

Race Date
 April 20, 2013

13 Heart & Sole Triathlon
Age Group Results

Female Open Winners

Place					----- Swim -----		----- T1 -----		----- Bike -----			----- T2 -----		----- Run -----			----- Total -----			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	8	Shannon Florea	994	36	1	5:30.3	23:55	2	1:26.7		1	43:32.0	20.7	3	0:44.0		1	19:57.7	6:26	1:11:10.9
2	25	Amanda Goodwin	1010	34	2	7:12.2	31:18	3	1:57.9		3	50:40.4	17.8	2	0:29.9		2	22:03.6	7:07	1:22:24.1
3	32	Dolores Ann Hall	1078	46	3	8:24.8	36:31	1	0:53.4		2	48:51.5	18.4	1	0:28.3		3	25:50.7	8:20	1:24:29.0

Race Date
April 20, 2013

13 Heart & Sole Triathlon
Age Group Results

Female 19 and under

Place					Swim		T1				Bike		T2		Run		Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	47	Maggie Abney	1002	18	1	5:54.9	25:39	2	2:37.4		1	54:10.4	16.6	2	1:16.8		2	28:06.3	9:04	1:32:05.9
2	74	Fizzy Ramsey	1105	18	2	8:56.3	38:50	3	3:51.2		2	58:32.2	15.4	3	2:42.5		1	27:41.6	8:56	1:41:44.0
3	97	Bethany Davis	1119	19	3	10:38.7	46:14	1	2:15.4		3	1:04:44.9	13.9	1	0:39.5		3	30:43.7	9:55	1:49:02.4

Female 20 to 24

Place					Swim		T1				Bike		T2		Run		Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	40	Jenny Abney	1005	22	2	6:30.9	28:16	4	2:51.7		1	51:37.3	17.4	5	1:26.5		2	25:17.7	8:09	1:27:44.3
2	80	Sarah Meador	1055	23	5	10:19.1	44:51	5	3:00.0		3	1:03:08.9	14.3	2	1:07.1		1	24:51.6	8:01	1:42:27.0
3	82	Drew Mountz	1112	20	4	9:56.8	43:11	1	1:38.3		2	1:00:30.1	14.9	4	1:21.5		3	29:10.3	9:25	1:42:37.2
4	94	Emily Sluis	1067	21	3	6:49.4	29:38	3	2:17.6		4	1:05:09.8	13.8	3	1:19.6		4	30:35.3	9:52	1:46:11.8
5	103	Marisa McGlynn	998	21	1	5:17.9	22:58	2	1:58.4		5	1:09:24.8	13.0	1	0:51.6		5	37:43.1	12:10	1:55:15.9

Female 25 to 29

Place					Swim		T1				Bike		T2		Run		Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	46	Gabrielle Grider	1047	28	2	7:57.5	34:34	3	2:28.5		2	56:43.1	15.9	1	0:31.5		1	23:42.6	7:39	1:31:23.5
2	48	Christine Welsh	1070	29	1	7:48.3	33:55	2	1:40.8		1	51:33.8	17.5	4	0:55.8		4	30:36.6	9:52	1:32:35.5
3	62	Brandis Blodgett	1088	29	3	8:48.6	38:16	4	3:11.1		3	57:20.6	15.7	3	0:52.0		2	26:31.0	8:33	1:36:43.5
4	64	Rebecca Ramsey	1060	28	4	9:41.5	42:06	1	1:40.3		4	58:04.4	15.5	2	0:45.2		3	27:08.4	8:45	1:37:20.1

Race Date
April 20, 2013

13 Heart & Sole Triathlon

Age Group Results

Female 30 to 34

Place				Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	73	Leila Scandrani	1124	31	3	9:05.8	39:30	1	1:48.8		2	1:00:10.6	15.0	1	1:06.6		1	29:26.3	9:30	1:41:38.2
2	75	Anastasia Harper	1109	31	4	9:09.6	39:47	3	3:54.6		1	56:01.7	16.1	4	3:02.9		2	29:49.0	9:37	1:41:58.0
3	101	Liz Reeves	1086	32	2	9:05.1	39:30	2	3:51.2		3	1:04:26.1	14.0	2	1:22.7		3	34:40.9	11:11	1:53:26.2
4	112	Cassie Holley	1189	33	1	8:58.4	38:59	4	3:59.5		4	1:08:52.4	13.1	3	1:31.4		4	37:57.6	12:15	2:01:19.5

Female 35 to 39

Place				Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	63	Neely Pennington	1097	39	4	9:53.6	42:58	3	3:33.9		1	51:27.9	17.5	6	2:20.6		2	29:40.7	9:34	1:36:56.9
2	85	Sherry Driessen	1046	36	1	8:51.0	38:29	1	3:22.8		2	1:00:43.1	14.8	1	1:12.9		1	29:07.1	9:24	1:43:17.1
3	100	Laurie Binder	1074	37	5	10:09.1	44:08	2	3:27.0		3	1:02:58.7	14.3	4	1:31.0		4	34:56.0	11:16	1:53:02.0
4	111	Shellie Washer	1101	39	6	10:39.7	46:18	5	4:07.3		4	1:07:57.0	13.2	7	2:45.7		3	33:15.2	10:44	1:58:45.2
5	115	Jennifer Clanton	1090	36	2	9:17.9	40:22	7	8:38.4		5	1:08:51.9	13.1	5	1:33.3		6	37:58.0	12:15	2:06:19.6
6	116	Meghan McPeek	1104	35	3	9:33.5	41:31	6	4:32.2		6	1:14:15.7	12.1	3	1:18.1		5	37:22.5	12:03	2:07:02.3
7	118	Edith Barber	1117	35	7	13:47.7	59:56	4	3:46.4		7	1:28:56.8	10.1	2	1:16.5		7	40:24.8	13:02	2:28:12.4

Female 40 to 44

Place				Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	45	Babett Kuhlmann	1051	41	2	7:58.6	34:38	2	2:04.1		1	54:48.8	16.4	2	0:58.8		1	25:23.5	8:11	1:31:14.1
2	77	Jill Rosenkrantz	1063	42	1	7:54.7	34:21	4	2:54.4		5	1:00:12.2	15.0	4	1:17.3		3	29:50.7	9:37	1:42:09.4
3	78	Helen O'Leary	1113	40	5	12:02.5	52:19	5	2:55.3		2	57:08.7	15.8	5	1:18.9		2	28:47.8	9:17	1:42:13.4
4	81	Andrea Wilson	1085	43	4	9:22.6	40:43	1	1:45.2		3	58:21.5	15.4	1	0:54.2		4	32:05.4	10:21	1:42:29.0

Race Date
April 20, 2013

13 Heart & Sole Triathlon

Age Group Results

Female 40 to 44

Place			Swim		T1		Bike		T2		Run		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time						
5	96	Beth Rose	1061	41	3	8:44.2	37:58	3	2:08.6		4	58:45.4	15.3	3	1:03.4		5	38:08.5	12:18	1:48:50.2

Female 45 to 49

Place			Swim		T1		Bike		T2		Run		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time						
1	44	Susie Barberie	1039	45	1	7:36.5	33:03	2	1:39.3		1	56:36.4	15.9	1	0:41.0		1	24:19.1	7:51	1:30:52.5

Female 50 to 54

Place			Swim		T1		Bike		T2		Run		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time						
1	79	Treacy Regan	1073	53	1	9:25.5	40:57	2	2:51.8		1	56:04.9	16.1	3	2:10.1		1	31:45.4	10:15	1:42:17.8
2	95	Diana Hall	1092	50	3	10:19.4	44:51	1	2:37.9		2	59:15.3	15.2	1	0:56.9		2	33:39.1	10:51	1:46:48.8
3	110	Deb Rateri	1082	53	2	9:27.6	41:05	3	3:22.1		3	1:02:20.5	14.4	2	2:09.7		3	41:01.0	13:14	1:58:21.1

Female 55 to 59

Place			Swim		T1		Bike		T2		Run		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time						
1	71	Mary Henson	1038	58	1	9:07.6	39:38	2	3:06.2		1	56:23.1	16.0	3	1:46.6		1	30:50.9	9:57	1:41:14.5
2	99	Ann Colbert	1076	57	2	9:19.6	40:30	1	1:19.4		2	1:00:42.7	14.8	1	1:06.5		3	39:22.4	12:42	1:51:50.8
3	113	Debbie Hardin	1093	59	3	11:39.6	50:39	3	5:09.1		3	1:09:20.0	13.0	2	1:27.5		2	37:57.9	12:15	2:05:34.3

Race Date
 April 20, 2013

13 Heart & Sole Triathlon
Age Group Results

Male Open Winners

Place					Swim		T1		Bike			T2		Run			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Kevin Ryan	990	26	1	4:13.2	18:20	1	0:18.1		2	38:20.7	23.5	1	0:24.3		2	18:12.9	5:52	1:01:29.5
2	2	Jeffrey Aaron Buhr	992	34	2	5:04.3	22:02	2	0:31.6		1	38:14.0	23.5	2	0:24.6		1	17:50.4	5:45	1:02:05.1
3	3	Jonathan Feddock	993	32	3	5:08.6	22:19	3	0:35.3		3	39:46.0	22.6	3	1:10.1		3	18:22.3	5:55	1:05:02.6

Race Date
April 20, 2013

13 Heart & Sole Triathlon

Age Group Results

Male 19 and under

Place					Swim		T1		Bike			T2		Run			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	54	Isaac Rowe	1001	16	2	8:56.4	38:50	1	0:57.3		1	59:18.5	15.2	5	1:12.3		2	24:08.3	7:47	1:34:33.1
2	68	Joshua Reams	1016	16	1	6:01.1	26:10	5	2:46.7		4	1:07:49.1	13.3	3	0:45.6		1	20:48.9	6:43	1:38:11.5
3	83	Jacob Richter	1120	19	4	10:20.1	44:56	3	1:19.8		3	1:03:21.3	14.2	1	0:18.8		3	27:38.7	8:55	1:42:59.0
4	92	Jonathan Moore	1056	19	3	8:59.6	39:03	4	2:33.7		2	1:02:57.4	14.3	2	0:44.8		5	30:42.0	9:54	1:45:57.6
5	104	Nicholas Rowe	1033	14	5	11:52.4	51:36	2	0:59.6		5	1:12:40.1	12.4	4	1:07.8		4	30:10.4	9:44	1:56:50.4

Male 20 to 24

Place					Swim		T1		Bike			T2		Run			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	19	Will Payne	1014	22	1	7:00.7	30:26	4	2:42.6		1	46:46.5	19.2	3	0:49.2		2	21:23.5	6:54	1:18:42.7
2	34	Jake Groenendyk	1108	21	3	8:33.9	37:10	1	2:03.8		3	54:45.8	16.4	1	0:16.2		1	19:26.7	6:16	1:25:06.6
3	38	Alex Weiv	1102	21	2	7:08.1	31:01	2	2:08.0		2	54:16.4	16.6	5	1:13.4		3	22:35.4	7:17	1:27:21.5
4	76	Travis Hutchinson	1095	20	5	9:26.6	41:01	3	2:28.6		5	1:06:46.4	13.5	2	0:42.1		4	22:43.9	7:20	1:42:07.7
5	89	Jared Asher	1087	21	4	8:55.2	38:46	5	5:08.0		4	1:01:54.4	14.5	4	0:58.0		5	28:25.0	9:10	1:45:20.8

Male 25 to 29

Place					Swim		T1		Bike			T2		Run			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	17	Derek Florence	1009	26	2	6:01.6	26:10	1	1:15.1		1	47:22.6	19.0	1	0:31.6		1	22:40.6	7:19	1:17:51.7
2	33	Ty Kahle	1050	28	3	6:34.4	28:33	5	1:57.5		2	50:18.8	17.9	2	0:48.1		4	25:25.4	8:12	1:25:04.5
3	39	Kevin Welsh	1037	28	5	7:24.8	32:10	4	1:41.7		3	52:23.1	17.2	3	1:05.0		3	24:55.3	8:02	1:27:30.1
4	49	Daniel Colletti	1103	25	6	7:49.7	33:59	3	1:40.8		4	54:28.3	16.5	7	1:37.5		6	27:39.1	8:55	1:33:15.6
5	55	Bryant Blodgett	1075	27	8	8:27.5	36:44	7	3:01.3		6	57:49.4	15.6	9	2:08.5		2	23:17.6	7:31	1:34:44.5

Race Date
April 20, 2013

13 Heart & Sole Triathlon

Age Group Results

Male 25 to 29

Place				Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
6	66	John Griffin	1048	25	9	8:50.5	38:24	8	3:18.4		5	56:10.6	16.0	5	1:21.3		7	28:13.6	9:06	1:37:54.5
7	69	Nathan Newman	1057	25	7	8:11.9	35:35	2	1:38.1		8	59:48.1	15.1	6	1:23.6		5	27:24.4	8:50	1:38:26.3
8	84	Corey Donohoo	1020	26	4	7:17.7	31:40	6	2:30.1		9	1:00:24.4	14.9	4	1:20.0		8	31:35.5	10:11	1:43:07.9
9	86	Chad Foster	995	29	1	5:48.0	25:13	9	4:07.4		7	59:21.1	15.2	8	1:41.2		9	33:10.7	10:42	1:44:08.5

Male 30 to 34

Place				Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	5	Adam Bowden	991	32	1	4:40.7	20:17	1	0:34.6		1	42:06.1	21.4	3	0:45.4		1	20:00.6	6:27	1:08:07.7
2	10	Christopher Welsh	1018	30	3	6:27.4	28:03	5	1:51.3		2	43:59.4	20.5	5	0:52.4		2	20:40.2	6:40	1:13:50.8
3	22	Justin Carey	1006	34	2	5:55.0	25:43	4	1:22.2		4	48:28.4	18.6	4	0:45.9		4	24:15.0	7:49	1:20:46.7
4	24	Ryan Clenney	1024	33	6	7:24.7	32:10	2	0:52.1		3	48:13.6	18.7	1	0:38.2		5	25:00.7	8:04	1:22:09.5
5	31	James Ramsey	1059	32	7	7:27.5	32:23	8	2:16.8		5	49:21.1	18.2	9	1:39.9		3	23:00.4	7:25	1:23:45.8
6	41	Justin Beck	1041	34	4	6:33.9	28:29	7	2:05.4		6	51:03.5	17.6	7	1:11.9		7	29:34.4	9:32	1:30:29.3
7	53	Michael Keicher	1029	33	5	7:19.6	31:49	6	2:02.5		7	55:48.5	16.1	6	1:03.6		6	28:09.9	9:05	1:34:24.2
8	67	Kyle Champion	1043	32	8	7:40.7	33:20	3	1:13.6		8	56:06.0	16.0	2	0:39.5		8	32:22.6	10:26	1:38:02.6
9	91	Chad Turner	1036	32	9	7:42.6	33:29	9	2:40.0		9	1:00:58.7	14.8	10	1:41.2		9	32:53.8	10:36	1:45:56.6
10	117	Jason Barber	1118	33	10	10:43.2	46:36	10	6:27.2		10	1:29:04.3	10.1	8	1:19.0		10	40:24.7	13:02	2:27:58.5

Male 35 to 39

Place				Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	4	Matt Kerley	997	37	2	5:53.8	25:35	1	0:20.8		1	39:23.2	22.9	3	0:39.6		2	20:17.8	6:33	1:06:35.3

Race Date
April 20, 2013

13 Heart & Sole Triathlon

Age Group Results

Male 35 to 39

Place				----- Swim -----		----- T1 -----		----- Bike -----		----- T2 -----		----- Run -----		----- Total -----						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
2	7	Bryan Wiemers	1003	38	4	6:22.4	27:41	2	0:29.3		2	40:08.5	22.4	1	0:31.1		4	21:34.6	6:57	1:09:06.0
3	9	Matt Perraut	1015	36	5	6:36.9	28:42	3	0:53.8		3	44:15.0	20.3	7	0:58.3		1	19:42.6	6:21	1:12:26.9
4	20	Gilman Peterson	1058	38	8	7:02.7	30:35	11	2:29.4		6	49:07.1	18.3	4	0:45.0		3	20:56.4	6:45	1:20:20.7
5	27	Ryan Patterson	1081	37	11	8:08.6	35:22	10	2:17.7		5	49:00.6	18.4	5	0:51.6		5	22:30.5	7:15	1:22:49.2
6	30	Chris Regan	1000	37	1	5:40.8	24:38	4	1:31.2		7	50:22.9	17.9	11	1:19.2		6	24:47.1	8:00	1:23:41.4
7	36	Robert Hertsenberg	1012	35	3	6:07.4	26:36	7	2:09.6		4	48:45.4	18.5	8	1:04.4		9	28:44.9	9:16	1:26:51.9
8	42	Randy Sherman	1083	39	14	9:03.9	39:21	13	2:35.3		8	51:15.0	17.6	6	0:52.4		8	26:47.4	8:38	1:30:34.3
9	51	Lance Wescher	1071	38	9	7:59.0	34:43	6	1:47.3		11	56:32.6	15.9	9	1:04.9		7	25:57.7	8:22	1:33:21.7
10	60	Mark Rowe	1099	39	13	8:47.3	38:11	9	2:17.4		9	53:27.8	16.8	10	1:10.3		11	30:38.0	9:53	1:36:21.0
11	61	Mark Rivera	1115	36	16	9:39.4	41:57	12	2:34.9		10	53:58.5	16.7	14	1:28.1		10	28:55.1	9:20	1:36:36.2
12	87	Brian Brummel	1023	37	6	6:50.7	29:43	18	4:20.3		12	58:03.1	15.5	15	1:51.7		15	34:09.2	11:01	1:45:15.2
13	90	Richard Champion	1007	37	7	6:52.5	29:51	5	1:36.4		14	1:02:14.9	14.5	12	1:21.7		13	33:30.2	10:48	1:45:35.8
14	102	Sam Polk	1114	35	17	12:03.5	52:23	14	2:43.1		15	1:03:35.6	14.2	13	1:22.2		16	35:21.8	11:24	1:55:06.4
15	105	Joey Police	1121	38	10	8:02.8	34:56	8	2:12.3		18	1:12:20.1	12.4	2	0:31.3		14	33:51.9	10:55	1:56:58.4
16	107	Jason Richardson	1098	36	18	14:38.8	63:37	16	3:05.2		17	1:05:56.8	13.7	16	2:05.6		12	32:11.5	10:23	1:57:58.2
17	108	Mike McColl	1053	38	12	8:26.9	36:40	15	3:05.1		13	1:01:08.4	14.7	17	2:09.8		17	43:10.4	13:55	1:58:00.7
18	114	Jonathan Rumburg	1064	39	15	9:25.3	40:57	17	3:58.6		16	1:05:45.6	13.7	18	2:16.1		18	44:35.8	14:23	2:06:01.5

Male 40 to 44

Place				----- Swim -----		----- T1 -----		----- Bike -----		----- T2 -----		----- Run -----		----- Total -----						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	6	Michael Rowles	1034	41	3	7:35.0	32:58	1	0:35.2		1	40:11.0	22.4	7	1:01.8		1	19:40.9	6:21	1:09:04.0
2	12	William Siebenthaler	1017	43	1	5:54.1	25:39	5	1:29.5		3	44:21.3	20.3	1	0:40.9		4	22:45.8	7:20	1:15:11.7
3	13	Michael Schaeffer	1035	43	5	8:04.8	35:04	2	0:57.2		2	43:51.3	20.5	4	0:52.5		3	22:26.4	7:14	1:16:12.3
4	18	Kevin Black	1042	42	8	8:57.0	38:55	6	2:17.2		4	44:25.0	20.3	5	0:55.3		2	21:32.0	6:57	1:18:06.6

Race Date
April 20, 2013

13 Heart & Sole Triathlon

Age Group Results

Male 40 to 44

Place					Swim		T1				Bike		T2		Run		Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
5	23	Kevin Price	1123	42	4	7:47.0	33:50	4	1:21.6		5	45:55.9	19.6	3	0:52.3		5	25:12.8	8:08	1:21:09.7
6	57	Brian Rosenkrantz	1062	42	6	8:20.1	36:14	8	3:01.3		6	53:13.7	16.9	6	0:57.3		7	29:17.9	9:27	1:34:50.6
7	58	James (rick) Beasley	1040	42	2	7:27.0	32:23	9	4:30.4		7	54:58.1	16.4	2	0:51.1		6	27:06.0	8:45	1:34:52.8
8	93	Greg Schings	1066	42	7	8:45.3	38:03	7	2:27.2		8	56:01.9	16.1	8	1:26.1		9	37:31.0	12:06	1:46:11.7
9	106	Grant Rowe	1032	41	9	12:08.0	52:45	3	1:02.9		9	1:12:22.1	12.4	9	1:28.0		8	30:04.7	9:42	1:57:05.8

Male 45 to 49

Place					Swim		T1				Bike		T2		Run		Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	14	Kerry Boudreaux	1022	49	2	7:03.1	30:39	1	0:49.9		1	44:58.6	20.0	1	0:35.6		1	23:20.4	7:32	1:16:47.7
2	21	Danny Rose	1031	46	1	6:46.9	29:25	3	1:42.6		2	45:41.7	19.7	2	0:54.3		2	25:20.6	8:10	1:20:26.3
3	56	Mike Ginter	1028	47	3	7:53.5	34:17	4	2:13.5		4	55:04.3	16.3	7	1:39.7		5	27:54.5	9:00	1:34:45.7
4	59	Todd Bray	1089	47	5	9:37.8	41:49	5	2:21.3		5	55:43.4	16.2	4	1:15.5		4	27:12.5	8:46	1:36:10.6
5	65	David Ledbetter	1080	46	8	10:23.5	45:09	8	3:30.8		3	52:13.0	17.2	6	1:24.2		7	30:18.5	9:46	1:37:50.2
6	70	Donald Vittitow	1100	47	4	8:29.4	36:53	6	2:54.0		7	59:52.4	15.0	3	1:08.0		3	27:01.6	8:43	1:39:25.5
7	72	John McGlynn	1054	49	6	9:39.5	41:57	2	1:25.8		6	58:36.7	15.4	5	1:18.5		6	30:14.9	9:45	1:41:15.5
8	98	David Glasscock	1091	47	7	9:52.5	42:54	7	3:30.0		8	1:03:36.8	14.2	8	3:07.8		8	30:39.7	9:53	1:50:47.0

Male 50 to 54

Place					Swim		T1				Bike		T2		Run		Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	15	Richard Hempel	1011	54	1	6:51.0	29:47	2	1:35.8		1	44:55.7	20.0	1	0:45.6		1	22:55.6	7:24	1:17:03.9
2	37	Eric Sauvage	1065	53	2	9:50.9	42:45	1	1:35.3		2	49:23.6	18.2	2	2:09.2		2	24:16.5	7:50	1:27:15.7

Race Date
April 20, 2013

13 Heart & Sole Triathlon

Age Group Results

Male 55 to 59

Place				Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	16	George Vanmeter Jr	1069	58	1	6:25.3	27:54	3	2:21.0		1	46:19.0	19.4	2	0:45.9		1	21:54.6	7:04	1:17:45.9
2	26	Tim Bailey	1021	56	2	7:29.7	32:32	1	0:56.2		2	48:29.2	18.6	5	1:52.1		3	23:55.2	7:43	1:22:42.6
3	35	Mike Kennedy	1079	59	4	7:59.7	34:43	2	2:05.8		4	51:03.5	17.6	1	0:39.3		2	23:54.3	7:43	1:25:43.0
4	43	Michael Wood	1072	55	3	7:59.6	34:43	5	2:47.7		3	50:53.1	17.7	3	0:46.9		5	28:10.7	9:05	1:30:38.3
5	88	Charles Moratz	1111	57	5	10:27.4	45:26	4	2:42.4		5	1:06:01.9	13.6	4	1:03.6		4	25:01.1	8:04	1:45:16.6

Male 60 to 64

Place				Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	11	Dale Mosher	999	61	2	6:02.4	26:14	2	1:20.2		1	40:25.7	22.3	2	1:06.7		2	25:26.2	8:12	1:14:21.3
2	28	Don Correll	1025	64	3	9:44.2	42:19	1	0:50.5		3	46:44.5	19.3	1	1:03.5		1	24:35.6	7:56	1:22:58.5
3	29	Phillip D. Wilder	1019	60	1	5:41.3	24:43	3	1:45.3		2	46:30.7	19.4	3	1:35.3		3	28:06.7	9:04	1:23:39.4

Male 65 to 69

Place				Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	50	Richard M Dammel	1107	66	2	9:26.3	41:01	2	3:30.4		1	46:00.1	19.6	2	2:07.8		2	32:12.5	10:23	1:33:17.2
2	52	John Taylor	1068	68	1	8:51.6	38:29	1	2:30.5		2	49:17.2	18.3	1	1:55.7		1	30:50.0	9:57	1:33:25.1

Race Date
April 20, 2013

13 Heart & Sole Triathlon
Age Group Results

Male 75 and over

Place					----- Swim -----		----- T1 -----		----- Bike -----			----- T2 -----		----- Run -----			----- Total -----			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	109	Joe Wilson	1106	79	1	11:20.3	49:17	1	3:10.9		1	1:02:48.0	14.3	1	2:02.2		1	38:46.4	12:30	1:58:08.0