

Race Date
April 22, 2017

17 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	Lindsay Westerfield	347	25	3	6:27.4	28:03	1	0:55.8		3	50:56.0	17.7	2	1:12.3		1	23:03.8	7:26	1:22:35.5
2	11	Laura Clark	307	26	1	6:04.4	26:23	2	1:27.2		1	48:15.3	18.7	3	1:34.5		2	25:17.5	8:09	1:22:39.0
3	19	Petra Kraft	320	38	2	6:17.6	27:19	3	1:41.2		2	50:01.5	18.0	1	1:01.0		3	26:35.2	8:35	1:25:36.7

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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	Pace	Time					
1	52	Kassandra Atkins	375	17	1	8:26.0	36:40	1	3:14.7		1	1:10:58.0	12.7	1	1:22.4	1	27:52.7	8:59	1:51:54.0

Female 20 to 24

Place			Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time					
1	49	Alexandra Hawksford	354	24	1	9:30.1	41:18	1	3:38.8		1	1:05:57.6	13.6	1	1:26.9	1	30:17.2	9:46	1:50:50.7

Female 25 to 29

Place			Swim		T1		Bike		T2		Run		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time					
1	26	Sarah Wright	329	25	1	6:46.6	29:25	1	1:33.1		1	53:05.2	17.0	3	1:19.8	2	27:33.4	8:53	1:30:18.2
2	33	Allie Engelhart	316	25	3	6:56.2	30:09	2	1:48.7		2	56:03.5	16.1	1	0:52.5	3	31:09.2	10:03	1:36:50.2
3	35	Kelsey Karnes	385	25	5	10:23.7	45:09	4	3:43.8		3	56:55.0	15.8	2	1:03.5	1	27:28.3	8:52	1:39:34.5
4	41	Jackelyn Knight	369	28	4	7:25.2	32:15	3	2:36.5		4	59:13.9	15.2	4	3:33.7	5	31:41.0	10:13	1:44:30.4
5	56	Brittany Ingram	380	29	2	6:54.9	30:00	5	4:24.5		5	1:10:16.3	12.8	5	3:44.8	4	31:40.1	10:13	1:57:00.8

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	Time					
1	47	Emily Carter	376	31	3	8:30.3	36:57	4	2:39.7		1	1:02:52.7	14.3	4	2:48.5	1	33:38.5	10:51	1:50:29.8
2	55	Tanya Mcnabb	339	33	2	7:46.9	33:46	1	1:43.5		2	1:05:57.0	13.6	2	0:41.8	2	38:46.2	12:30	1:54:55.6

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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
3	60	Jamie Spalding	383	34	4	9:16.8	40:17	2	1:54.0		3	1:07:26.5	13.3	3	1:25.5		3	40:39.4	13:07	2:00:42.5
4	62	Rebekah King	357	30	1	7:31.6	32:41	3	2:15.5		4	1:08:02.1	13.2	1	0:36.8		4	45:41.8	14:44	2:04:08.1

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	42	Angela Bylund	367	37	2	9:16.3	40:17	3	3:52.2		1	56:39.1	15.9	3	3:30.0		1	31:21.6	10:07	1:44:39.4
2	54	Samantha Sewell	391	39	1	9:01.9	39:12	1	2:24.6		2	1:04:33.6	13.9	2	1:26.2		3	36:14.0	11:41	1:53:40.4
3	58	Nicole Martin	370	37	3	11:25.3	49:38	2	2:48.7		3	1:08:25.5	13.2	1	0:50.2		2	36:02.8	11:37	1:59:32.8

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	22	Mary Beth Naumann	341	44	2	6:56.6	30:09	2	0:54.4		1	50:32.4	17.8	1	1:04.3		1	27:29.1	8:52	1:26:57.0
2	27	Rachel Wilson	327	42	1	6:53.5	29:56	1	0:39.4		2	53:52.0	16.7	2	1:09.1		2	28:20.7	9:08	1:30:54.9
3	46	Tonya Brookhart	366	41	3	9:31.0	41:23	4	3:48.9		3	1:02:01.3	14.5	3	3:07.7		3	31:22.6	10:07	1:49:51.6

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	29	Deborah Howatt	379	48	3	8:11.4	35:35	1	1:28.5		2	54:04.4	16.6	3	1:46.2		1	28:28.4	9:11	1:33:59.1

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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	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
2	31	Sarah Camp	353	49	2	7:05.5	30:48	2	1:33.5		1	52:28.9	17.2	2	1:24.9		3	32:42.0	10:33	1:35:15.0
3	37	Liz Knapp	358	46	1	7:03.8	30:39	4	3:51.6		3	58:38.0	15.3	1	0:21.8		2	31:57.3	10:18	1:41:52.7
4	61	Kathryn Ward	392	46	5	12:11.8	52:58	3	3:47.5		4	1:07:51.5	13.3	4	3:10.4		4	34:59.0	11:17	2:02:00.4
5	64	Regina Leach	390	47	4	11:56.4	51:53	5	7:25.9		5	1:15:14.9	12.0	5	3:51.8		5	35:59.9	11:36	2:14:29.2

Female 55 to 59

Place					Swim		T1		Bike			T2		Run			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	53	Marcella Rucker	374	58	2	8:53.0	38:37	1	1:55.9		1	1:01:24.6	14.7	1	1:23.9		1	39:12.9	12:39	1:52:50.5
2	63	Debra L Rateri	361	57	1	8:41.9	37:45	2	3:59.3		2	1:10:02.3	12.9	2	2:19.5		2	43:44.0	14:06	2:08:47.3

Female 60 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	39	Mary Henson	355	62	1	8:14.1	35:48	1	1:22.7		2	59:31.1	15.1	1	2:32.2		1	32:18.3	10:25	1:43:58.5
2	40	Gayle Pille	323	63	2	8:39.4	37:37	2	2:01.3		1	54:48.5	16.4	2	3:17.4		2	35:38.8	11:30	1:44:25.5

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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>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>		
1	1	Kevin Ryan	305	30	1	4:24.4	19:08	3	0:52.1		1	37:55.6	23.7	2	0:32.4	1	18:51.9	6:05	1:02:36.5
2	2	Travis W Albrecht	301	29	2	5:09.9	22:23	2	0:36.7		2	40:34.6	22.2	1	0:31.5	2	19:14.4	6:12	1:06:07.3
3	3	Shaun McIntosh	321	36	3	6:46.4	29:25	1	0:22.0		3	43:49.4	20.5	3	0:50.6	3	21:08.5	6:49	1:12:57.0

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Age Group Results

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	9	Akin Erol	333	23	2	6:31.5	28:20	1	0:58.1		2	49:42.0	18.1	1	0:15.8		1	23:29.0	7:35	1:20:56.6
2	15	Jacob Winkelhake	313	20	1	5:42.7	24:47	2	1:57.2		1	48:58.6	18.4	2	1:18.9		2	25:27.4	8:13	1:23:24.9
3	50	Craig Percy	342	24	3	7:32.8	32:45	3	4:25.7		3	1:06:33.1	13.5	3	1:33.0		3	31:28.6	10:09	1:51:33.4

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	8	Kyle Knight	335	25	1	5:53.0	25:35	1	1:48.3		1	47:12.9	19.1	2	1:41.4		1	23:58.6	7:44	1:20:34.4
2	36	Ryne Least	338	25	2	7:15.6	31:31	3	4:19.7		3	1:00:37.7	14.8	1	1:03.1		3	27:36.7	8:54	1:40:53.0
3	45	Samuel Gaines	368	27	3	9:16.3	40:17	2	3:55.6		2	58:48.5	15.3	3	7:28.2		2	26:43.6	8:37	1:46:12.4

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	4	Alex Keyser	304	32	1	5:04.8	22:02	1	0:47.5		1	46:21.3	19.4	3	1:12.9		1	20:38.7	6:39	1:14:05.4
2	17	Richard Wright	328	32	3	6:51.1	29:47	4	2:20.9		2	48:16.1	18.6	2	0:55.0		2	26:23.2	8:31	1:24:46.5
3	24	Andrew Ingram	334	30	2	6:19.7	27:28	2	1:08.0		3	50:56.4	17.7	4	2:15.5		3	26:37.2	8:35	1:27:16.9
4	38	Justin Lande	337	31	4	9:05.2	39:30	3	1:11.2		4	1:02:17.4	14.5	1	0:42.1		4	29:50.3	9:37	1:43:06.4

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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
1	7	Bradley Bolen	331	36	2	6:40.8	28:59	1	1:36.3		1	46:07.8	19.5	2	1:11.7		1	23:45.1	7:40	1:19:21.8
2	28	Kevin Comer	302	39	1	5:54.0	25:39	2	3:25.8		2	53:29.0	16.8	3	1:27.2		2	27:29.7	8:52	1:31:45.9
3	51	Eric Aber	350	36	3	8:40.8	37:41	3	4:57.2		3	1:08:06.0	13.2	1	0:59.5		3	28:50.9	9:18	1:51:34.6

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	Bill Stearman	311	43	1	6:26.2	27:58	1	0:50.5		1	44:06.1	20.4	3	1:19.8		3	25:49.1	8:20	1:18:31.9
2	18	Frank Kraft	336	42	2	7:51.7	34:08	2	1:56.4		3	49:14.0	18.3	2	1:17.6		2	24:55.5	8:02	1:25:15.4
3	20	Glenn Richardson	373	41	3	8:37.8	37:28	3	2:22.1		2	47:33.7	18.9	4	2:43.0		1	24:44.2	7:59	1:26:01.0
4	30	Tim Godbey	388	44	4	12:34.4	54:38	4	3:56.6		4	51:02.7	17.6	1	1:00.1		4	25:55.8	8:22	1:34:29.8

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	5	Ken Moore	340	48	1	6:19.8	27:28	3	2:29.7		1	43:41.7	20.6	1	0:51.5		1	22:30.3	7:15	1:15:53.2
2	23	Jason Witt	348	46	2	6:47.7	29:30	2	1:20.0		2	50:02.0	18.0	3	1:16.5		3	27:47.5	8:58	1:27:14.0
3	25	Bob Fritz	317	49	3	7:14.7	31:27	1	1:16.8		3	52:47.3	17.1	2	0:57.0		2	25:11.9	8:07	1:27:28.0
4	44	Jason Leach	381	46	4	7:36.3	33:03	4	3:32.8		4	59:55.5	15.0	4	4:56.6		4	29:49.1	9:37	1:45:50.5

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17 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	12	Danny Rose	325	50	1	6:11.8	26:53	2	1:44.2		3	47:45.3	18.8	4	1:12.7		3	25:50.7	8:20	1:22:45.0
2	14	Fred Cooper	332	51	3	7:19.3	31:49	5	3:07.0		1	45:21.1	19.8	6	1:56.2		2	25:26.4	8:12	1:23:10.2
3	16	Robert Tarne	345	53	4	7:25.1	32:15	1	1:33.5		2	47:44.9	18.9	5	1:12.9		4	26:33.3	8:34	1:24:29.9
4	21	Tony Ortiz	387	53	6	9:50.8	42:45	3	1:50.2		4	48:24.6	18.6	2	0:58.4		1	25:18.8	8:10	1:26:23.0
5	34	William Bruening	352	51	5	8:08.4	35:22	6	3:54.5		5	58:21.5	15.4	1	0:50.5		5	26:34.1	8:34	1:37:49.2
6	59	Trevor Hemsley	378	51	2	7:14.3	31:27	4	3:03.2		6	1:08:12.0	13.2	3	1:00.6		6	40:20.5	13:01	1:59:50.8

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	57	Vernon Duncan	386	56	1	12:16.2	53:20	1	4:15.2		1	1:00:10.8	15.0	1	4:42.2		1	36:55.9	11:55	1:58:20.5

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	13	George Van Meter Jr	312	62	1	6:03.5	26:18	1	0:37.8		1	47:48.6	18.8	2	2:02.1		1	26:29.8	8:33	1:23:02.0
2	32	Robert Twist	346	61	2	6:56.5	30:09	2	2:21.8		2	54:24.9	16.5	1	1:29.7		2	30:40.8	9:54	1:35:53.9
3	48	Roy Knight	389	61	3	11:57.9	51:57	3	5:33.8		3	54:37.6	16.5	3	3:23.4		3	35:17.2	11:23	1:50:50.0

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17 Heart & Sole Triathlon
Age Group Results

Male 65 to 69

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	43	Benjamin Hicks	349	67	1	8:26.2	36:40	1	2:53.0		1	59:57.6	15.0	1	3:50.7		1	29:53.6	9:38	1:45:01.3