

Race Date
April 23, 2016

16 Heart and Soul Triathlon
Age Group Results

Female Open Winners

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	1	Shannon Florea	755	38	1	5:30.7	22:00	0:42.0	1	41:08.4	2:45	0:44.7	1	20:59.1	6:45	1:09:05.1
2	2	Rebecca Bowers	770	42	2	6:51.8	27:24	0:32.0	2	47:47.4	3:11	0:47.7	3	27:07.5	8:43	1:23:06.5
3	3	Nancy O Meiers	796	47	3	7:33.7	30:12	1:00.7	3	49:42.6	3:19	1:11.0	2	23:52.3	7:40	1:23:20.5

Male Open Winners

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	1	Kevin Ryan	743	28	1	4:15.4	17:00	0:19.7	1	35:25.4	2:22	0:36.3	1	18:42.3	6:01	59:19.3
2	2	Rick Kimberlin	771	41	3	6:16.1	25:04	0:36.4	2	39:35.6	2:38	0:34.7	2	20:07.5	6:28	1:07:10.5
3	3	Grant Gensheimer	748	33	2	4:48.8	19:12	0:22.2	3	40:12.0	2:41	0:36.8	3	21:39.6	6:58	1:07:39.6

*Overall place among males only

Race Date
April 23, 2016

16 Heart and Soul Triathlon
Age Group Results

Female 15 to 19

Place		Name	Bib No	Age	Swim		T1			Bike		T2		Run		Total
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	47	Ruth Nay	874	19	1	9:03.5	36:12	3:02.1	1	1:16:50.0	5:07	6:13.2	1	32:24.6	10:25	2:07:33.7

Male 15 to 19

Place		Name	Bib No	Age	Swim		T1			Bike		T2		Run		Total
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	11	Jacob Winkelhake	765	18	2	5:53.9	23:32	0:32.4	1	43:49.2	2:55	0:45.3	1	24:02.3	7:44	1:15:03.3
2	34	Brandon Gowan	742	15	1	4:51.7	19:24	2:34.6	2	56:35.9	3:46	0:36.6	2	25:19.5	8:08	1:29:58.5

Female 20 to 24

Place		Name	Bib No	Age	Swim		T1			Bike		T2		Run		Total
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	5	Lindsay Westerfield	793	24	5	7:19.9	29:16	1:17.0	1	51:27.2	3:26	1:06.3	1	23:43.3	7:38	1:24:53.9
2	13	Carrie Brown	811	24	9	7:55.7	31:40	1:13.7	2	52:01.9	3:28	0:31.1	2	27:31.3	8:51	1:29:13.8
3	16	Sarah Wright	800	24	6	7:22.9	29:28	1:27.7	4	53:57.0	3:36	0:57.9	3	26:27.4	8:30	1:30:13.1
4	20	Sarah Bugg	777	23	11	8:43.4	34:52	2:05.7	5	55:50.2	3:43	0:42.3	4	26:03.7	8:23	1:33:25.5
5	23	Drew Baldwin	833	23	12	8:57.6	35:48	1:36.2	6	57:10.5	3:49	1:05.8	5	28:16.7	9:05	1:37:07.0
6	27	Zoe Bowman	757	20	1	6:01.1	24:04	0:58.6	3	55:19.7	3:41	0:51.1	6	38:18.9	12:19	1:41:29.6
7	30	Paige Terryberry	752	22	2	6:24.7	25:36	1:46.8	7	1:03:42.6	4:15	0:45.6	7	30:37.7	9:51	1:43:17.5
8	38	Beka Saylor	761	22	3	6:52.4	27:28	2:28.2	8	1:02:38.1	4:11	0:38.0	8	35:43.8	11:29	1:48:20.7
9	39	Christine Stephens-Bez	787	24	7	7:38.7	30:32	2:38.9	9	1:06:33.5	4:26	0:50.1	9	31:29.0	10:07	1:49:10.3
10	46	Valerie Arcuri	826	21	10	8:09.4	32:36	3:23.5	11	1:18:08.5	5:13	0:58.1	10	34:33.8	11:07	2:05:13.5
11	48	Grace Holbrook	872	21	8	7:53.9	31:32	4:38.4	10	1:16:46.0	5:07	6:19.1	11	32:26.2	10:26	2:08:03.8
12	53	Maggie Mauze	768	22	4	7:02.7	28:08	2:18.1	12	1:42:12.4	6:49	1:15.9	12	35:21.3	11:22	2:28:10.7

*Overall place among females only

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Age Group Results

Men 20 to 24

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall	Place				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	31	Jeremy Rieskamp	878	21	1	7:45.0	31:00	1:06.1	1	53:44.7	3:35	1:07.0	1	20:49.6	6:42	1:24:32.6

Female 25 to 29

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall	Place				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	34	Colleen Maggard	745	25	1	5:07.1	20:28	2:23.0	1	1:08:12.7	4:33	0:33.5	1	30:10.8	9:42	1:46:27.3
2	43	Caroline Black	785	28	2	7:08.9	28:32	3:16.2	2	1:06:46.5	4:27	0:58.3	2	36:49.2	11:50	1:54:59.4
3	52	Rebecca Douglass	823	27	3	9:19.7	37:16	2:55.0	3	1:12:36.5	4:50	0:37.1	3	52:26.4	16:52	2:17:54.8

Men 25 to 29

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall	Place				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	7	Lisle Adams	751	29	1	5:10.3	20:40	0:24.9	2	46:12.9	3:05	0:25.7	1	21:53.5	7:02	1:14:07.5
2	8	Adam Stuart	760	27	4	6:56.8	27:44	0:28.1	1	44:17.7	2:57	3:46.3	2	18:49.7	6:03	1:14:18.7
3	18	Taylor West	774	26	3	6:40.3	26:40	0:39.3	3	46:03.1	3:04	1:03.1	3	25:09.9	8:05	1:19:35.9
4	29	Bradley Heberling	775	26	2	6:32.3	26:08	1:49.7	4	50:55.2	3:24	0:54.0	4	23:24.5	7:31	1:23:35.9

Female 30 to 34

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall	Place				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	12	Stephanie Allen	875	32	4	8:27.6	33:48	0:57.2	1	49:03.0	3:16	0:54.2	1	29:43.4	9:33	1:29:05.6

*Overall place among females only

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16 Heart and Soul Triathlon
Age Group Results

Female 30 to 34

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	
2	22	Suzanne Cates	838	34	2	7:51.6	31:24	2:06.4	2	56:23.0	3:46	1:03.3	2	29:02.1	9:20	1:36:26.6
3	32	Shelah Woodruff	801	33	1	7:49.0	31:16	2:08.3	4	1:02:55.1	4:12	0:32.0	3	31:08.3	10:01	1:44:32.8
4	33	Beth Cady	830	32	3	8:01.8	32:04	3:37.2	3	57:24.8	3:50	0:49.6	4	35:48.2	11:31	1:45:41.7

Men 30 to 34

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	
1	4	Daniel Paz	762	33	1	5:33.8	22:12	0:37.1	1	41:10.7	2:45	0:49.2	1	22:31.9	7:14	1:10:42.9
2	15	Rodion Svynarenko	799	33	6	8:08.9	32:32	0:49.0	2	45:22.4	3:01	1:00.4	2	21:58.3	7:04	1:17:19.1
3	20	Ryan Morgan	754	30	4	6:46.3	27:04	0:50.7	4	47:55.8	3:12	1:15.1	3	23:59.8	7:43	1:20:47.8
4	25	Guillermo Eguiarte	776	31	2	6:29.6	25:56	1:30.6	3	47:16.6	3:09	1:02.1	4	25:19.7	8:08	1:21:38.7
5	32	Chad Adams	786	33	3	6:43.4	26:52	1:07.2	5	49:24.8	3:18	0:58.2	5	26:23.7	8:29	1:24:37.5
6	33	Peter Cook	820	34	7	8:19.4	33:16	1:38.7	6	50:25.8	3:22	0:36.9	6	24:12.2	7:47	1:25:13.2
7	42	Joshua Selby	804	31	5	7:31.3	30:04	3:46.8	7	57:51.4	3:51	1:27.4	7	26:25.4	8:30	1:37:02.4
8	50	Matthew Hourigan	805	30	8	8:23.2	33:32	2:41.4	8	1:06:26.9	4:26	0:33.8	8	26:09.3	8:25	1:44:14.8

Female 35 to 39

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	
1	4	Nicolas Cabrini	818	35	1	6:53.7	27:32	2:24.2	1	47:50.4	3:11	0:50.1	1	26:41.1	8:35	1:24:39.7
2	7	Roxana Martinez	778	35	5	8:18.9	33:12	1:47.6	2	51:06.9	3:24	1:01.8	2	23:16.2	7:29	1:25:31.5
3	10	Misty Akers	795	38	4	7:52.4	31:28	1:25.1	3	52:40.2	3:31	0:47.4	3	24:58.9	8:02	1:27:44.2
4	11	Katie Singleton	792	37	3	7:23.6	29:32	1:01.6	4	53:43.6	3:35	0:48.3	4	25:31.5	8:12	1:28:28.7

*Overall place among females only

Race Date
April 23, 2016

16 Heart and Soul Triathlon

Age Group Results

Female 35 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
5	21	Carolina Krupp	759	39	2	7:20.6	29:20	1:47.6	5	57:56.1	3:52	1:26.0	5	27:31.0	8:51	1:36:01.4
6	31	Harmony Ray	848	35	6	9:09.2	36:36	1:31.7	6	57:36.8	3:50	1:39.9	6	34:20.0	11:02	1:44:17.8

Men 35 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	5	Ryan Clenney	773	36	1	6:19.0	25:16	0:47.4	1	41:15.8	2:45	0:34.6	1	22:07.4	7:07	1:11:04.4
2	6	Jeremy Couch	814	38	7	8:35.1	34:20	1:39.9	2	41:55.4	2:48	0:49.9	2	21:02.6	6:46	1:14:03.0
3	13	Nathaniel Hopkins	797	38	6	8:06.5	32:24	0:52.5	5	44:55.5	3:00	0:41.1	3	21:54.7	7:03	1:16:30.5
4	14	Brian LaHue	784	35	2	6:45.2	27:00	0:55.5	3	45:00.5	3:00	0:59.6	4	23:34.0	7:35	1:17:15.0
5	23	Ryan Clagett	756	39	3	6:55.9	27:40	0:53.6	4	45:54.2	3:04	1:06.1	5	26:47.6	8:37	1:21:37.6
6	24	matt hall	877	39	5	8:05.0	32:20	1:14.6	6	46:18.2	3:05	1:08.9	6	24:51.1	7:59	1:21:37.8
7	44	Jack Jones	835	36	4	7:29.9	29:56	4:51.0	7	56:10.1	3:45	2:29.5	7	26:15.5	8:26	1:37:16.2

Female 40 to 44

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	9	Mary Beth Naumann	769	42	1	7:03.3	28:12	1:21.3	1	49:15.0	3:17		1	29:09.8	9:22	1:26:49.6
2	15	Babett Kuhlmann	780	43	3	7:31.1	30:04	2:40.8	3	52:32.0	3:30	0:39.2	2	26:47.2	8:37	1:30:10.6
3	19	Rachel Wilson	821	41	4	7:56.7	31:44	0:50.4	2	51:19.8	3:25	1:09.5	3	30:32.5	9:49	1:31:49.1
4	26	Liz Knapp	839	44	2	7:19.7	29:16	2:46.9	6	58:41.6	3:55	0:27.2	4	30:30.9	9:48	1:39:46.4
5	35	Teresa Boyle	876	41	8	12:05.8	48:20	2:26.9	5	54:00.3	3:36	2:26.4	5	35:40.1	11:28	1:46:39.8
6	36	Nikki Cooper	837	42	7	8:44.0	34:56	1:42.7	7	59:16.0	3:57	1:04.9	6	36:54.4	11:52	1:47:42.3

*Overall place among females only

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16 Heart and Soul Triathlon
Age Group Results

Female 40 to 44

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	
7	37	Beth Rose	810	43	5	8:03.3	32:12	1:22.7	4	57:33.9	3:50	0:41.5	7	40:02.6	12:52	1:47:44.1
8	42	Kim Dallara	744	43	6	8:28.0	33:52	2:29.4	8	1:00:46.7	4:03	2:30.5	8	40:43.2	13:06	1:54:57.9

Men 40 to 44

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	
1	12	Jeff Presley	766	40	1	5:52.0	23:28	0:57.9	1	43:39.7	2:55	0:44.3	1	24:31.4	7:53	1:15:45.4
2	16	Brennan Donahoe	782	40	3	7:13.4	28:52	1:55.5	3	44:47.7	2:59		2	23:29.3	7:33	1:17:26.0
3	19	Robert Campbell	772	41	2	6:31.5	26:04	1:06.2	2	45:07.9	3:00	0:27.2	3	26:29.2	8:31	1:19:42.2
4	28	Judd English	816	40	4	8:00.4	32:00	1:43.6	4	44:40.0	2:59	1:07.0	4	27:35.7	8:52	1:23:06.8
5	49	Travis Walker	852	43	5	9:57.2	39:48	2:18.9	5	56:44.0	3:47	1:32.7	5	30:34.1	9:50	1:41:07.0
6	51	Matthew A Mihajlovits	867	41	6	10:26.3	41:44	2:49.2	6	1:00:46.8	4:03	2:13.7	6	29:44.3	9:34	1:46:00.6

Female 45 to 49

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	
1	6	Susie Barberie	781	47	1	7:17.7	29:08	1:00.2	1	51:38.5	3:27	0:46.2	1	24:32.9	7:53	1:25:15.8
2	17	Kathleen Fripp	836	46	2	8:24.9	33:36	1:51.5	2	50:17.0	3:21	1:18.1	2	28:25.7	9:08	1:30:17.3
3	25	Lisa Bell	850	45	5	9:16.6	37:04	1:41.5	4	56:48.1	3:47	1:36.0	3	29:37.9	9:31	1:39:00.3
4	28	M Beth Bates	806	49	3	8:32.5	34:08	1:50.3	3	55:09.5	3:41	1:28.4	4	35:12.8	11:19	1:42:13.7
5	29	Andrea Wilson	845	45	6	9:52.0	39:28	1:55.0	5	56:41.4	3:47	0:57.2	5	33:37.8	10:49	1:43:03.5
6	45	Joy Bowers-Campbell	849	47	4	8:33.5	34:12	3:03.7	7	1:10:42.1	4:43	0:52.7	6	40:06.5	12:54	2:03:18.7
7	49	Missy Thompson	873	45	7	11:29.3	45:56	2:34.0	6	1:06:17.4	4:25	1:43.5	7	50:22.4	16:12	2:12:26.8

*Overall place among females only

Race Date
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16 Heart and Soul Triathlon
Age Group Results

Men 45 to 49

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	17	Danny Rose	763	48	1	6:22.0	25:28	1:01.1	1	46:49.6	3:07		1	25:04.0	8:04	1:19:16.8
2	26	Fred Cooper	789	49	3	7:33.3	30:12	0:46.8	2	46:38.1	3:07	0:38.3	2	26:19.2	8:28	1:21:55.8
3	27	Bob Fritz	855	47	5	8:07.0	32:28	0:52.3	5	50:12.8	3:21	0:33.8	3	23:00.3	7:24	1:22:46.4
4	30	Henry N. Meiers	790	46	2	6:53.0	27:32	1:26.7	3	48:11.6	3:13	1:00.8	4	26:46.5	8:36	1:24:18.7
5	35	Dale Young	846	47	7	9:17.1	37:08	0:21.0	4	47:34.2	3:10	0:55.8	5	31:56.5	10:16	1:30:04.8
6	40	Tim Stout	803	47	4	7:49.1	31:16	0:46.8	6	51:27.5	3:26	0:40.1	6	34:24.3	11:04	1:35:07.9
7	41	Paul Linton	819	48	6	8:44.1	34:56	3:33.0	7	53:03.8	3:32	0:50.5	7	29:06.1	9:21	1:35:17.6
8	54	Glenn Goetzinger	871	48	8	9:35.7	38:20	3:50.5	8	1:13:32.4	4:54	2:06.7	8	25:08.9	8:05	1:54:14.4

Female 50 to 54

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	40	Susan Price	860	52	1	10:50.7	43:20	3:37.8	1	1:01:49.2	4:07	2:48.3	1	34:55.3	11:14	1:54:01.4

Men 50 to 54

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	37	Derrick Reid	831	50	3	8:16.4	33:04	1:39.9	1	50:31.5	3:22	1:44.8	1	29:32.6	9:30	1:31:45.4
2	45	Brian Jones	783	50	1	6:56.6	27:44	3:23.2	2	55:05.3	3:40	0:52.3	2	31:01.5	9:58	1:37:19.1
3	52	Stephen Riley	825	50	2	7:08.1	28:32	2:30.6	3	1:03:17.7	4:13	1:17.7	3	37:39.1	12:06	1:51:53.4

*Overall place among males only

Race Date
April 23, 2016

16 Heart and Soul Triathlon
Age Group Results

Female 55 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	8	Kirby Grantz	750	56	2	8:20.6	33:20	1:10.7	1	51:08.5	3:25		1	26:06.0	8:24	1:26:45.9
2	18	Janet Ritchie	791	55	1	7:47.0	31:08	1:58.0	2	52:22.0	3:29	0:57.0	2	27:57.8	8:59	1:31:02.0
3	41	J.W. Price	857	58	5	11:35.2	46:20	3:37.0	4	1:01:02.9	4:04	3:35.3	3	34:55.6	11:14	1:54:46.2
4	44	Debra L Rateri	847	55	3	9:08.1	36:32	2:03.1	3	1:03:23.9	4:14	1:45.1	4	45:07.2	14:30	2:01:27.5
5	50	Candis Haskell	870	59	6	14:52.0	59:28	2:17.8	6	1:20:36.6	5:22	0:56.3	5	35:04.1	11:17	2:13:46.9
6	51	Nancy Wood	851	56	4	10:33.1	42:12	2:50.5	5	1:11:18.5	4:45	3:39.4	6	47:16.0	15:12	2:15:37.7

Men 55 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	9	Joe Nail	767	57	4	7:46.5	31:04	1:04.8	2	41:53.6	2:48	0:58.9	1	22:43.2	7:18	1:14:27.2
2	10	Philip Cullen	753	55	1	6:24.1	25:36	0:24.5	1	43:11.1	2:53	0:36.1	2	24:26.5	7:51	1:15:02.5
3	21	Tim Bailey	802	58	5	8:03.3	32:12	0:44.1	3	46:43.1	3:07	0:52.7	3	24:38.3	7:55	1:21:01.6
4	22	Clark Fisher	788	55	2	6:54.2	27:36	2:00.3	4	47:41.7	3:11	1:09.7	4	23:45.5	7:38	1:21:31.7
5	38	John Grantz	749	56	3	7:20.5	29:20	1:46.2	5	52:38.7	3:31		5	30:29.1	9:48	1:32:14.7

Female 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	14	Mary Henson	779	61	2	8:17.0	33:08	1:11.8	1	49:49.8	3:19	0:58.1	1	29:44.2	9:34	1:30:01.1
2	24	Gayle Pille	764	62	1	7:02.3	28:08	2:13.5	2	51:16.3	3:25	1:57.5	2	35:04.0	11:17	1:37:33.8

*Overall place among females only

Race Date
April 23, 2016

16 Heart and Soul Triathlon
Age Group Results

Men 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	36	Robert Twist	798	60	1	6:57.5	27:48	1:33.6	1	51:36.1	3:26	0:53.6	1	29:12.0	9:23	1:30:13.0
2	56	Ed Dove	856	63	2	11:46.8	47:04	2:09.0	2	1:08:10.6	4:33	2:12.2	2	45:44.8	14:42	2:10:03.7

Male 65 to 69

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	48	Richard M Dammel	824	68	1	8:55.9	35:40	4:02.8	1	48:46.1	3:15	2:04.9	1	36:28.2	11:44	1:40:18.1
2	55	Larry Stahlman	817	68	2	9:51.4	39:24	3:12.6	2	59:05.4	3:56	1:06.1	2	41:02.6	13:12	1:54:18.2

Male 70 and over

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	39	Jack Lynch	813	72	3	9:41.6	38:44	2:05.9	1	48:41.5	3:15	1:58.7	1	30:42.8	9:52	1:33:10.7
2	43	Harald Portig	834	74	1	9:04.9	36:16	1:55.7	3	52:50.3	3:31	1:31.4	2	31:46.3	10:13	1:37:08.8
3	46	Russell Clarke	859	71	5	11:06.7	44:24	1:49.5	2	48:39.2	3:15	1:48.8	3	34:09.8	10:59	1:37:34.2
4	47	Ray Papka	822	70	4	10:19.5	41:16	1:46.3	4	56:01.9	3:44	0:49.8	4	30:30.6	9:48	1:39:28.2
5	53	Don Scarpero	832	71	2	9:17.0	37:08		5	1:01:38.3	4:07	2:54.0	5	38:22.5	12:20	1:52:11.9

*Overall place among males only