

Race Date
April 26, 2014

14 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	10	Erin Rock	429	36	3	8:05.9	35:09	1	0:30.3		1	43:27.0	20.7	3	0:53.7		2	22:43.7	7:20	1:15:40.9
2	13	Amanda Goodwin	400	35	2	6:19.0	27:28	3	1:21.9		3	48:00.1	18.8	1	0:16.7		1	21:26.9	6:55	1:17:24.8
3	15	Nancy McElwain	397	48	1	6:08.8	26:40	2	0:32.7		2	45:43.1	19.7	2	0:50.7		3	24:42.9	7:58	1:17:58.4

Race Date
April 26, 2014

14 Heart & Sole Triathlon

Age Group Results

Female 15 to 19

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	73	Natalle Smith	451	19	1	8:37.2	37:28	2	2:14.0		2	1:01:52.4	14.5	1	0:38.4		1	24:30.8	7:54	1:37:53.0
2	80	Andrea Hunt	481	19	2	12:41.9	55:09	1	2:05.6		1	58:03.8	15.5	2	0:43.0		2	25:44.7	8:18	1:39:19.3

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	21	Laura Clark	396	23	3	5:35.4	24:17	2	0:47.0		1	46:54.5	19.2	1	0:35.1		1	25:59.5	8:23	1:19:51.8
2	36	Chelsea Diamond	376	22	1	5:17.4	22:58	1	0:33.8		2	48:48.5	18.4	2	0:38.3		3	29:43.6	9:35	1:25:01.8
3	74	Drew Mountz	458	21	7	9:23.2	40:48	3	1:39.3		3	56:26.8	15.9	8	1:56.7		2	28:41.8	9:15	1:38:08.0
4	84	Emily Sluis	395	22	4	6:25.6	27:54	4	2:04.5		4	1:00:55.2	14.8	4	1:01.3		4	30:31.0	9:51	1:40:57.8
5	92	Beka Saylor	406	21	5	6:29.0	28:11	6	2:26.5		6	1:04:15.0	14.0	3	0:49.6		5	32:32.0	10:30	1:46:32.4
6	96	Bethany Davis	477	20	8	9:49.0	42:41	8	2:53.2		5	1:02:08.7	14.5	7	1:30.6		7	33:01.6	10:39	1:49:23.3
7	99	Maggie Mauze	423	21	6	7:04.3	30:43	5	2:19.2		7	1:07:27.3	13.3	6	1:29.9		8	34:32.6	11:08	1:52:53.5
8	102	Anna Balassa	373	21	2	5:21.9	23:16	7	2:51.8		8	1:11:11.6	12.6	5	1:06.0		6	32:55.8	10:37	1:53:27.3

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	25	Belle Thomas	411	25	1	7:10.5	31:10	2	1:05.2		1	51:10.9	17.6	2	0:33.5		1	21:01.6	6:47	1:21:01.9
2	51	Gabrielle Welsh	413	29	2	7:37.0	33:07	3	1:55.4		2	53:34.9	16.8	3	0:40.2		2	25:23.9	8:11	1:29:11.6
3	82	Michelle Raney	449	29	3	8:13.5	35:43	1	0:39.7		3	1:01:44.3	14.6	1	0:28.3		3	29:05.3	9:23	1:40:11.3

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14 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	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	18	Lauren Weber	412	32	3	7:08.1	31:01	1	0:41.5		1	42:54.5	21.0	4	1:00.3		2	27:08.2	8:45	1:18:52.8
2	32	Donna Lail	444	34	4	7:14.0	31:27	6	2:12.8		2	48:13.8	18.7	5	1:09.5		1	24:49.8	8:00	1:23:40.2
3	59	Amber Blaisdell	418	31	5	7:45.1	33:42	2	0:43.3		3	49:21.5	18.2	3	0:54.7		5	34:45.7	11:13	1:33:30.5
4	69	Leila Scandrani	491	32	6	9:08.5	39:43	3	0:58.8		4	58:28.9	15.4	2	0:50.5		3	27:45.5	8:57	1:37:12.4
5	91	Meghan Duffy	378	32	1	5:39.5	24:34	5	1:52.7		5	1:05:13.1	13.8	1	0:29.4		4	32:53.7	10:36	1:46:08.6
6	98	Elizabeth Watts	385	33	2	6:17.0	27:19	4	1:49.7		6	1:05:19.2	13.8	6	1:11.9		6	37:00.9	11:56	1:51:39.0
7	108	Glyptusann Grid Jones	479	30	7	11:56.3	51:53	7	2:35.0		7	1:11:56.9	12.5	7	2:05.7		7	37:39.4	12:09	2:06:13.5

Female 35 to 39

Place					Swim		T1		Bike			T2		Run			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	49	Cara Sparks	487	38	1	9:24.0	40:52	2	1:24.5		1	51:41.6	17.4	1	1:01.5		1	24:57.5	8:03	1:28:29.4
2	81	Kimberly Hale	469	39	2	11:29.4	49:56	1	1:18.8		2	52:59.2	17.0	2	1:05.3		2	33:01.0	10:39	1:39:53.9

Female 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	31	Babett Kuhlmann	443	42	2	7:43.7	33:33	2	1:55.0		1	47:53.0	18.8	2	0:34.2		1	24:35.5	7:56	1:22:41.7
2	66	Liz Knapp	442	43	1	7:40.7	33:20	4	2:25.9		4	58:31.0	15.4	3	0:38.7		2	27:19.3	8:49	1:36:35.8
3	71	Sherri Vibbert	463	42	4	11:41.1	50:48	3	2:01.4		3	55:52.7	16.1	1	0:32.5		3	27:30.8	8:52	1:37:38.7
4	76	Andrea Wilson	459	44	3	9:12.6	40:00	1	1:00.6		2	55:32.9	16.2	4	0:40.8		4	32:20.1	10:26	1:38:47.3

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14 Heart & Sole Triathlon

Age Group Results

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	16	Dolores Hall	432	47	3	8:16.7	35:57	1	0:36.7		1	44:36.4	20.2	1	0:22.7	3	24:16.2	7:50	1:18:08.9
2	38	Jill Hawse	434	45	2	7:37.9	33:07	3	1:11.7		2	51:27.8	17.5	3	0:50.4	1	24:00.1	7:45	1:25:08.1
3	43	Susie Barberie	430	46	1	7:14.4	31:27	2	0:54.8		3	53:29.7	16.8	2	0:34.8	2	24:03.5	7:45	1:26:17.4
4	89	Jeri English	408	48	4	8:21.8	36:18	4	2:38.7		4	58:14.8	15.5	4	1:58.5	4	34:14.3	11:03	1:45:28.2

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	24	Sally Corrigan	440	50	2	8:15.7	35:52	1	0:32.8		1	47:00.5	19.1	3	0:45.2	1	23:48.9	7:41	1:20:23.3
2	34	Janet Ritchie	424	53	1	7:29.4	32:32	2	0:55.2		2	47:54.3	18.8	4	1:25.6	2	26:55.0	8:41	1:24:39.7
3	64	Janet Sparks	466	53	4	9:32.4	41:27	5	1:52.8		3	52:08.0	17.3	1	0:33.2	4	31:32.1	10:10	1:35:38.8
4	83	Janet Brown	457	52	5	9:36.7	41:44	4	1:47.3		4	55:52.0	16.1	7	1:38.7	5	31:56.4	10:18	1:40:51.3
5	90	Kristin Shanahan	475	52	7	11:41.8	50:48	3	1:33.1		6	1:00:34.8	14.9	2	0:35.7	3	31:21.1	10:07	1:45:46.8
6	94	Donna Eastman	489	50	6	10:23.4	45:09	7	3:20.1		5	59:35.3	15.1	5	1:35.7	6	33:15.9	10:44	1:48:10.6
7	105	Deb Rateri	446	54	3	9:03.6	39:21	6	3:08.4		7	1:04:17.4	14.0	6	1:36.0	7	43:55.6	14:10	2:02:01.2

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	109	Jeri Stracner	478	56	1	12:40.1	55:04	1	2:33.3		1	1:21:49.7	11.0	1	1:11.2	1	38:11.5	12:19	2:16:26.0

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14 Heart & Sole Triathlon
Age Group Results

Female 60 and over

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim</u> <u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>T1</u> <u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Bike</u> <u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>T2</u> <u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Run</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	55	Gayle Pille	407	60	1	6:57.7	30:13	1	1:15.4		1	48:08.1	18.7	1	1:56.4		1	33:30.3	10:48	1:31:48.1

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14 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	Chris Martin	382	43	3	5:39.1	24:34	3	0:26.6		1	37:09.8	24.2	2	0:29.1		1	19:23.1	6:15	1:03:08.0
2	2	Adam Bowden	380	33	1	4:56.8	21:27	2	0:24.8		2	40:04.4	22.5	3	0:29.1		2	20:01.2	6:27	1:05:56.5
3	3	Lewis Jackson	371	31	2	5:30.2	23:55	1	0:21.2		3	40:10.3	22.4	1	0:22.4		3	20:06.9	6:29	1:06:31.2

Race Date
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14 Heart & Sole Triathlon

Age Group Results

Male 15 to 19

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	42	Isaac Rowe	372	17	1	4:58.2	21:36	2	2:34.8		2	55:52.6	16.1	3	0:28.2		1	22:18.0	7:12	1:26:12.1
2	45	Tristan Barnes	388	15	2	5:13.4	22:41	1	1:46.5		1	54:09.4	16.6	1	0:22.9		3	25:04.6	8:05	1:26:37.0
3	68	Nicholas Rowe	377	15	3	5:18.9	23:03	3	3:38.6		3	1:02:41.6	14.4	2	0:27.0		2	24:59.7	8:04	1:37:06.0

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	44	Evan Weir	464	20	1	8:27.2	36:44	1	2:21.8		2	52:44.6	17.1	1	0:46.7		1	22:07.8	7:08	1:26:28.2
2	52	Kyle Curran	471	22	2	9:54.3	43:03	2	2:45.1		1	51:36.0	17.4	3	2:12.4		2	23:48.3	7:41	1:30:16.3
3	95	Zachary Neihof	473	24	3	13:07.0	57:02	3	3:08.2		3	56:47.0	15.8	2	1:26.7		3	34:22.2	11:05	1:48:51.3

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	7	Adam Stuart	403	26	3	6:53.7	29:56	1	0:18.9		1	41:58.3	21.4	1	0:31.5		1	23:11.4	7:29	1:12:54.0
2	11	Ryan Morgan	393	29	4	6:59.3	30:22	4	0:46.4		2	45:13.3	19.9	2	0:35.9		2	23:20.7	7:32	1:16:55.8
3	20	Bryce Noblitt	405	25	2	6:52.5	29:51	2	0:29.5		3	46:25.6	19.4	5	0:47.7		3	25:05.1	8:05	1:19:40.7
4	37	Stephen Clatos	392	26	1	5:18.9	23:03	5	1:16.1		4	50:12.8	17.9	4	0:45.4		5	27:30.2	8:52	1:25:03.6
5	48	Kevin Welsh	414	29	5	7:17.1	31:40	3	0:45.5		5	53:39.6	16.8	3	0:41.8		4	25:55.9	8:22	1:28:20.2
6	67	Nick Such	462	28	6	8:32.1	37:06	6	2:37.7		6	56:05.1	16.0	6	1:14.8		6	28:27.2	9:11	1:36:57.1

Race Date
April 26, 2014

14 Heart & Sole Triathlon

Age Group Results

Male 30 to 34

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	12	Bradley Bolen	439	33	2	7:15.1	31:31	2	1:00.9		1	44:38.4	20.2	6	1:15.0		1	23:01.7	7:25	1:17:11.3
2	30	David Callahan	374	34	1	6:14.1	27:06	1	0:42.1		2	47:06.5	19.1	2	0:26.8		5	28:02.5	9:03	1:22:32.2
3	40	Chris Crady	419	32	5	9:04.5	39:25	4	1:10.2		3	48:15.0	18.7	3	0:38.7		3	26:10.4	8:26	1:25:19.0
4	47	Calvin Groves	422	30	4	8:08.3	35:22	3	1:09.9		4	51:25.3	17.5	4	0:46.7		2	25:51.4	8:20	1:27:21.7
5	57	Matthew Hogg	409	32	3	7:27.9	32:23	5	1:21.1		5	56:07.5	16.0	1	0:24.0		4	27:51.4	8:59	1:33:12.1
6	85	Traver Dabney	468	34	6	9:15.1	40:13	6	2:25.1		6	57:22.0	15.7	5	1:05.0		6	32:30.9	10:29	1:42:38.4

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
1	4	Matt Perraut	394	37	4	6:38.6	28:50	2	0:35.1		3	40:12.6	22.4	3	0:28.1		1	19:35.0	6:19	1:07:29.7
2	5	Ryan Combest	381	38	2	5:33.4	24:08	3	0:37.7		2	39:52.5	22.6	1	0:25.9		2	21:08.4	6:49	1:07:38.2
3	6	Bryan Wiemers	386	39	3	6:18.5	27:23	1	0:28.2		1	37:37.2	23.9	2	0:26.0		4	23:11.6	7:29	1:08:01.6
4	28	Jeremy Hart	433	37	6	7:19.5	31:49	5	1:55.1		4	48:39.2	18.5	6	0:50.1		3	22:40.1	7:19	1:21:24.2
5	35	Edward Rowe	375	35	1	5:10.0	22:28	4	1:18.5		5	54:26.5	16.5	4	0:33.6		5	23:14.6	7:30	1:24:43.5
6	78	Brian Brummel	404	38	5	6:40.2	28:59	8	2:23.9		6	56:24.6	16.0	9	1:46.6		7	31:48.7	10:15	1:39:04.2
7	86	John Durkin	441	37	8	8:10.0	35:30	7	2:06.5		8	59:07.5	15.2	5	0:48.2		8	33:23.3	10:46	1:43:35.7
8	101	Mike McColl	401	39	7	7:38.2	33:11	6	1:59.7		7	59:03.4	15.2	8	1:30.1		9	43:11.6	13:56	1:53:23.3
9	103	Matthew Mihajlovits	470	39	9	17:58.0	78:07	9	2:58.2		9	1:03:40.9	14.1	7	1:01.8		6	29:27.2	9:30	1:55:06.3

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

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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
1	9	William Seibenthaler	384	44	1	5:52.2	25:30	1	0:53.5		1	42:32.9	21.2	1	0:25.2		1	24:01.3	7:45	1:13:45.2
2	23	Robert Pettifer	461	41	6	8:46.3	38:07	4	1:40.6		2	44:07.1	20.4	3	0:58.4		2	24:50.3	8:01	1:20:22.9
3	58	Greg Schings	450	43	4	7:50.8	34:03	3	1:38.8		3	49:47.5	18.1	7	1:20.5		7	32:50.3	10:35	1:33:28.2
4	61	Brian Rosenkrantz	453	43	5	8:14.5	35:48	2	1:31.4		4	52:01.4	17.3	4	1:00.4		4	31:33.0	10:11	1:34:20.9
5	70	Brett Fisher	438	42	3	7:36.2	33:03	5	2:54.0		5	53:12.1	16.9	6	1:12.9		6	32:26.7	10:28	1:37:22.1
6	72	Grant Rowe	383	42	2	6:05.7	26:27	6	3:16.7		7	1:01:13.0	14.7	2	0:37.7		3	26:35.8	8:35	1:37:49.1
7	93	John Ripy	490	43	7	10:20.7	44:56	7	6:20.0		6	58:15.4	15.5	5	1:00.9		5	31:46.8	10:15	1:47:43.9

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	17	Danny Rose	402	47	2	6:26.4	27:58	4	1:13.3		2	45:24.0	19.8	2	0:33.6		1	24:35.5	7:56	1:18:13.1
2	19	Bryan Earnest	399	48	3	6:46.2	29:25	2	1:02.1		1	42:24.5	21.2	7	0:57.5		6	28:10.0	9:05	1:19:20.4
3	26	Miller Stephen	389	46	1	6:11.7	26:53	1	0:42.1		5	48:52.4	18.4	4	0:40.1		2	24:53.7	8:02	1:21:20.3
4	33	Brad Leach	460	46	6	9:07.1	39:38	3	1:03.6		3	45:46.0	19.7	1	0:32.8		5	27:55.6	9:00	1:24:25.4
5	41	Mike Schwarzell	425	46	4	7:25.4	32:15	7	2:01.0		6	49:53.4	18.0	3	0:38.4		4	25:51.4	8:20	1:25:49.8
6	50	Fred Cooper	486	48	8	13:43.8	59:38	6	1:53.1		4	46:40.8	19.3	6	0:54.3		3	25:29.0	8:13	1:28:41.2
7	63	Mike Ginter	436	48	5	8:27.6	36:44	5	1:49.7		7	55:11.2	16.3	8	1:22.6		7	28:28.9	9:11	1:35:20.2
8	107	William Stover	476	47	7	12:07.3	52:41	8	3:58.3		8	1:12:01.5	12.5	5	0:47.0		8	37:01.4	11:56	2:05:55.8

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

Race Date
April 26, 2014

14 Heart & Sole Triathlon

Age Group Results

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	14	Tommy Finsand	421	51	3	7:05.5	30:48	1	0:34.6		1	44:11.0	20.4	3	0:47.6		2	24:53.5	8:02	1:17:32.5
2	27	Michael Sayre	437	54	5	8:19.6	36:10	2	0:44.9		2	45:06.0	20.0	1	0:40.6		3	26:32.0	8:34	1:21:23.3
3	29	Clark Fisher	415	54	1	6:52.3	29:51	3	1:35.8		3	48:28.8	18.6	6	1:19.3		1	23:51.3	7:42	1:22:07.7
4	62	Marshall Rowe	387	50	2	6:52.4	29:51	4	1:42.3		5	54:11.8	16.6	4	0:51.3		4	30:58.3	9:59	1:34:36.2
5	87	Scott Robertson	435	50	4	7:39.6	33:16	6	3:08.3		6	55:44.0	16.1	2	0:44.4		6	36:38.2	11:49	1:43:54.6
6	88	Dwayne Edwards	474	52	7	10:55.7	47:28	5	2:07.2		4	53:22.5	16.9	7	1:43.9		7	37:18.3	12:02	1:45:27.9
7	104	David Couch	488	54	6	8:42.7	37:50	8	4:52.6		7	1:06:15.0	13.6	8	1:47.6		8	39:29.1	12:44	2:01:07.2
8	106	Bill McHugh	483	51	9	15:08.7	65:48	7	4:41.4		8	1:07:16.1	13.4	5	1:02.0		5	36:37.3	11:49	2:04:45.7
9	110	Doug Roher	485	50	8	13:09.3	57:10	9	5:28.0		9	1:29:26.8	10.1	9	4:21.2		9	52:21.8	16:53	2:44:47.2

Male 55 to 59

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	8	Richard Hempel	398	55	1	6:31.5	28:20	1	0:32.0		1	42:40.6	21.1	3	0:59.1		1	22:47.0	7:21	1:13:30.4
2	22	Tim Bailey	410	57	3	7:43.2	33:33	2	0:49.9		2	46:58.7	19.2	2	0:53.8		2	23:48.6	7:41	1:20:14.5
3	39	Michael Wood	428	56	4	8:07.3	35:17	3	1:37.5		3	47:32.1	18.9	1	0:36.1		3	27:23.1	8:50	1:25:16.3
4	54	Donald Berg	417	59	2	7:14.0	31:27	4	1:38.2		4	47:59.9	18.8	4	1:11.2		6	33:19.6	10:45	1:31:23.1
5	60	Malcolm Barrett	455	58	5	8:41.1	37:45	7	2:52.3		5	52:16.1	17.2	5	1:15.9		5	29:04.2	9:23	1:34:09.7
6	65	David Elsen	454	56	6	8:46.6	38:07	6	2:00.7		7	54:30.4	16.5	7	2:08.4		4	28:34.0	9:13	1:36:00.4
7	97	J.w. Price	484	57	7	14:57.9	65:00	5	1:45.5		6	53:03.4	17.0	6	1:27.1		7	38:55.0	12:33	1:50:09.2

Race Date
April 26, 2014

14 Heart & Sole Triathlon
Age Group Results

Male 60 to 64

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	Paul Braun	456	60	1	8:30.5	36:57	1	1:45.8		2	52:07.3	17.3	1	0:22.7		1	24:03.0	7:45	1:26:49.6
2	75	Ken Duff	452	60	2	8:46.1	38:07	2	2:37.3		1	50:55.4	17.7	2	2:08.8		2	34:03.8	10:59	1:38:31.7

Male 65 to 69

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	53	Richard Dammel	420	67	1	8:47.6	38:11	1	2:21.8		1	45:12.9	19.9	2	1:36.8		2	33:04.2	10:40	1:31:03.5
2	77	John Taylor	426	69	2	9:57.2	43:16	2	2:23.8		2	51:46.9	17.4	3	1:48.3		3	33:06.3	10:41	1:39:02.7
3	79	Raymond Papka	465	69	3	11:18.8	49:08	3	2:36.8		3	56:28.2	15.9	1	0:26.6		1	28:20.0	9:08	1:39:10.6

Male 70 to 74

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	56	Jack Lynch	445	71	1	9:26.3	41:01	1	2:33.2		1	48:29.8	18.6	1	1:39.3		1	30:44.4	9:55	1:32:53.1
2	100	Harold Lanham	482	74	2	12:34.0	54:38	2	3:43.3		2	58:16.7	15.4	2	3:54.1		2	34:40.5	11:11	1:53:08.7