

Race Date
April 20, 2019

19 Heart & Sole Triathlon

Age Group Results

Default Division

Female Open Winners

Place			Run					T1			Bike			T2			Swim			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	18	Sarah Hunter	143	31	2	24:40.5	7:57	1	0:53.5		2	49:04.3	18.3	3	1:38.9		3	8:11.4	84:28	1:24:28.8
2	21	Petra Kraft	151	40	3	26:07.2	8:25	3	1:02.9		1	49:01.5	18.4	2	1:06.2		2	8:04.3	85:22	1:25:22.2
3	23	Amanda Goodwin	134	40	1	23:12.9	7:29	2	0:53.9		3	54:34.5	16.5	1	1:05.5		1	7:06.5	86:53	1:26:53.5

Male Open Winners

Place			Run					T1			Bike			T2			Swim			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	187	32	1	18:49.4	6:04	1	0:18.4		1	39:51.8	22.6	2	0:43.1		1	4:48.9	64:31	1:04:31.6
2	2	Craig Calvert	112	26	2	18:55.9	6:06	2	0:26.4		3	42:19.6	21.3	1	0:34.5		2	5:54.8	68:11	1:08:11.4
3	3	Joe Pawlish	231	47	3	21:16.8	6:52	3	0:41.9		2	41:42.2	21.6	3	0:46.8		3	6:47.7	71:15	1:11:15.5

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Age Group Results

Default Division

Female 15 to 19

Place			Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time					
1	87	Ann Kathryn Shashy	194	18	1	30:13.3	9:45	2	6:19.6		1	1:19:16.7	11.4	1	1:11.8	1	12:29.1	**:30	2:09:30.7
2	100	Mandy Schnitzler	189	18	2	31:06.1	10:02	3	6:38.7		2	1:48:46.8	8.27	3	1:23.5	2	18:13.2	**:.08	2:46:08.4
3	102	Mattie Schnitzler	190	16	3	37:35.2	12:07	1	0:34.1		3	1:49:21.7	8.23	2	1:18.0	3	23:11.7	**:.00	2:52:00.9

Male 15 to 19

Place			Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time					
1	5	Sam O'Brien	170	18	2	21:40.5	6:59	2	1:12.8		1	42:30.8	21.2	2	1:24.8	1	7:14.1	74:03	1:14:03.2
2	19	Andrew Butkovich	110	19	1	21:02.9	6:47	1	0:46.1		2	54:15.2	16.6	1	0:48.4	2	7:42.4	84:35	1:24:35.2
3	43	Austin Welch	219	16	3	22:20.5	7:12	3	1:43.4		3	1:01:43.1	14.6	3	1:54.6	3	9:56.2	97:38	1:37:38.1

Female 20 to 24

Place			Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time					
1	61	Bailey Adamson	102	21	2	29:16.2	9:26	2	1:08.2		1	1:00:34.9	14.9	2	2:44.0	1	9:00.7	**:.44	1:42:44.2
2	74	Natalie Fiepke	127	23	1	28:26.2	9:10	1	1:06.8		2	1:10:18.5	12.8	1	2:02.3	2	9:47.3	**:.41	1:51:41.1

Male 20 to 24

Place			Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time					
1	25	Dalton Scales-Conklin	188	23	1	23:09.9	7:28	1	1:10.2		1	53:59.7	16.7	1	0:34.5	1	9:38.5	88:32	1:28:32.9

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Age Group Results

Default Division

Female 25 to 29

Place			Run		T1		Bike		T2		Swim		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	47	Sarah Calvert	111	27	1	27:26.3	8:51	3	0:51.4		1	58:19.5	15.4	2	1:05.3		3	10:40.3	98:23	1:38:23.0
2	68	Alexandra Pearcy	175	26	2	29:55.5	9:39	2	0:45.2		2	1:02:07.6	14.5	4	1:50.3		2	10:39.8	**:18	1:45:18.7
3	79	Brittany Hogg	140	27	3	30:00.9	9:41	1	0:28.0		3	1:15:23.0	11.9	1	0:57.7		1	8:30.6	**:20	1:55:20.4
4	103	Kelsey Komyathy	149	25	4	1:07:55.8	21:55	4	1:25.7		4	1:38:37.1	9.13	3	1:33.4		4	20:52.7	**:24	3:10:24.8

Male 25 to 29

Place			Run		T1		Bike		T2		Swim		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	15	Chris Lawson	154	28	1	21:47.2	7:02	1	0:57.3		1	48:43.1	18.5	1	0:49.9		2	8:57.6	81:15	1:21:15.2
2	38	Luke Stratton	206	28	2	24:02.2	7:45	2	1:07.2		3	1:01:28.3	14.6	3	1:37.9		1	6:24.8	94:40	1:34:40.7
3	64	Jacob Cooper	120	28	3	31:00.4	10:00	3	1:31.4		2	56:07.7	16.0	2	1:03.4		3	13:38.8	**:21	1:43:21.9

Female 30 to 34

Place			Run		T1		Bike		T2		Swim		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	29	Barbara Kees	146	31	1	26:43.6	8:37	3	1:15.0		1	55:07.2	16.3	2	0:41.2		1	7:39.5	91:26	1:31:26.7
2	71	Rebecca Ramsey	179	34	2	29:49.5	9:37	1	0:35.7		2	1:08:05.4	13.2	1	0:30.2		3	10:19.9	**:20	1:49:20.8
3	78	Sara Murrell	166	32	3	31:52.5	10:17	2	1:09.2		3	1:10:44.7	12.7	3	1:12.2		2	9:59.0	**:57	1:54:57.7

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Default Division

Male 30 to 34

Place			Run		T1		Bike		T2		Swim		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	13	Matt VonLinger	215	31	1	20:11.9	6:31	4	1:53.2		1	47:04.8	19.1	3	1:37.8		1	8:30.3	79:18	1:19:18.3
2	28	Justin Lande	152	33	4	27:24.6	8:50	3	1:26.2		2	51:55.0	17.3	1	1:15.9		2	9:24.6	91:26	1:31:26.5
3	46	Wes Smith	229	34	3	24:48.1	8:00	2	1:24.2		3	57:46.2	15.6	5	2:09.9		5	12:11.3	98:19	1:38:19.9
4	62	Joshua Simpson	199	33	2	23:04.4	7:26	6	2:30.0		4	58:41.1	15.3	6	3:56.0		6	14:34.4	** :46	1:42:46.1
5	66	Jonathan Sifford	196	33	5	27:32.9	8:53	5	2:26.7		5	1:01:17.2	14.7	4	1:52.0		4	11:01.2	** :10	1:44:10.2
6	72	Andrew Tackett	208	33	6	27:55.9	9:00	1	0:24.5		6	1:09:54.1	12.9	2	1:27.2		3	9:57.2	** :39	1:49:39.1

Female 35 to 39

Place			Run		T1		Bike		T2		Swim		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	49	Dee Smith	228	36	2	26:51.8	8:40	1	1:07.9		1	1:00:19.4	14.9	3	1:07.6		3	10:15.2	99:42	1:39:42.0
2	56	Kelli Dabney	122	39	1	26:50.0	8:39	3	2:22.9		2	1:01:56.1	14.5	2	1:03.3		2	9:20.4	** :33	1:41:33.0
3	63	Ashley Christensen	113	39	3	30:42.0	9:54	2	1:42.1		3	1:02:17.2	14.5	4	2:45.7		1	5:51.9	** :19	1:43:19.1
4	92	Jessica Southworth	203	39	4	33:08.2	10:41	4	7:01.9		4	1:17:03.5	11.7	1	0:51.7		4	15:30.0	** :35	2:13:35.4

Male 35 to 39

Place			Run		T1		Bike		T2		Swim		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	4	Shaun McIntosh	162	38	1	20:51.6	6:44	1	0:20.0		1	43:52.2	20.5	1	0:35.6		4	7:50.5	73:30	1:13:30.1
2	8	Keith Janson	144	35	2	22:05.7	7:07	6	1:00.2		3	47:11.1	19.1	13	1:41.1		1	6:24.0	78:22	1:18:22.2
3	10	Bradley Bolen	108	38	5	24:09.0	7:47	3	0:37.2		2	46:12.5	19.5	2	0:46.9		2	7:09.2	78:55	1:18:55.0
4	22	Jack Jones	145	39	4	24:08.4	7:47	4	0:38.2		6	52:02.1	17.3	8	1:20.9		3	7:24.2	85:34	1:25:34.1
5	26	Jeff Laub	153	38	7	26:02.4	8:24	9	1:19.5		5	51:08.3	17.6	12	1:38.4		10	10:26.0	90:34	1:30:34.7

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Default Division

Male 35 to 39

Place			Run		T1		Bike		T2		Swim		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
6	31	Daniel Czulno	121	36	9	28:37.2	9:14	8	1:15.1		4	50:40.7	17.8	3	0:51.5		11	10:30.4	91:55	1:31:55.1
7	32	Dane Webb	218	35	8	28:29.1	9:11	5	0:46.3		7	52:03.2	17.3	5	1:07.4		7	9:34.8	92:01	1:32:01.0
8	33	Nicholas Gully	135	36	3	23:21.7	7:32	7	1:08.6		9	55:43.7	16.2	6	1:09.1		12	11:05.4	92:28	1:32:28.6
9	39	David Lyons	160	35	6	25:48.9	8:19	14	1:30.2		10	56:56.3	15.8	10	1:25.7		9	10:16.4	95:57	1:35:57.6
10	44	Andrew Ray	182	38	13	31:28.3	10:09	11	1:21.2		8	53:28.9	16.8	14	1:43.1		8	9:53.5	97:55	1:37:55.2
11	58	Tripp Humston	142	39	11	29:16.3	9:26	15	2:04.7		11	59:34.4	15.1	15	2:00.7		6	9:32.7	**29	1:42:29.0
12	60	Jerrod Sills	197	35	12	30:15.0	9:45	2	0:30.9		13	1:01:20.9	14.7	9	1:23.5		5	9:09.6	**40	1:42:40.0
13	65	Brian Murrell	165	35	10	29:06.8	9:23	13	1:29.3		12	1:00:12.6	15.0	7	1:10.1		13	11:53.5	**52	1:43:52.5
14	90	John Prather	177	36	14	33:19.0	10:45	10	1:20.7		14	1:20:59.1	11.1	11	1:36.0		14	13:01.0	**16	2:10:16.0
15	99	James Southworth	202	38	15	38:44.8	12:30	12	1:27.4		15	1:43:34.7	8.69	4	0:53.8		15	13:25.4	**06	2:38:06.3

Female 40 to 44

Place			Run		T1		Bike		T2		Swim		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time			
1	37	Krista Haddad	136	41	1	27:49.9	8:58	1	0:54.5		1	54:39.0	16.5	1	1:03.9		2	9:48.2	94:15	1:34:15.7
2	50	Tefany Bleuel	225	42	3	29:58.0	9:40	3	1:18.6		2	57:04.3	15.8	3	1:14.9		3	10:18.2	99:54	1:39:54.2
3	55	Andrea Brown	109	44	5	30:15.1	9:45	4	1:37.6		3	57:53.2	15.5	2	1:06.5		4	10:26.3	**19	1:41:19.0
4	59	Angie Van Berkel	214	41	4	30:13.1	9:45	2	0:58.7		4	59:04.5	15.2	4	1:34.3		5	10:48.5	**39	1:42:39.1
5	67	Allison Humston	141	41	2	29:34.4	9:32	5	1:45.2		5	59:39.7	15.1	8	1:57.3		6	12:15.2	**12	1:45:12.0
6	84	Laura Parker	174	40	7	42:56.7	13:51	6	2:25.5		6	1:10:22.0	12.8	7	1:43.3		1	8:43.0	**10	2:06:10.7
7	95	Jessica Schuster	191	43	6	36:44.1	11:51	8	2:30.8		7	1:26:54.9	10.4	6	1:41.5		7	12:30.3	**21	2:20:21.7
8	101	Monica Elmore	124	44	8	48:33.7	15:40	7	2:27.0		9	1:43:18.8	8.71	9	2:24.4		8	13:51.8	**36	2:50:36.0
9	104	Erin Warren	217	42	9	1:07:54.4	21:54	9	2:31.5		8	1:37:28.4	9.23	5	1:36.0		9	20:55.5	**25	3:10:25.9

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Age Group Results

Default Division

Male 40 to 44

Place				Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	6	Ryan Turpen	212	40	1	21:16.7	6:52	2	0:55.1		1	43:08.1	20.9	2	1:14.8		1	7:30.5	74:05	1:14:05.4
2	11	Frank Kraft	150	44	2	22:40.0	7:19	1	0:54.1		2	47:03.5	19.1	1	0:41.6		2	7:46.2	79:05	1:19:05.6
3	27	Glenn Richardson	183	43	3	25:06.8	8:06	4	1:28.2		3	52:35.0	17.1	3	1:31.3		6	10:40.5	91:22	1:31:22.0
4	52	Matt Welch	220	43	4	25:46.9	8:19	5	2:11.8		5	1:01:30.0	14.6	6	2:22.6		3	9:10.6	**02	1:41:02.1
5	54	Robert Sutherlin	207	43	5	32:08.0	10:22	3	1:00.3		4	56:27.4	15.9	5	1:55.5		4	9:44.9	**16	1:41:16.3
6	85	Mike McColl	161	44	6	44:00.3	14:12	6	2:58.1		6	1:08:24.6	13.2	4	1:37.3		5	9:49.9	**50	2:06:50.3

Female 45 to 49

Place				Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	76	Amy Adamson	101	45	1	28:51.1	9:18	3	1:25.5		2	1:08:59.5	13.0	5	1:54.1		3	11:12.8	**23	1:52:23.1
2	80	Denise Selm	192	49	2	33:10.8	10:42	2	1:24.2		1	1:08:14.7	13.2	4	1:48.2		2	11:02.3	**40	1:55:40.3
3	93	Heather Alexander	104	48	3	34:17.9	11:04	1	1:10.4		4	1:18:57.6	11.4	1	1:21.1		6	20:27.8	**15	2:16:15.1
4	94	Missy Thompson	210	48	6	49:24.6	15:56	4	1:42.9		3	1:09:00.3	13.0	3	1:39.0		4	15:07.9	**55	2:16:55.0
5	97	Maureen Simon	198	45	4	43:57.2	14:11	5	2:56.9		5	1:20:45.0	11.1	2	1:36.2		5	15:28.5	**44	2:24:44.0
6	98	Lynn Brown	227	49	5	44:04.6	14:13	6	3:12.1		6	1:26:23.8	10.4	6	3:15.6		1	10:08.3	**04	2:27:04.5

Male 45 to 49

Place				Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	7	Rick Kimberlin	148	45	1	20:12.5	6:31	1	0:24.9		2	45:41.2	19.7	4	0:57.7		1	6:56.1	74:12	1:14:12.6
2	9	Bill Stearman	204	45	3	23:50.5	7:41	4	1:16.8		1	45:24.2	19.8	2	0:51.0		2	7:29.6	78:52	1:18:52.4
3	17	John Cioci	117	47	2	23:07.0	7:27	2	0:50.0		3	49:43.1	18.1	1	0:33.0		7	10:07.7	84:21	1:24:21.0

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Male 45 to 49

Place			Run			T1			Bike			T2			Swim			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
4	35	Michael Rauch	181	45	4	26:01.1	8:24	6	1:42.6		5	55:16.2	16.3	3	0:56.4		6	9:58.2	93:54	1:33:54.8
5	40	Blaine Adamson	103	48	5	26:12.6	8:27	5	1:26.9		6	58:09.2	15.5	5	1:07.5		4	9:04.9	96:01	1:36:01.1
6	41	Wes Williams	223	48	8	31:14.9	10:05	3	1:06.9		4	52:48.2	17.0	8	1:27.5		5	9:42.0	96:19	1:36:19.6
7	42	Rick Beasley	106	48	6	26:16.6	8:28	7	2:02.3		7	59:16.3	15.2	7	1:24.6		3	8:10.2	97:10	1:37:10.2
8	89	Dwayne Lewis	155	47	7	30:14.3	9:45	8	6:23.5		8	1:19:12.1	11.4	6	1:10.3		8	12:54.2	**54	2:09:54.6

Female 50 to 54

Place			Run			T1			Bike			T2			Swim			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	57	Molly Prince	178	50	1	29:03.1	9:22	1	1:41.8		1	1:01:07.2	14.7	1	1:07.9		1	9:27.7	**27	1:42:27.8
2	96	Jennifer Williams	221	54	2	34:32.1	11:08	2	2:09.2		2	1:19:20.7	11.3	2	1:32.5		2	26:26.4	**01	2:24:01.1

Male 50 to 54

Place			Run			T1			Bike			T2			Swim			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	12	Ken Moore	163	50	3	23:57.7	7:44	3	1:31.2		1	45:15.1	19.9	2	1:06.2		1	7:17.9	79:08	1:19:08.3
2	16	Rusty O'Brien	169	50	2	23:39.3	7:38	2	1:03.7		2	46:46.6	19.2	5	1:26.9		2	9:01.3	81:58	1:21:58.1
3	30	Bob Fritz	128	51	4	24:25.0	7:53	4	2:03.4		3	55:10.3	16.3	1	0:54.2		3	9:16.8	91:49	1:31:49.9
4	34	Anthony Guadagni	230	53	1	23:02.0	7:26	1	0:23.6		4	57:53.0	15.5	4	1:26.4		4	10:06.2	92:51	1:32:51.4
5	88	Ron Shashy	195	50	5	30:09.7	9:44	5	6:21.6		5	1:19:14.0	11.4	3	1:07.9		5	12:41.2	**34	2:09:34.5

Race Date
April 20, 2019

19 Heart & Sole Triathlon

Age Group Results

Default Division

Female 55 to 59

Place				Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	83	Carolyn Neal	167	58	2	37:49.9	12:12	1	1:08.6		3	1:11:35.2	12.6	1	0:59.1		1	9:39.3	**:12	2:01:12.3
2	86	Teresa Garrison	132	58	1	33:33.8	10:49	3	4:53.2		1	1:09:57.5	12.9	3	3:11.7		3	17:28.3	**:.04	2:09:04.7
3	91	Debra Rateri	180	59	3	44:06.5	14:14	2	2:40.6		2	1:11:12.1	12.6	2	1:53.2		2	10:26.5	**:.19	2:10:19.1

Male 55 to 59

Place				Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	24	Will Thompson	211	55	1	25:30.9	8:14	2	1:10.3		1	51:16.8	17.6	1	1:32.4		1	8:19.1	87:49	1:27:49.7
2	36	Todd Williams	222	57	3	26:27.6	8:32	3	2:18.4		2	51:57.8	17.3	2	2:08.4		3	11:09.9	94:02	1:34:02.4
3	45	Tom Loos	158	55	2	26:10.1	8:26	1	0:59.3		3	58:52.2	15.3	3	2:36.6		2	9:31.8	98:10	1:38:10.2

Female 60 and over

Place				Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	81	Marcella Rucker	186	60	1	39:09.7	12:38	1	2:04.5		1	1:04:27.4	14.0	1	2:11.3		1	9:57.5	**:.50	1:57:50.6

Male 60 to 64

Place				Run		T1		Bike		T2		Swim		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	20	Richard Hempel	138	60	1	24:40.5	7:57	1	0:43.1		1	50:00.6	18.0	1	1:00.3		1	8:25.3	84:50	1:24:50.0
2	51	Michael Wood	224	61	3	31:53.0	10:17	2	1:29.2		2	55:45.3	16.1	3	2:14.8		3	9:05.9	**:.28	1:40:28.4

Race Date
April 20, 2019

19 Heart & Sole Triathlon
Age Group Results
Default Division

Male 60 to 64

Place					Run			T1			Bike			T2			Swim		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>
3	53	Robert Twist	213	63	2	30:44.0	9:55	3	2:10.0		3	57:30.6	15.7	2	1:53.7		2	8:43.6	**02	1:41:02.1

Male 65 to 69

Place					Run			T1			Bike			T2			Swim		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	14	Eric Endean	125	65	1	23:57.0	7:44	1	0:48.1		1	45:44.3	19.7	4	1:54.9		1	7:35.9	80:00	1:20:00.5
2	48	Dan Lindsey	157	67	5	34:14.1	11:03	3	1:19.6		2	52:37.5	17.1	3	1:53.7		4	8:43.8	98:48	1:38:48.8
3	70	Jackson Smith	201	65	2	31:03.0	10:01	2	1:05.7		5	1:06:35.1	13.5	5	2:07.9		2	8:22.4	**14	1:49:14.2
4	73	Greg Clark	118	68	4	32:41.2	10:33	5	2:12.9		4	1:04:21.7	14.0	6	2:08.1		3	8:24.6	**48	1:49:48.6
5	75	Benjamin Hicks	139	69	3	31:20.5	10:06	4	1:33.4		6	1:07:05.5	13.4	2	1:46.1		5	10:22.6	**08	1:52:08.3
6	82	N.T. Ricker	184	69	6	39:36.9	12:46	6	2:39.3		3	1:03:14.3	14.2	1	1:22.7		6	11:05.0	**58	1:57:58.3

Male 70 to 74

Place					Run			T1			Bike			T2			Swim		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	69	John Taylor	209	74	2	34:31.6	11:08	2	3:12.6		1	55:51.0	16.1	1	1:42.4		1	10:12.8	**30	1:45:30.5
2	77	Raymond Papka	173	74	1	33:10.8	10:42	1	2:42.0		2	1:02:39.1	14.4	2	2:25.9		2	11:49.7	**47	1:52:47.5