

Race Date
 April 18, 2015

15 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	20	Erin Rock	247	37	3	8:17.9	36:01	1	0:29.0		1	44:50.8	20.1	1	0:46.0		1	24:12.6	7:48	1:18:36.5
2	32	Meghan Weller	211	25	1	6:36.3	28:42	3	1:22.6		3	48:04.8	18.7	3	0:58.0		2	25:41.0	8:17	1:22:43.0
3	33	Janet Ritchie	248	54	2	7:48.1	33:55	2	0:47.7		2	47:23.5	19.0	2	0:54.5		3	26:43.6	8:37	1:23:37.7

Race Date
April 18, 2015

15 Heart & Sole Triathlon

Age Group Results

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	36	Chelsea Diamond	210	23	1	5:24.4	23:29	1	0:41.1		1	49:05.1	18.3	5	0:50.5		2	29:04.3	9:23	1:25:05.5
2	69	Drew Mountz	262	22	5	9:01.0	39:12	6	1:49.9		2	56:56.4	15.8	6	1:22.6		3	30:50.8	9:57	1:40:00.9
3	71	Paige Terryberry	218	21	2	6:16.5	27:15	3	1:22.6		4	1:02:24.7	14.4	1	0:29.2		4	30:56.4	9:59	1:41:29.7
4	82	Rebekah Saylor	217	22	4	7:11.2	31:14	4	1:37.1		3	1:02:23.4	14.4	3	0:33.2		6	37:25.6	12:04	1:49:10.7
5	83	maggie mauze	241	22	3	7:04.2	30:43	5	1:43.0		5	1:08:42.9	13.1	2	0:32.7		5	33:33.7	10:49	1:51:36.7
6	88	Alicia Zanoni	300	22	6	10:55.4	47:28	2	1:06.8		6	1:20:07.8	11.2	4	0:46.1		1	26:46.8	8:38	1:59:43.1

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	49	Paola Rodriguez	265	29	1	7:09.7	31:05	2	1:16.4		1	51:22.1	17.5	2	1:20.1		1	27:45.3	8:57	1:28:53.9
2	89	Casey Stull	274	26	2	8:52.2	38:33	1	1:13.1		2	1:20:28.9	11.2	1	0:35.8		2	33:47.9	10:54	2:04:58.1

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	51	Stephanie Allen	277	32	1	8:12.3	35:39	1	1:47.0		1	47:48.9	18.8	5	1:51.2		2	29:48.7	9:37	1:29:28.3
2	70	Kristen Woodbury	275	30	3	8:39.7	37:37	4	2:59.4		2	54:09.7	16.6	1	0:44.7		3	33:56.1	10:57	1:40:29.8
3	75	Hillery Ray	243	34	2	8:22.8	36:23	2	1:47.2		5	1:07:34.7	13.3	3	0:58.6		1	25:28.1	8:13	1:44:11.5
4	81	Liz Reeves	271	34	4	8:44.5	37:58	3	2:25.4		3	55:54.3	16.1	2	0:48.4		5	40:41.1	13:07	1:48:33.9
5	84	Rebecca Priddy	208	34	5	15:12.0	66:05	5	3:27.8		4	58:06.8	15.5	4	1:37.3		4	36:24.9	11:45	1:54:49.1

Race Date
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15 Heart & Sole Triathlon

Age Group Results

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	35	Breana Lewis	206	36	1	5:18.9	23:03	2	1:03.5		1	50:07.3	18.0	1	0:39.3		2	27:44.0	8:57	1:24:53.2
2	41	Katie Singleton	251	37	2	7:46.5	33:46	1	1:00.2		2	51:05.5	17.6	4	1:21.6		1	25:34.5	8:15	1:26:48.6
3	58	Myrisa Christy	250	36	3	8:02.9	34:56	3	1:05.2		3	52:30.7	17.1	2	1:10.4		3	30:00.3	9:41	1:32:49.8
4	93	Kelli Gowan	295	39	4	11:55.7	51:49	4	3:39.6		4	1:20:12.3	11.2	3	1:21.4		4	41:56.8	13:32	2:19:06.1

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	39	Mary Beth Naumann	254	42	1	7:07.1	30:57	5	1:26.4		1	48:38.1	18.5	1	0:37.5		1	27:36.6	8:54	1:25:25.8
2	44	Rachel Wilson	246	40	3	7:51.2	34:08	1	1:00.2		2	49:16.3	18.3	5	1:21.7		3	28:17.9	9:07	1:27:47.6
3	52	Megan Poole	264	41	2	7:35.1	32:58	4	1:23.2		3	50:46.6	17.7	4	1:21.1		4	28:27.3	9:11	1:29:33.6
4	66	Helen O'Leary	287	42	5	12:06.9	52:37	2	1:05.9		4	54:29.0	16.5	2	0:42.7		2	27:51.7	8:59	1:36:16.4
5	80	Beth Rose	232	43	4	8:30.3	36:57	3	1:08.9		5	55:46.3	16.1	3	0:50.7		5	41:25.3	13:22	1:47:41.7
6	94	Missy Thompson	298	44	6	12:50.3	55:48	6	3:51.6		6	1:27:13.9	10.3	6	1:59.1		6	53:15.9	17:11	2:39:11.1

Female 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	61	Melanie Noe	263	45	3	8:40.2	37:41	2	1:38.5		3	52:33.7	17.1	4	4:03.9		1	27:08.2	8:45	1:34:04.7
2	62	Jeri English	221	49	1	7:40.9	33:20	3	2:15.5		1	51:02.2	17.6	2	1:00.5		2	32:12.4	10:23	1:34:11.8
3	64	Andrea Wilson	281	45	4	9:17.3	40:22	1	0:54.2		2	52:30.7	17.1	1	0:41.9		3	32:44.9	10:34	1:36:09.3
4	76	Christa Collins	237	45	2	8:21.5	36:18	4	2:51.5		4	58:34.0	15.4	3	1:07.6		4	33:26.5	10:47	1:44:21.3

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15 Heart & Sole Triathlon
Age Group Results

Female 50 to 54

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	78	Teri O'Day	292	50	1	11:07.8	48:20	1	2:27.2		1	1:01:48.6	14.6	1	0:43.6		1	30:22.5	9:48	1:46:29.9

Female 55 to 59

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	74	Treacy Reagan	297	55	2	9:40.2	42:02	2	1:39.3		1	53:49.7	16.7	2	2:10.8		1	36:21.7	11:44	1:43:41.8
2	86	Deb Rateri	279	55	1	9:05.4	39:30	1	1:30.1		2	1:02:13.9	14.5	1	1:22.6		2	44:05.4	14:13	1:58:17.6

Female 60 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	55	Mary Henson	267	60	2	7:58.1	34:38	1	1:00.0		2	49:56.5	18.0	1	1:12.4		1	31:48.5	10:15	1:31:55.7
2	57	Gayle Pille	225	61	1	6:47.4	29:30	2	1:29.9		1	47:30.1	18.9	2	1:36.4		2	35:24.0	11:25	1:32:48.0

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15 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	228	28	1	4:20.0	18:50	1	0:15.2		1	34:55.5	25.8	2	0:19.5		1	18:50.9	6:05	58:41.3
2	2	Garrett Bowers	226	41	3	6:32.9	28:24	2	0:18.0		2	37:06.6	24.3	1	0:18.4		2	19:13.3	6:12	1:03:29.5
3	3	Chris Martin	213	44	2	5:37.0	24:25	3	0:21.2		3	37:24.5	24.1	3	0:40.7		3	20:14.7	6:32	1:04:18.3

Race Date
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15 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	34	Brandon Gowan	201	15	1	4:49.6	20:57	3	1:58.4		1	51:03.5	17.6	1	0:30.3		1	25:23.2	8:11	1:23:45.1
2	46	Tristan Barnes	209	16	2	5:09.9	22:23	2	1:33.7		3	52:51.1	17.0	2	0:32.9		2	28:00.7	9:02	1:28:08.7
3	65	Jacob Winkelhake	233	18	3	6:40.6	28:59	1	1:16.8		2	51:34.8	17.5	3	1:25.9		3	35:12.8	11:21	1:36:11.0

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	47	Jim Barnett	236	23	1	7:11.0	31:14	1	1:31.1		1	54:04.4	16.6	1	1:02.0		1	24:39.8	7:57	1:28:28.5

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	15	Kevin Davis	257	28	2	6:36.0	28:42	2	1:23.9		1	44:47.9	20.1	2	0:39.4		1	23:05.8	7:27	1:16:33.3
2	38	Joseph Hudson	223	29	1	6:23.9	27:45	1	0:53.3		2	48:51.9	18.4	1	0:38.4		2	28:34.8	9:13	1:25:22.5

Male 30 to 34

Place					Swim		T1		Bike			T2		Run			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	6	Grant Gensheimer	205	33	2	4:55.4	21:23	1	0:21.7		1	40:52.0	22.0	1	0:29.0		2	21:21.4	6:53	1:07:59.7
2	9	Alex Keyser	202	30	1	4:43.3	20:30	7	1:42.0		3	44:55.9	20.0	3	0:48.7		1	21:12.6	6:50	1:13:22.8
3	13	Daniel Paz	207	33	3	5:27.5	23:42	6	1:29.1		2	42:31.2	21.2	2	0:46.4		5	25:46.9	8:19	1:16:01.4

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15 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
4	24	Bradley Bolen	249	34	6	7:33.9	32:50	3	0:59.3		4	46:03.2	19.5	7	1:02.2		3	24:17.6	7:50	1:19:56.5
5	25	Ryan Morgan	224	30	4	6:33.5	28:29	2	0:46.4		5	47:35.0	18.9	4	0:50.3		4	24:48.6	8:00	1:20:34.0
6	42	Guillermo Eguiarte	230	31	5	6:46.7	29:25	4	1:01.2		7	52:09.5	17.3	6	0:53.8		6	26:31.6	8:33	1:27:23.1
7	45	Nick Arlinghaus	255	34	7	7:47.7	33:50	5	1:24.4		6	50:39.0	17.8	5	0:50.3		7	27:15.5	8:47	1:27:57.1
8	72	JT Eldridge	270	30	8	10:11.6	44:17	9	2:12.7		8	54:44.1	16.4	8	1:06.4		8	33:33.6	10:49	1:41:48.7
9	91	John Flynn	291	32	9	11:18.0	49:08	8	2:11.3		9	1:09:33.6	12.9	9	1:45.0		9	47:24.5	15:17	2:12:12.6

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	220	38	3	6:33.2	28:29	1	0:19.6		2	39:00.2	23.1	1	0:18.7		1	19:34.5	6:19	1:05:46.4
2	5	Ryan Combest	204	39	1	5:27.9	23:42	2	0:33.9		1	38:55.8	23.1	2	0:26.0		4	21:54.9	7:04	1:07:18.8
3	10	Brandon Donahoe	229	39	4	6:45.1	29:21	5	0:52.4		4	43:18.2	20.8	5	0:58.9		3	21:54.6	7:04	1:13:49.5
4	16	Karl Persson	227	37	6	7:46.1	33:46	3	0:38.2		3	43:14.9	20.8	3	0:43.9		5	24:12.5	7:48	1:16:35.8
5	21	chris regan	212	39	2	5:38.2	24:30	4	0:44.5		5	46:48.0	19.2	4	0:54.0		6	24:40.8	7:57	1:18:45.8
6	28	Ryan Fletcher	240	39	5	6:55.5	30:04	7	2:20.3		6	48:45.2	18.5	7	1:46.7		2	21:05.1	6:48	1:20:53.1
7	63	Brandon Christy	278	38	7	8:28.0	36:49	6	2:08.2		7	50:43.7	17.7	6	1:24.0		7	32:45.0	10:34	1:35:29.1

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	31	Scott Brown	276	43	2	8:00.6	34:47	1	1:17.8		1	49:07.2	18.3	3	1:02.8		1	22:43.1	7:20	1:22:11.7
2	48	Lance Wescher	299	40	4	8:39.5	37:37	2	1:38.1		3	50:24.9	17.9	5	1:21.0		3	26:42.3	8:37	1:28:46.0

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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
3	50	Bryan Otero	283	42	6	9:00.2	39:08	4	2:12.5		4	52:01.9	17.3	1	0:58.2		2	24:56.8	8:03	1:29:09.9
4	59	John Ripy	285	44	5	8:42.5	37:50	5	2:22.9		2	50:04.9	18.0	4	1:15.4		4	31:10.8	10:03	1:33:36.7
5	73	Tim Galvin	286	40	7	10:40.8	46:23	6	2:23.0		6	56:36.5	15.9	2	1:02.1		5	32:41.1	10:33	1:43:23.7
6	77	Greg Schings	272	44	3	8:23.6	36:27	3	2:01.9		5	53:50.0	16.7	6	1:47.6		6	39:00.9	12:35	1:45:04.2
7	87	Mike McColl	242	40	1	7:56.4	34:30	7	2:35.3		7	59:07.4	15.2	7	2:01.0		7	46:58.7	15:09	1:58:39.1

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	8	Don Kelley	235	46	4	7:04.7	30:43	1	0:25.3		2	42:24.4	21.2	3	0:34.1		1	20:53.7	6:44	1:11:22.4
2	11	William Siebenthaler	214	45	1	5:45.3	25:00	5	0:46.7		1	42:11.8	21.3	1	0:30.7		4	25:07.5	8:06	1:14:22.1
3	18	Danny Rose	216	48	2	6:29.0	28:11	6	0:55.3		4	45:15.2	19.9	2	0:31.4		3	24:46.6	7:59	1:17:57.9
4	19	Fred Cooper	238	49	6	7:43.1	33:33	3	0:39.4		3	44:32.6	20.2	4	0:38.3		2	24:26.8	7:53	1:18:00.5
5	26	Stephen Miller	296	47	3	6:32.3	28:24	4	0:41.4		5	46:28.2	19.4	5	0:39.9		6	26:12.2	8:27	1:20:34.2
6	30	Mike Schwarzell	266	47	5	7:06.9	30:52	2	0:32.4		7	47:51.0	18.8	6	0:51.6		5	25:49.4	8:20	1:22:11.6
7	54	Dale Young	273	46	8	10:40.8	46:23	7	1:54.8		6	47:07.3	19.1	7	0:52.4		7	31:08.4	10:03	1:31:43.9
8	90	William Stover	244	48	7	10:15.3	44:34	8	2:33.5		8	1:09:52.1	12.9	8	1:54.2		8	42:19.9	13:39	2:06:55.2

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	7	Tommy Nettleton	253	54	2	6:19.2	27:28	1	0:17.0		1	39:31.8	22.8	2	0:26.8		1	21:53.0	7:04	1:08:28.0
2	14	Philip cullen	215	54	1	6:14.6	27:06	2	0:18.4		3	43:57.2	20.5	1	0:26.5		3	25:17.7	8:09	1:16:14.7

Race Date
April 18, 2015

15 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	Rnk	Time	Pace	Time
3	22	Bob Tarne	280	51	5	8:11.9	35:35	4	1:03.4		4	44:45.4	20.1	5	0:47.3		2	24:51.0	8:01		1:19:39.2		
4	23	Tommy Finsand	239	52	3	7:29.5	32:32	3	0:36.8		2	43:55.8	20.5	3	0:39.4		5	27:09.5	8:45		1:19:51.2		
5	29	robert kelley	260	53	4	7:33.4	32:50	5	1:12.7		5	45:08.6	19.9	4	0:45.5		4	26:33.9	8:34		1:21:14.3		
6	79	Kenneth Smith	289	52	6	11:10.4	48:33	6	2:56.7		6	59:44.8	15.1	6	1:14.5		6	32:10.3	10:23		1:47:16.9		

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	Rnk	Time	Pace	Time
1	12	Richard Hempel	219	56	1	6:38.3	28:50	2	0:28.0		1	43:15.3	20.8	5	1:01.9		1	23:15.4	7:30		1:14:39.1		
2	17	Samuel Dick	234	59	3	7:05.5	30:48	1	0:22.1		2	43:27.7	20.7	1	0:36.0		3	25:30.4	8:14		1:17:01.9		
3	27	Clark Fisher	231	55	2	7:03.0	30:39	5	1:41.6		3	46:20.9	19.4	3	0:45.1		2	24:47.6	8:00		1:20:38.4		
4	40	Mark Henry	222	55	5	7:16.5	31:36	3	1:03.0		4	48:23.6	18.6	4	0:46.3		5	28:42.0	9:15		1:26:11.6		
5	43	Robert Twist	245	59	4	7:15.0	31:31	4	1:37.8		5	49:50.8	18.1	2	0:43.7		4	28:06.9	9:04		1:27:34.4		

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	Rnk	Time	Pace	Time
1	37	Paul Braun	269	61	2	9:00.8	39:08	1	1:31.7		1	50:04.3	18.0	1	0:21.1		1	24:10.9	7:48		1:25:09.0		
2	53	Charles Benton	268	64	1	7:47.3	33:50	2	1:55.0		2	50:56.4	17.7	2	1:32.3		2	28:02.5	9:03		1:30:13.7		

Race Date
April 18, 2015

15 Heart & Sole Triathlon
Age Group Results

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	68	benjamin hicks	259	65	1	8:40.5	37:41	1	1:23.4		1	56:53.5	15.8	1	1:37.4		1	30:49.8	9:56	1:39:24.8

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	261	72	2	8:58.6	38:59	2	2:00.0		2	47:16.8	19.0	2	1:40.4		2	32:02.7	10:20	1:31:58.7
2	60	John Taylor	252	70	1	8:36.8	37:23	3	2:39.5		1	46:38.4	19.3	3	2:09.1		3	33:44.1	10:53	1:33:48.2
3	67	Raymond Papka	284	70	3	10:11.5	44:17	1	1:34.1		3	55:03.2	16.3	1	0:36.8		1	29:49.0	9:37	1:37:14.8

Male 75 and over

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	85	Harold Lanham	282	75	1	11:53.3	51:40	1	3:01.5		1	59:59.0	15.0	2	3:51.5		1	39:30.6	12:45	1:58:16.1
2	92	Joe Wilson	293	81	2	12:56.3	56:14	2	3:14.3		2	1:06:19.3	13.6	1	1:55.0		2	48:27.3	15:38	2:12:52.6