	Ages 35 - 39	5	32	00:38:07	1:58 sec/100m	00:01:23	02:43:29	20.6 m/hr	00:01:46	02:04:43	9:31 min/m	
44	JEFF SMITH	05:30:29	Ages 35 - 39	6	33	00:36:31	1:53 sec/100m	00:01:31	02:38:16	21.2 m/hr	00:01:34	02:12:34	10:07 min/m	
45	JASON DEMETER	05:31:25	Ages 35 - 39	7	34	00:34:21	1:46 sec/100m	00:01:44	02:38:25	21.2 m/hr	00:01:27	02:15:25	10:20 min/m	
53	NATE BUIKEMA	05:39:05	Ages 35 - 39	8	42	00:39:40	2:03 sec/100m	00:02:09	02:59:11	18.8 m/hr	00:01:57	01:56:07	8:51 min/m	

Male Ages 35 - 39

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
65	PAUL HUYSER	05:46:26	Ages 35 - 39	9	52	00:39:02	2:01 sec/100m	00:01:36	03:03:29	18.3 m/hr	00:02:10	02:00:08	9:10 min/m	
67	JORGE VALENZUELA	05:46:35	Ages 35 - 39	10	54	00:49:09	2:32 sec/100m	00:02:18	03:07:02	18.0 m/hr	00:03:20	01:44:44	7:59 min/m	
73	KYLE SHOEMAKER	05:49:47	Ages 35 - 39	11	58	00:40:31	2:05 sec/100m	00:02:35	02:57:39	18.9 m/hr	00:02:38	02:06:22	9:38 min/m	
101	MICKEY TRIMNER	06:04:53	Ages 35 - 39	12	75	00:39:14	2:01 sec/100m	00:03:17	02:51:45	19.6 m/hr	00:03:25	02:27:10	11:14 min/m	
137	SHANE PAVLAK	06:25:53	Ages 35 - 39	13	98	00:46:35	2:24 sec/100m	00:03:33	03:30:28	16.0 m/hr	00:04:13	02:01:03	9:14 min/m	
154	JASON HATTON	06:33:46	Ages 35 - 39	14	107	00:41:30	2:08 sec/100m	00:01:41	02:52:55	19.4 m/hr	00:05:11	02:52:28	13:09 min/m	
156	THOMAS RAISANEN	06:35:09	Ages 35 - 39	15	109	00:41:34	2:09 sec/100m	00:02:19	03:19:01	16.9 m/hr	00:02:05	02:30:09	11:27 min/m	
178	JON CONKLING	06:50:01	Ages 35 - 39	16	128	00:43:35	2:15 sec/100m	00:02:44	03:22:19	16.6 m/hr	00:03:50	02:37:31	12:01 min/m	
191	JEFF BOTHWELL	06:57:27	Ages 35 - 39	17	137	00:47:05	2:26 sec/100m	00:04:52	03:25:01	16.4 m/hr	00:05:28	02:34:59	11:49 min/m	
195	CJ WIERENGA	06:59:19	Ages 35 - 39	18	140	00:37:52	1:57 sec/100m	00:02:32	03:15:14	17.2 m/hr	00:03:30	03:00:09	13:45 min/m	
201	TIM PLICHTA	07:00:48	Ages 35 - 39	19	144	00:42:41	2:12 sec/100m	00:08:29	03:09:35	17.7 m/hr	00:04:46	02:55:14	13:22 min/m	
202	CORY WILSON	07:00:52	Ages 35 - 39	20	145	00:48:20	2:30 sec/100m	00:04:25	03:39:14	15.3 m/hr	00:02:26	02:26:24	11:10 min/m	
210	SHAWN GREEN	07:08:26	Ages 35 - 39	21	148	00:55:54	2:53 sec/100m	00:04:17	03:20:26	16.8 m/hr	00:03:44	02:44:03	12:31 min/m	
217	TREVOR GILDERSLEEVE	07:10:52	Ages 35 - 39	22	153	00:54:26	2:49 sec/100m	00:07:09	03:30:28	16.0 m/hr	00:04:52	02:33:55	11:45 min/m	
267	JEREMY AULD	07:55:05	Ages 35 - 39	23	177	00:51:06	2:38 sec/100m	00:05:30	03:28:12	16.1 m/hr	00:06:11	03:24:05	15:34 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
69	NELL SHUTTLEWORTH	05:47:02	Ages 35 - 39	1	14	00:50:20	2:36 sec/100m	00:01:53	03:05:30	18.1 m/hr	00:02:23	01:46:54	8:09 min/m	
90	JILL PUTT	05:57:33	Ages 35 - 39	2	22	00:37:22	1:56 sec/100m	00:01:32	03:11:06	17.6 m/hr	00:03:01	02:04:31	9:30 min/m	
95	MICHELLE DALTON	05:59:51	Ages 35 - 39	3	24	00:37:52	1:57 sec/100m	00:01:21	02:58:16	18.8 m/hr	00:01:46	02:20:33	10:43 min/m	
106	ALICIA PIET	06:07:30	Ages 35 - 39	4	28	00:41:58	2:10 sec/100m	00:02:32	03:10:58	17.6 m/hr	00:03:24	02:08:38	9:49 min/m	
108	MICHELLE UEBERSETZIG	06:10:55	Ages 35 - 39	5	29	00:44:05	2:16 sec/100m	00:02:54	03:15:14	17.2 m/hr	00:01:53	02:06:48	9:40 min/m	
131	KARI STUART	06:21:55	Ages 35 - 39	6	38	00:46:44	2:25 sec/100m	00:03:35	03:08:32	17.8 m/hr	00:03:09	02:15:55	10:22 min/m+00:04:00	
133	JENNI MYRICK	06:22:34	Ages 35 - 39	7	39	00:45:17	2:20 sec/100m	00:03:20	03:09:19	17.7 m/hr	00:03:38	02:20:59	10:45 min/m	
150	REBECCA CRUTTENDEN	06:31:22	Ages 35 - 39	8	46	00:40:35	2:06 sec/100m	00:03:57	03:24:01	16.5 m/hr	00:07:46	02:15:01	10:18 min/m	
152	CARRIE HILL	06:32:44	Ages 35 - 39	9	47	00:46:52	2:25 sec/100m	00:03:45	03:05:27	18.1 m/hr	00:02:41	02:33:57	11:45 min/m	
166	SARA PLUMSTEAD	06:43:02	Ages 35 - 39	10	49	00:59:57	3:06 sec/100m	00:06:18	03:31:18	15.9 m/hr	00:06:46	01:58:41	9:03 min/m	
171	NIKKI GATES	06:47:15	Ages 35 - 39	11	50	00:42:19	2:11 sec/100m	00:02:13	03:16:20	17.1 m/hr	00:01:36	02:44:46	12:34 min/m	
200	ANNE GORDON	07:00:40	Ages 35 - 39	12	57	00:39:56	2:04 sec/100m	00:04:44	03:29:14	16.1 m/hr	00:07:03	02:39:41	12:11 min/m	
208	GRETCHEN MOHNEY	07:08:01	Ages 35 - 39	13	62	00:46:23	2:24 sec/100m	00:02:48	03:34:12	15.7 m/hr	00:06:24	02:38:12	12:04 min/m	
222	DANA BOLTON	07:13:07	Ages 35 - 39	14	67	00:41:25	2:08 sec/100m	00:03:17	03:36:36	15.5 m/hr	00:02:39	02:49:08	12:54 min/m	
231	JOY BURD	07:21:20	Ages 35 - 39	15	73	00:50:29	2:36 sec/100m	00:03:00	03:30:28	16.0 m/hr	00:05:16	02:52:06	13:08 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
238	STACIE EDINGTON	07:25:08	Ages 35 - 39	16	77	00:55:02	2:51 sec/100m	00:05:04	03:39:59	15.3 m/hr	00:07:21	02:37:40	12:02 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
13	JASON TRICHLER	05:04:59	Ages 40 - 44	1	11	00:29:36	1:32 sec/100m	00:04:12	02:41:20	20.8 m/hr	00:01:53	01:47:55	8:14 min/m	
18	JOE CANTWELL	05:11:57	Ages 40 - 44	2	14	00:38:02	1:58 sec/100m	00:02:26	02:46:06	20.2 m/hr	00:02:05	01:43:17	7:53 min/m	
26	MARK MOCHEL	05:19:45	Ages 40 - 44	3	20	00:30:51	1:35 sec/100m	00:03:13	02:56:59	19.0 m/hr	00:02:41	01:46:01	8:05 min/m	
39	SCOTT BELLAND	05:28:26	Ages 40 - 44	4	30	00:39:44	2:03 sec/100m	00:01:38	02:59:31	18.7 m/hr	00:01:04	01:46:27	8:07 min/m	
46	CHRIS POWERS	05:32:34	Ages 40 - 44	5	35	00:44:08	2:17 sec/100m	00:03:34	02:48:40	19.9 m/hr	00:04:42	01:51:28	8:30 min/m	
47	GRAIG KLUGE	05:32:35	Ages 40 - 44	6	36	00:44:35	2:18 sec/100m	00:03:52	03:04:08	18.2 m/hr	00:02:14	01:37:44	7:27 min/m	
52	BRIAN SASS	05:38:23	Ages 40 - 44	7	41	00:36:27	1:53 sec/100m	00:01:37	02:36:58	21.4 m/hr	00:02:15	02:21:05	10:46 min/m	
54	SCOTT WRIGHT	05:40:20	Ages 40 - 44	8	43	00:39:35	2:03 sec/100m	00:01:23	02:51:10	19.6 m/hr	00:02:38	02:05:32	9:35 min/m	
57	BRIAN POWERS	05:42:18	Ages 40 - 44	9	46	00:48:56	2:32 sec/100m	00:02:33	02:52:51	19.4 m/hr	00:02:17	01:55:39	8:49 min/m	
84	CRAIG SWAYZE	05:53:53	Ages 40 - 44	10	66	00:33:51	1:45 sec/100m	00:02:20	03:04:31	18.2 m/hr	00:03:02	02:10:06	9:55 min/m	
87	MARK OLSON	05:55:09	Ages 40 - 44	11	68	00:46:14	2:23 sec/100m	00:04:02	02:41:30	20.8 m/hr	00:04:14	02:19:08	10:37 min/m	
93	MICHAEL MITCHELL	05:58:19	Ages 40 - 44	12	71	00:34:07	1:46 sec/100m	00:04:45	03:08:39	17.8 m/hr	00:04:32	02:06:14	9:38 min/m	
104	ANTHONY LOSASSO	06:06:16	Ages 40 - 44	13	77	00:47:19	2:27 sec/100m	00:05:00	03:06:12	18.0 m/hr	00:04:47	02:02:55	9:23 min/m	
109	KEVIN PHILION	06:11:48	Ages 40 - 44	14	80	00:34:47	1:48 sec/100m	00:03:18	03:03:51	18.3 m/hr	00:03:34	02:26:16	11:09 min/m	
115	MIKE STEELE	06:13:14	Ages 40 - 44	15	83	00:33:18	1:43 sec/100m	00:02:05	02:51:18	19.6 m/hr	00:02:00	02:44:31	12:33 min/m	
119	TODD DYKSTRA	06:14:17	Ages 40 - 44	16	87	00:33:09	1:43 sec/100m	00:01:40	03:00:28	18.6 m/hr	00:01:40	02:37:19	12:00 min/m	
121	MARK WEIRICH	06:14:27	Ages 40 - 44	17	89	00:34:10	1:46 sec/100m	00:03:25	03:00:47	18.6 m/hr	00:02:54	02:33:10	11:41 min/m	
127	DAVID CURRY	06:17:56	Ages 40 - 44	18	92	00:41:47	2:09 sec/100m	00:05:18	03:00:31	18.6 m/hr	00:06:50	02:23:29	10:57 min/m	
129	DOUG VANDERJAGT	06:20:05	Ages 40 - 44	19	93	00:36:30	1:53 sec/100m	00:02:29	03:17:31	17.0 m/hr	00:02:11	02:21:22	10:47 min/m	
142	DAVID EDINGTON	06:27:32	Ages 40 - 44	20	101	00:35:58	1:51 sec/100m	00:04:03	03:16:33	17.1 m/hr	00:05:04	02:25:52	11:08 min/m	
143	JOSE-GIOVANI BEZA	06:27:35	Ages 40 - 44	21	102	00:45:46	2:22 sec/100m	00:02:45	03:09:55	17.7 m/hr	00:03:07	02:22:01	10:50 min/m+00:04:00	
146	SHAWN MACINNIS	06:29:51	Ages 40 - 44	22	103	00:32:38	1:41 sec/100m	00:03:45	03:18:51	16.9 m/hr	00:02:53	02:31:43	11:34 min/m	
155	NORMAN RONEY	06:34:43	Ages 40 - 44	23	108	00:43:26	2:14 sec/100m	00:02:27	03:15:01	17.2 m/hr	00:06:11	02:27:35	11:15 min/m	
159	MODESTO CASTILLO	06:38:27	Ages 40 - 44	24	111	01:13:12	3:47 sec/100m	00:03:58	03:16:14	17.1 m/hr	00:04:42	02:00:20	9:11 min/m	
160	RON AULBACH	06:38:35	Ages 40 - 44	25	112	00:37:48	1:57 sec/100m	00:02:21	03:11:54	17.5 m/hr	00:03:52	02:42:39	12:24 min/m	
162	BRIAN HARRIER	06:38:52	Ages 40 - 44	26	114	00:40:40	2:06 sec/100m	00:02:46	03:18:18	16.9 m/hr	00:06:50	02:30:17	11:28 min/m	
163	PHIL RIDER	06:39:59	Ages 40 - 44	27	115	00:52:38	2:43 sec/100m	00:04:24						
170	JOE LEGATZ	06:47:03	Ages 40 - 44	28	121	00:40:41	2:06 sec/100m	00:04:07	03:08:30	17.8 m/hr	00:03:55	02:49:47	12:57 min/m	
172	BRIAN WREST	06:47:15	Ages 40 - 44	29	122	00:38:26	1:59 sec/100m	00:03:35	03:12:15	17.5 m/hr	00:03:00	02:49:58	12:58 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
173	DAVID RICCIUS	06:48:08	Ages 40 - 44	30	123	00:46:48	2:25 sec/100m	00:04:33	03:17:34	17.0 m/hr	00:03:19	02:35:51	11:53 min/m	
177	STEVE JOHNSON	06:49:02	Ages 40 - 44	31	127	00:50:20	2:36 sec/100m	00:04:17	03:08:46	17.8 m/hr	00:02:22	02:43:15	12:27 min/m	
193	SCOTT RIVETTE	06:58:05	Ages 40 - 44	32	138	00:43:13	2:14 sec/100m	00:03:03	03:21:45	16.7 m/hr	00:02:54	02:47:09	12:45 min/m	
196	ADAM ROSEMA	06:59:30	Ages 40 - 44	33	141	00:48:54	2:31 sec/100m	00:02:11	02:54:08	19.3 m/hr	00:04:49	03:09:27	14:27 min/m	
197	BILL PINCHES	06:59:33	Ages 40 - 44	34	142	00:43:20	2:14 sec/100m	00:04:33	03:29:44	16.0 m/hr	00:03:25	02:38:28	12:05 min/m	
203	PRENTICE COLE	07:03:47	Ages 40 - 44	35	146	00:47:51	2:28 sec/100m					02:34:16	11:46 min/m	
219	JEFF SPENCER	07:11:46	Ages 40 - 44	36	155	00:48:42	2:31 sec/100m	00:04:00	03:23:17	16.5 m/hr	00:07:33	02:48:12	12:50 min/m	
271	KEITH WHITE	08:00:41	Ages 40 - 44	37	178	00:48:22	2:30 sec/100m	00:03:56	03:35:14	15.6 m/hr	00:05:47	03:27:21	15:49 min/m	
286	YOSEF GINDZIN	08:30:09	Ages 40 - 44	38	185	00:49:07	2:32 sec/100m	00:04:08	03:56:41	14.2 m/hr	00:04:48	03:35:22	16:26 min/m	

Female Ages 40 - 44

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
59	ALEXANDRA MARKARIAN	05:43:27	Ages 40 - 44	1	12	00:43:53	2:16 sec/100m	00:02:03	02:48:06	20.0 m/hr	00:02:25	02:06:58	9:41 min/m	
64	SAM WALLACE	05:46:18	Ages 40 - 44	2	13	00:35:40	1:50 sec/100m	00:02:48	02:58:47	18.8 m/hr	00:02:20	02:06:41	9:40 min/m	
81	CHRISTINE CHRISTIAN	05:52:17	Ages 40 - 44	3	17	00:48:52	2:31 sec/100m	00:02:13	02:59:18	18.7 m/hr	00:02:52	01:58:59	9:05 min/m	
97	DANA SIZELOVE	06:02:26	Ages 40 - 44	4	25	00:46:25	2:24 sec/100m	00:03:51	03:00:29	18.6 m/hr	00:05:37	02:06:02	9:37 min/m	
112	CHERYL OLSON	06:12:44	Ages 40 - 44	5	31	00:46:36	2:24 sec/100m	00:02:01	02:54:00	19.3 m/hr	00:02:24	02:27:41	11:16 min/m	
125	ROBYN KAISER	06:17:34	Ages 40 - 44	6	34	00:40:53	2:07 sec/100m	00:02:08	03:01:52	18.5 m/hr	00:01:40	02:30:58	11:31 min/m	
140	DANA BLASEY	06:26:10	Ages 40 - 44	7	41	00:39:22	2:02 sec/100m	00:02:06	02:50:09	19.7 m/hr	00:03:06	02:51:26	13:05 min/m	
158	ANGELA WEIRICH	06:37:48	Ages 40 - 44	8	48	00:49:04	2:32 sec/100m	00:02:41	03:13:45	17.3 m/hr	00:02:55	02:29:21	11:24 min/m	
189	CATHY ARMSTRONG	06:56:18	Ages 40 - 44	9	54	00:41:42	2:09 sec/100m	00:03:32	03:27:10	16.2 m/hr	00:03:54	02:39:57	12:12 min/m	
204	CARLENE KENNELLY	07:03:49	Ages 40 - 44	10	58	00:41:54	2:10 sec/100m	00:03:31	03:35:00	15.6 m/hr	00:04:26	02:38:55	12:07 min/m	
205	KATHERINE BOLT	07:06:24	Ages 40 - 44	11	59	00:37:08	1:55 sec/100m	00:09:27	03:58:39	14.1 m/hr	00:08:24	02:12:44	10:07 min/m	
216	LAURA RINNA	07:10:47	Ages 40 - 44	12	64	00:35:52	1:51 sec/100m	00:02:38	03:49:58	14.6 m/hr	00:03:54	02:38:24	12:05 min/m	
234	AMY STEA	07:24:07	Ages 40 - 44	13	75	00:59:57	3:06 sec/100m	00:07:43	03:49:37	14.6 m/hr	00:09:43	02:17:06	10:28 min/m	
275	CHANTAL WENTWORTH-MULLIN	08:08:36	Ages 40 - 44	14	95	00:42:14	2:11 sec/100m	00:05:45	03:51:16	14.5 m/hr	00:07:01	03:22:18	15:26 min/m	
281	HOLLY VISSER	08:21:33	Ages 40 - 44	15	98	00:54:01	2:47 sec/100m	00:04:56	04:03:32	13.8 m/hr	00:05:37	03:13:25	14:45 min/m	
291	JENNIFER ELY	10:17:47	Ages 40 - 44	16	106	00:59:43	3:05 sec/100m	00:03:33	04:18:38	13.0 m/hr	00:05:12	04:50:39	22:11 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
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Male Ages 45 - 49

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
19	DANIEL OSTERBAAN	05:12:13	Ages 45 - 49	1	15	00:36:55	1:54 sec/100m	00:01:11	02:39:25	21.1 m/hr	00:01:39	01:53:02	8:37 min/m	
28	DON GOETCHEUS	05:20:07	Ages 45 - 49	2	22	00:29:25	1:31 sec/100m	00:02:17	02:44:57	20.4 m/hr	00:01:44	02:01:41	9:17 min/m	
34	MARK ALEXANDER	05:22:49	Ages 45 - 49	3	26	00:35:02	1:48 sec/100m	00:01:43	02:43:24	20.6 m/hr	00:01:24	02:01:15	9:15 min/m	
51	BRUCE MILLER	05:38:19	Ages 45 - 49	4	40	00:36:30	1:53 sec/100m	00:01:39	02:48:37	19.9 m/hr	00:02:02	02:09:29	9:53 min/m	
60	JIM RYZMAR	05:44:08	Ages 45 - 49	5	48	00:33:09	1:43 sec/100m	00:03:53	02:54:58	19.2 m/hr	00:04:21	02:07:45	9:45 min/m	
62	KEN EVINK	05:45:14	Ages 45 - 49	6	50	00:38:35	1:59 sec/100m	00:02:04	02:51:52	19.6 m/hr	00:02:35	02:10:07	9:55 min/m	
71	MACIEJ LITKOWIEC	05:49:33	Ages 45 - 49	7	57	00:36:11	1:52 sec/100m	00:03:10	03:03:38	18.3 m/hr	00:01:47	02:04:45	9:31 min/m	
79	DAVID BLEEDEN	05:51:55	Ages 45 - 49	8	63	00:48:17	2:30 sec/100m	00:02:41	02:55:47	19.1 m/hr	00:03:39	02:01:30	9:16 min/m	
102	CHAD ROBERTS	06:05:16	Ages 45 - 49	9	76	00:36:18	1:52 sec/100m	00:01:56	02:59:42	18.7 m/hr	00:02:26	02:24:53	11:03 min/m	
132	MARIO HERNDL	06:22:31	Ages 45 - 49	10	94	00:51:16	2:39 sec/100m	00:02:11	03:05:31	18.1 m/hr	00:02:48	02:20:43	10:44 min/m	
134	MATT GARBARINO	06:22:42	Ages 45 - 49	11	95	00:50:02	2:35 sec/100m	00:04:24	03:10:23	17.6 m/hr	00:04:22	02:13:30	10:11 min/m	
165	STEVE HELDER	06:42:55	Ages 45 - 49	12	117	00:49:04	2:32 sec/100m	00:02:22	03:11:14	17.6 m/hr	00:03:33	02:36:41	11:57 min/m	
188	RAFAEL MENDEZ	06:53:45	Ages 45 - 49	13	135	00:41:38	2:09 sec/100m	00:04:24	03:07:02	18.0 m/hr	00:05:35	02:55:04	13:21 min/m	
213	MICHAEL LEACH	07:09:30	Ages 45 - 49	14	150	00:46:29	2:24 sec/100m	00:03:50	03:22:01	16.6 m/hr	00:02:32	02:54:35	13:19 min/m	
215	DOUG BRANDT	07:10:31	Ages 45 - 49	15	152	00:43:34	2:15 sec/100m	00:02:30	02:57:56	18.9 m/hr	00:02:05	03:24:23	15:36 min/m	
237	JOHN BELL	07:24:50	Ages 45 - 49	16	161	00:57:13	2:57 sec/100m	00:06:01	03:20:49	16.7 m/hr	00:05:54	02:54:51	13:20 min/m	
249	BILL TRAPP	07:36:33	Ages 45 - 49	17	168	01:00:09	3:06 sec/100m	00:06:42	03:36:04	15.6 m/hr	00:06:26	02:47:11	12:45 min/m	
261	SCOTT KELLOGG	07:48:08	Ages 45 - 49	18	174	01:08:25	3:32 sec/100m	00:04:13	03:24:00	16.5 m/hr	00:04:08	03:07:20	14:18 min/m	
274	CHRISTIAN KRUPP	08:05:27	Ages 45 - 49	19	180	00:49:50	2:34 sec/100m	00:03:42	03:48:49	14.7 m/hr	00:06:04	03:17:01	15:02 min/m	
277	STEPHEN MORAN	08:10:27	Ages 45 - 49	20	181	00:39:59	2:04 sec/100m	00:03:44	03:37:51	15.4 m/hr	00:07:36	03:41:16	16:53 min/m	
284	DAN CHITWOOD	08:26:04	Ages 45 - 49	21	184	00:48:32	2:30 sec/100m	00:05:19	03:50:32	14.6 m/hr	00:11:33	03:30:06	16:02 min/m	

Female Ages 45 - 49

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
32	JANNA MILLER	05:21:38	Ages 45 - 49	1	8	00:32:54	1:42 sec/100m	00:01:45	02:57:01	19.0 m/hr	00:01:36	01:48:20	8:16 min/m	
40	NANCY AGRILLO	05:28:28	Ages 45 - 49	2	10	00:42:54	2:13 sec/100m	00:01:15	02:57:26	18.9 m/hr	00:01:15	01:45:37	8:03 min/m	
88	CONNIE KRAMER	05:55:58	Ages 45 - 49	3	20	00:45:21	2:20 sec/100m	00:02:50	02:50:47	19.7 m/hr	00:03:42	02:13:16	10:10 min/m	
94	TRACI OSTENDORF	05:59:10	Ages 45 - 49	4	23	00:52:14	2:42 sec/100m	00:03:05	03:09:10	17.8 m/hr	00:04:33	01:50:08	8:24 min/m	
111	KAREN LEWIS	06:12:18	Ages 45 - 49	5	30	00:46:23	2:24 sec/100m	00:01:38	03:07:59	17.9 m/hr	00:01:34	02:14:43	10:17 min/m	
149	CAROL REISS	06:31:17	Ages 45 - 49	6	45	00:37:55	1:57 sec/100m	00:02:20	03:22:16	16.6 m/hr	00:03:01	02:25:42	11:07 min/m	
199	STACI OSTENDORF	07:00:32	Ages 45 - 49	7	56	00:52:14	2:42 sec/100m	00:03:30	03:26:25	16.3 m/hr	00:06:30	02:31:51	11:35 min/m	
207	LORI BUSH	07:07:13	Ages 45 - 49	8	61	00:52:19	2:42 sec/100m	00:05:56	03:05:52	18.1 m/hr	00:08:21	02:54:44	13:20 min/m	
262	REME SO	07:48:29	Ages 45 - 49	9	88	00:46:46	2:25 sec/100m	00:02:11	04:01:18	13.9 m/hr	00:03:34	02:54:39	13:19 min/m	

Female Ages 45 - 49

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
269	AMY WYSOCKI	07:57:33	Ages 45 - 49	10	92	00:41:37	2:09 sec/100m	00:02:49	03:39:58	15.3 m/hr	00:03:09	03:29:57	16:01 min/m	
276	WENDY BURNS-ARDOLINO	08:08:36	Ages 45 - 49	11	96	00:48:59	2:32 sec/100m	00:02:01	03:54:55	14.3 m/hr	00:06:50	03:15:50	14:56 min/m	
278	LISA ROBINSON	08:13:42	Ages 45 - 49	12	97	00:34:40	1:47 sec/100m	00:05:31	04:04:59	13.7 m/hr	00:05:35	03:22:56	15:29 min/m	
282	VALERIE SANDERS	08:21:39	Ages 45 - 49	13	99	01:02:24	3:13 sec/100m	00:03:59	03:57:33	14.1 m/hr	00:05:22	03:12:18	14:40 min/m	
288	SHELLEY PLAMBECK	08:46:57	Ages 45 - 49	14	103	01:00:03	3:06 sec/100m	00:08:31	04:18:43	13.0 m/hr	00:08:11	03:11:27	14:36 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
31	BLAIR ZORDELL	05:21:01	Ages 50 - 54	1	24	00:33:36	1:44 sec/100m	00:02:49	02:46:19	20.2 m/hr	00:02:37	01:55:38	8:49 min/m	
42	BILL COURTNEY	05:29:08	Ages 50 - 54	2	31	00:37:13	1:55 sec/100m	00:03:09	03:01:45	18.5 m/hr	00:03:56	01:43:02	7:51 min/m	
49	KEITH SCOTT	05:35:18	Ages 50 - 54	3	38	00:38:12	1:58 sec/100m	00:01:57	02:47:09	20.1 m/hr	00:01:39	02:06:19	9:38 min/m	
50	JOHN HOPKINS	05:37:09	Ages 50 - 54	4	39	00:41:41	2:09 sec/100m	00:03:50	02:56:03	19.1 m/hr	00:03:06	01:52:27	8:35 min/m	
58	KIP MILLER	05:42:27	Ages 50 - 54	5	47	00:38:56	2:00 sec/100m	00:02:00	02:48:50	19.9 m/hr	00:01:39	02:11:00	10:00 min/m	
82	KEVIN GILMORE	05:52:49	Ages 50 - 54	6	65	00:38:38	2:00 sec/100m	00:02:43	02:59:49	18.7 m/hr	00:01:50	02:09:47	9:54 min/m	
86	MICHAEL MIELOCK	05:55:02	Ages 50 - 54	7	67	00:33:05	1:42 sec/100m	00:01:55	02:41:22	20.8 m/hr	00:04:43	02:33:55	11:45 min/m	
91	BRAD SPURLIN	05:57:53	Ages 50 - 54	8	69	00:34:41	1:47 sec/100m	00:01:41	02:56:01	19.1 m/hr	00:04:18	02:21:11	10:46 min/m	
118	MARK HYRNS	06:13:42	Ages 50 - 54	9	86	00:41:45	2:09 sec/100m	00:03:55	03:13:32	17.4 m/hr	00:02:22	02:12:07	10:05 min/m	
123	JEFF TRAPP	06:15:51	Ages 50 - 54	10	90	00:36:58	1:54 sec/100m	00:02:40	03:16:02	17.1 m/hr	00:02:13	02:17:56	10:31 min/m	
141	MICHAEL CHAMBON	06:26:47	Ages 50 - 54	11	100	00:48:48	2:31 sec/100m	00:02:01	03:04:13	18.2 m/hr	00:01:35	02:30:08	11:27 min/m	
176	JOSEPH BAUER	06:48:58	Ages 50 - 54	12	126	00:46:38	2:24 sec/100m	00:02:15	03:08:18	17.8 m/hr	00:02:23	02:49:22	12:55 min/m	
179	ROBERT BENSON	06:50:03	Ages 50 - 54	13	129	00:53:56	2:47 sec/100m	00:04:05	03:21:09	16.7 m/hr	00:04:32	02:26:20	11:10 min/m	
236	JOE CEKOLA	07:24:42	Ages 50 - 54	14	160	00:52:05	2:41 sec/100m	00:04:02	03:29:21	16.0 m/hr	00:04:43	02:54:29	13:19 min/m	
239	RICHARD KOGELSCHATZ	07:26:27	Ages 50 - 54	15	162	00:37:45	1:57 sec/100m	00:05:33	03:36:28	15.5 m/hr	00:04:45	03:01:54	13:53 min/m	
248	LEO CRUEL	07:34:21	Ages 50 - 54	16	167	00:48:24	2:30 sec/100m	00:03:14	03:50:50	14.6 m/hr	00:03:38	02:48:13	12:50 min/m	
256	PAUL STEPHENSON	07:42:58	Ages 50 - 54	17	171	00:57:13	2:57 sec/100m	00:04:29	03:19:21	16.9 m/hr	00:05:13	03:16:40	15:00 min/m	
266	RICHARD LABBE	07:54:26	Ages 50 - 54	18	176	00:56:29	2:55 sec/100m	00:06:48	03:33:40	15.7 m/hr	00:08:18	03:09:09	14:26 min/m	

Female Ages 50 - 54

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
85	CHRISTINA MABIE	05:54:04	Ages 50 - 54	1	19	00:43:22	2:14 sec/100m	00:03:06	03:08:40	17.8 m/hr	00:02:53	01:56:00	8:51 min/m	
180	DIANE LEGATE	06:51:16	Ages 50 - 54	2	51	00:55:56	2:53 sec/100m	00:03:43	03:26:11	16.3 m/hr	00:03:24	02:22:00	10:50 min/m	

Female **Ages 50 - 54**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
212	KELLY BONNELL	07:08:57	Ages 50 - 54	3	63	00:46:47	2:25 sec/100m	00:03:02	03:30:23	16.0 m/hr	00:05:06	02:43:38	12:29 min/m	
230	JEANNINE VIRTUE	07:20:48	Ages 50 - 54	4	72	00:46:46	2:25 sec/100m	00:03:47	03:28:54	16.1 m/hr	00:03:38	02:57:42	13:33 min/m	
246	SHELLEY IRWIN	07:31:28	Ages 50 - 54	5	81	00:55:44	2:53 sec/100m	00:02:09	03:44:14	15.0 m/hr	00:02:25	02:46:54	12:44 min/m	
251	JANET HUNNIUS	07:37:01	Ages 50 - 54	6	82	01:03:47	3:18 sec/100m	00:02:57	03:31:06	15.9 m/hr	00:02:37	02:56:33	13:28 min/m	
285	BRENDA DOUCETTE	08:27:01	Ages 50 - 54	7	101	00:46:46	2:25 sec/100m	00:04:44	04:20:32	12.9 m/hr	00:05:16	03:09:41	14:28 min/m	
289	PAMELA HENNESSY	09:05:34	Ages 50 - 54	8	104	00:57:43	2:59 sec/100m	00:07:15	04:36:31	12.2 m/hr	00:07:48	03:16:15	14:58 min/m	

Male **Ages 55 - 59**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
110	ED BORGMAN	06:12:03	Ages 55 - 59	1	81	00:39:04	2:01 sec/100m	00:02:50	02:56:31	19.0 m/hr	00:03:15	02:30:20	11:28 min/m	
168	BOB GLOVER	06:46:01	Ages 55 - 59	2	119	00:42:54	2:13 sec/100m	00:03:44	03:02:30	18.4 m/hr	00:05:15	02:47:36	12:47 min/m+00:04:00	
174	GERALD BAROFSKY	06:48:12	Ages 55 - 59	3	124	00:43:20	2:14 sec/100m	00:06:18	03:14:45	17.3 m/hr	00:04:00	02:39:47	12:11 min/m	
182	ERICH PAGEL	06:52:11	Ages 55 - 59	4	131	00:49:14	2:32 sec/100m	00:05:07	03:13:48	17.3 m/hr	00:04:33	02:39:28	12:10 min/m	
225	JIM DYKEMA	07:16:40	Ages 55 - 59	5	157	00:39:30	2:02 sec/100m	00:04:09	03:08:52	17.8 m/hr	00:04:16	03:19:52	15:15 min/m	
245	BOB BRACE	07:30:58	Ages 55 - 59	6	165	00:49:55	2:35 sec/100m	00:01:53	03:11:16	17.6 m/hr	00:07:09	03:16:43	15:01 min/m+00:04:00	

Female **Ages 55 - 59**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
103	DEBRA SEMEYN	06:05:29	Ages 55 - 59	1	27	00:45:13	2:20 sec/100m	00:02:19	02:50:54	19.7 m/hr	00:01:43	02:25:19	11:05 min/m	
185	RHONDA DEVREESE	06:53:14	Ages 55 - 59	2	52	00:48:06	2:29 sec/100m	00:02:06	03:16:35	17.1 m/hr	00:03:23	02:43:02	12:26 min/m	
192	ANDREA RISK	06:58:03	Ages 55 - 59	3	55	00:42:53	2:13 sec/100m	00:03:49	03:13:05	17.4 m/hr	00:04:08	02:54:07	13:17 min/m	
206	PAULA BONT	07:06:51	Ages 55 - 59	4	60	00:50:10	2:35 sec/100m	00:06:21	03:40:28	15.2 m/hr	00:05:50	02:24:01	10:59 min/m	
254	JO-AN GRANE	07:41:25	Ages 55 - 59	5	85	04:38:59	14:26 sec/100m	740:17:53	03:38:28	15.4 m/hr				
268	TAMY NAGY	07:56:59	Ages 55 - 59	6	91	00:52:57	2:44 sec/100m	00:03:10	03:27:05	16.2 m/hr	00:04:50	03:24:55	15:38 min/m+00:04:00	
287	JAN HOST	08:32:16	Ages 55 - 59	7	102	00:59:48	3:05 sec/100m	00:03:19	03:55:58	14.2 m/hr	00:04:17	03:28:52	15:56 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
247	BRUCE BABCOCK	07:33:17	Ages 60 and over	1	166	00:46:52	2:25 sec/100m	00:03:49	03:26:29	16.3 m/hr	00:04:34	03:11:30	14:37 min/m	
	MICHAEL LINDLEY		Ages 60 and over			00:41:02	2:07 sec/100m	00:02:38	03:18:51	16.9 m/hr	00:03:52			

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
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Male **Clydesdale**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
55	HAROLD WOODS III	05:40:53	Clydesdale	1	44	00:34:03	1:45 sec/100m	00:01:37	02:45:57	20.2 m/hr	00:02:00	02:17:14	10:28 min/m	
157	JEFFREY WOODS	06:37:40	Clydesdale	2	110	00:43:26	2:15 sec/100m	00:03:16	03:14:59	17.5 m/hr	00:04:02	02:31:55	11:35 min/m	
175	ERIC GARNHAM	06:48:26	Clydesdale	3	125	00:39:40	2:03 sec/100m	00:01:46	03:12:07	17.5 m/hr	00:02:09	02:52:42	13:11 min/m	
181	BRAD VELDING	06:51:59	Clydesdale	4	130	00:42:45	2:12 sec/100m	00:02:15	03:30:17	16.0 m/hr	00:02:36	02:34:04	11:45 min/m	
183	KIRK WICK	06:52:36	Clydesdale	5	132	00:41:05	2:07 sec/100m	00:04:42	03:03:26	18.3 m/hr	00:03:14	03:00:06	13:44 min/m	
184	MIKE STEVENS	06:53:06	Clydesdale	6	133	00:40:20	2:05 sec/100m	00:03:52	03:07:13	17.9 m/hr	00:02:53	02:58:45	13:38 min/m	
187	JAMES HARVEY	06:53:42	Clydesdale	7	134	00:42:49	2:13 sec/100m	00:05:56	03:21:36	16.7 m/hr	00:07:03	02:36:17	11:55 min/m	
190	CHRIS WRIGHT	06:57:07	Clydesdale	8	136	00:42:54	2:13 sec/100m	00:05:15	03:26:38	16.3 m/hr	00:06:33	02:35:44	11:53 min/m	
209	MR BUTCHER	07:08:21	Clydesdale	9	147	00:43:50	2:16 sec/100m	00:03:45	03:16:01	17.1 m/hr	00:04:57	02:59:46	13:43 min/m	
218	JUSTIN JOHNSON	07:11:32	Clydesdale	10	154	00:42:30	2:12 sec/100m	00:07:38	03:14:56	17.2 m/hr	00:07:53	02:58:34	13:37 min/m	
229	SCOTT FOREMAN	07:20:43	Clydesdale	11	158	01:02:38	3:14 sec/100m	00:04:40	03:13:53	17.3 m/hr	00:04:08	02:55:22	13:23 min/m	
232	GLENN LONG	07:22:23	Clydesdale	12	159	00:29:48	1:32 sec/100m	00:02:53	03:22:01	16.6 m/hr	00:08:08	03:19:31	15:13 min/m	
240	RANDY SLIKKERS	07:26:29	Clydesdale	13	163	00:45:00	2:19 sec/100m	00:03:19	03:28:55	16.1 m/hr	00:03:10	03:06:02	14:12 min/m	
241	ERIC SMIES	07:26:49	Clydesdale	14	164	00:44:10	2:17 sec/100m	00:02:57	03:23:47	16.5 m/hr	00:05:15	03:10:38	14:33 min/m	
250	CHARLES JONES	07:36:51	Clydesdale	15	169	00:53:10	2:45 sec/100m	00:03:55	03:21:22	16.7 m/hr	00:04:07	03:14:15	14:49 min/m	
264	DERRICK CREIGHTON	07:50:02	Clydesdale	16	175	00:42:18	2:11 sec/100m	00:08:33	03:29:50	16.0 m/hr	00:06:13	03:23:06	15:30 min/m	
273	JAMES OTT	08:04:48	Clydesdale	17	179	01:04:24	3:20 sec/100m	00:03:04	03:35:29	15.6 m/hr	00:04:07	03:17:41	15:05 min/m	
279	CHRIS HAMSTRA	08:14:03	Clydesdale	18	182	00:55:14	2:51 sec/100m	00:04:28	03:48:28	14.7 m/hr	00:03:35	03:22:17	15:26 min/m	

Female **Athena**

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
186	TAMMY QUILLAN	06:53:19	Athena	1	53	00:43:02	2:13 sec/100m	00:02:52	03:11:42	17.5 m/hr	00:04:05	02:51:36	13:06 min/m	
220	JENNIFER BRENNAN	07:12:28	Athena	2	65	00:50:06	2:35 sec/100m	00:04:12	03:29:15	16.1 m/hr	00:06:31	02:42:23	12:23 min/m	
228	ANN SCHMITT	07:20:33	Athena	3	71	00:44:13	2:17 sec/100m	00:09:59	03:37:59	15.4 m/hr	00:08:46	02:39:34	12:10 min/m	
233	KELLY KANE	07:23:54	Athena	4	74	00:43:16	2:14 sec/100m	00:04:48	03:14:02	17.3 m/hr	00:09:00	03:12:46	14:42 min/m	
235	ELIZABETH LULICH	07:24:21	Athena	5	76	00:46:56	2:25 sec/100m	00:03:29	03:31:57	15.9 m/hr	00:04:18	02:57:40	13:33 min/m	
242	KARA NUISMER	07:28:40	Athena	6	78	00:50:49	2:37 sec/100m	00:02:44	03:24:25	16.4 m/hr	00:03:56	03:06:45	14:15 min/m	
258	DEBRA BENJAMIN	07:44:16	Athena	7	86	00:50:38	2:37 sec/100m	00:05:22	03:45:05	14.9 m/hr	00:03:21	02:59:50	13:43 min/m	
272	MARY JONES	08:03:54	Athena	8	94	00:55:17	2:51 sec/100m	00:05:44	04:04:32	13.7 m/hr	00:06:13	02:52:07	13:08 min/m	
283	AMY JENTZ	08:25:36	Athena	9	100	00:51:44	2:40 sec/100m	00:02:56	03:49:05	14.7 m/hr	00:04:28	03:37:22	16:35 min/m	

Female Athena

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
290	CARRIE RIVETTE	09:24:44	Athena	10	105	01:04:34	3:20 sec/100m	00:05:42	04:05:14	13.7 m/hr	00:06:10	04:03:02	18:33 min/m	
292	DANI FANTASTIC HAYNES	10:25:56	Athena	11	107	01:14:57	3:52 sec/100m	00:07:44	05:32:16	10.1 m/hr	00:05:33	03:25:25	15:40 min/m	
	BECKY LAWRENCE		Athena			01:02:34	3:14 sec/100m	00:05:42	06:09:47	9.1 m/hr				

Male Relay

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
4	FREEWHEELER REAL WOMEN TRI	04:37:44	Relay	1	4	00:37:31	1:56 sec/100m	00:01:14	02:25:36	23.1 m/hr	00:00:51	01:32:30	7:03 min/m	
21	THE HINKEN BROS	05:12:54	Relay	2	17	00:32:52	1:42 sec/100m	00:01:21	02:55:09	19.2 m/hr	00:01:02	01:42:29	7:49 min/m	
29	3X BOYNTON BROS	05:20:38	Relay	3	23	00:49:00	2:32 sec/100m	00:01:23	02:42:46	20.6 m/hr	00:01:01	01:46:26	8:07 min/m	
48	KEEP CALM AND TRI ON	05:34:09	Relay	4	37	00:33:20	1:43 sec/100m	00:01:08	02:51:19	19.6 m/hr	00:00:50	02:07:30	9:43 min/m	
75	TEAM MIEDEMA	05:50:50	Relay	5	59	00:34:32	1:47 sec/100m	00:01:12	03:05:05	18.2 m/hr	00:01:10	02:08:50	9:50 min/m	
117	TEAM GERMAIN	06:13:20	Relay	6	85	00:56:36	2:55 sec/100m	00:01:24	03:07:25	17.9 m/hr	00:01:33	02:06:21	9:38 min/m	
120	O TEAM	06:14:23	Relay	7	88	00:43:51	2:16 sec/100m	00:01:09	03:17:39	17.0 m/hr	00:00:54	02:10:48	9:59 min/m	
124	TEAM KBA	06:16:07	Relay	8	91	00:35:34	1:50 sec/100m	00:01:18	03:11:49	17.5 m/hr	00:01:07	02:26:18	11:10 min/m	
139	TEAM SEMI-VEG	06:26:03	Relay	9	99	00:39:31	2:02 sec/100m	00:01:25	03:31:30	15.9 m/hr	00:01:15	02:12:20	10:06 min/m	
194	LEPRINO FOODS	06:59:08	Relay	10	139	00:51:54	2:41 sec/100m	00:02:17	03:37:53	15.4 m/hr	00:02:26	02:24:36	11:02 min/m	

Female Relay

Pos	Name	Time	Category	Cat pos	Gndr pos	Swim	Swim pace	T1	Cycle	Cycle pace	T2	Run	Run Pace	Penalty
11	TEAM HOEHN	05:04:40	Relay	1	2	00:34:31	1:47 sec/100m	00:01:11	02:48:45	19.9 m/hr	00:00:58	01:39:14	7:34 min/m	
17	HOUSE OF PAYNE	05:11:36	Relay	2	4	00:35:12	1:49 sec/100m	00:01:02	03:01:12	18.5 m/hr	00:00:53	01:33:15	7:07 min/m	
24	BEAUTIES AND THE BEAST	05:17:54	Relay	3	6	00:35:15	1:49 sec/100m	00:01:13	02:56:12	19.1 m/hr	00:00:56	01:44:16	7:57 min/m	
41	REAL WOMEN TRI URBANSKI	05:28:40	Relay	4	11	00:42:10	2:11 sec/100m	00:01:08	02:45:57	20.2 m/hr	00:01:10	01:58:13	9:01 min/m	
74	JEAN VAN COEVERING	05:50:33	Relay	5	16	00:37:26	1:56 sec/100m	00:01:30	03:32:56	15.8 m/hr	00:01:06	01:37:34	7:26 min/m	
126	REAL WOMEN TRI BARKEL	06:17:47	Relay	6	35	00:38:33	1:59 sec/100m	00:01:25	03:22:11	16.6 m/hr	00:01:08	02:14:28	10:15 min/m	
128	EXCLUSIVE SWAG	06:20:01	Relay	7	36	00:47:56	2:28 sec/100m	00:01:04	03:10:00	17.7 m/hr	00:01:01	02:19:58	10:41 min/m	