

Race Date
May 08, 2021

21 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	6	Shannon Florea	324	44	2	5:39.1	24:34	3	1:48.7		1	42:42.3	21.1	1	0:37.1		1	22:22.6	73:10	1:13:10.0
2	8	Caroline Kaplan	326	27	1	5:29.2	23:50	1	1:42.4		2	45:00.2	20.0	2	0:55.7		2	22:32.0	75:39	1:15:39.6
3	21	Sarah Hunter	335	33	3	6:29.9	28:11	2	1:42.8		3	46:35.8	19.3	3	1:01.8		3	24:36.7	80:27	1:20:27.2

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	Stewart Stevens	331	30	2	5:40.5	24:38	1	1:05.8		2	40:45.5	22.1	3	0:28.2		1	20:43.9	68:44	1:08:44.1
2	2	Lewis Jackson	325	38	3	5:42.5	24:47	2	1:07.2		1	39:01.5	23.1	1	0:22.4		3	23:17.2	69:31	1:09:31.0
3	3	Colin Hulls	321	31	1	5:36.0	24:21	3	1:09.8		3	40:49.6	22.0	2	0:23.3		2	22:42.1	70:41	1:10:41.0

Race Date
May 08, 2021

21 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	Pace	Time					
1	107	Haley Mickelwait	327	16	1	6:21.8	27:37	1	3:33.0		1	1:09:44.1	12.9	1	2:09.2	1	46:38.8	** :27	2:08:27.1

Male 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	39	Elijah Martin	380	15	1	5:48.0	25:13	1	3:27.7		1	50:32.5	17.8	1	1:00.0	1	27:41.6	88:30	1:28:30.0

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	38	Katherine Pierce	328	24	1	5:41.9	24:43	1	1:27.4		1	51:24.9	17.5	1	1:12.3	1	28:34.0	88:20	1:28:20.6

Male 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	4	Jacob Skillman	349	20	1	5:53.2	25:35	3	2:18.0		1	42:48.8	21.0	2	0:57.4	1	18:48.1	70:45	1:10:45.7
2	48	Andrew Butkovich	432	21	2	6:54.0	30:00	1	1:20.0		2	55:40.4	16.2	1	0:26.3	3	26:51.2	91:12	1:31:12.2
3	74	Jacob Christian	416	21	3	8:53.3	38:37	2	1:44.1		3	1:07:05.7	13.4	3	1:01.8	2	24:21.8	** :06	1:43:06.8

Race Date
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21 Heart & Sole Triathlon

Age Group Results

Female 25 to 29

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>				
1	54	Jodi DeJohn	358	26	1	7:25.2	32:15	1	2:01.1		1	56:16.4	16.0	1	0:51.5	1	29:09.4	95:43	1:35:43.8

Male 25 to 29

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>				
1	25	John Morris	344	28	1	7:32.6	32:45	1	1:07.7		1	49:13.4	18.3	1	0:57.6	1	24:25.2	83:16	1:23:16.7

Female 30 to 34

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>				
1	47	Brittany Ingram	337	33	1	6:24.4	27:50	2	1:56.9		1	52:47.2	17.1	5	1:38.8	1	28:22.9	91:10	1:31:10.4
2	68	Savanna Pavc	391	31	5	8:59.8	39:03	5	3:11.5		2	54:12.8	16.6	4	1:21.5	4	32:32.8	**:18	1:40:18.6
3	71	Meredith Yu	430	30	6	9:02.3	39:17	1	1:37.7		5	1:01:46.0	14.6	2	0:38.8	2	28:41.0	**:46	1:41:46.0
4	73	Sara Murrell	443	34	4	7:46.7	33:46	3	2:37.8		4	59:51.4	15.0	1	0:34.9	3	32:07.4	**:58	1:42:58.3
5	83	Katie Emery	436	30	3	7:42.7	33:29	6	3:16.3		6	1:03:24.3	14.2	3	0:52.3	5	33:59.5	**:15	1:49:15.2
6	101	Rebekah Godlaski	387	34	2	7:22.5	32:02	4	2:40.9		3	59:37.4	15.1	6	1:41.0	6	48:05.8	**:27	1:59:27.7

Male 30 to 34

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>				
1	11	David Grieshaber	402	31	5	7:45.0	33:42	3	2:37.5		2	47:38.2	18.9	1	0:32.6	1	18:53.0	77:26	1:17:26.4

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21 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
2	20	Adam Woomer	429	32	1	5:52.3	25:30	2	1:54.1		1	47:33.2	18.9	2	1:08.3		3	23:27.5	79:55	1:19:55.5
3	28	Noah Vasilakes	420	32	4	6:58.3	30:17	5	3:06.4		3	50:37.8	17.8	5	1:27.8		2	22:47.6	84:58	1:24:58.0
4	34	Andrew Ingram	336	34	3	6:23.0	27:45	1	0:45.1		4	50:46.3	17.7	3	1:10.3		6	28:00.8	87:05	1:27:05.7
5	44	Brad Herschler	403	34	6	8:41.0	37:45	4	2:43.9		6	51:51.0	17.4	4	1:23.2		4	24:39.6	89:18	1:29:18.9
6	46	Allen White	378	32	2	6:01.1	26:10	6	3:41.0		5	51:14.8	17.6	6	1:28.7		5	27:56.8	90:22	1:30:22.6

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	92	Emily Gampper	441	39	3	10:52.0	47:15	1	2:22.0		3	1:13:55.2	12.2	1	1:05.2		1	25:50.2	**04	1:54:04.7
2	95	Taylor Carmicle	356	35	1	5:50.5	25:22	2	2:36.7		2	1:13:23.1	12.3	2	1:07.8		2	33:22.3	**20	1:56:20.6
3	100	Kendra Wadsworth	397	38	2	7:49.1	33:59	3	4:01.7		1	1:09:31.2	12.9	3	1:19.4		3	36:24.6	**06	1:59:06.1

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	13	Daniel Paz	370	39	1	5:22.5	23:20	1	0:52.3		1	44:17.7	20.3	2	0:39.4		2	26:53.2	78:05	1:18:05.3
2	43	Chase Azevedo	352	39	2	6:30.3	28:16	2	2:12.9		2	52:23.3	17.2	4	1:02.4		1	26:49.9	88:59	1:28:59.1
3	78	Brian Murrell	425	37	4	9:40.5	42:02	5	2:55.7		4	1:02:03.1	14.5	1	0:29.1		3	30:21.7	**30	1:45:30.3
4	87	Chris Shearer	428	38	3	7:27.9	32:23	4	2:45.0		3	55:59.2	16.1	5	1:23.1		5	42:42.2	**17	1:50:17.6
5	104	Michael Donofrio	423	38	5	13:28.4	58:33	3	2:43.8		5	1:08:40.9	13.1	3	0:45.7		4	36:14.8	**53	2:01:53.7

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21 Heart & Sole Triathlon

Age Group Results

Female 40 to 44

Place			----- Swim -----		----- T1 -----		----- Bike -----		----- T2 -----		----- Run -----		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time					
1	33	Petra Kraft	431	42	2	8:06.9	35:13	1	1:28.9		1	47:00.7	19.1	2	1:18.6	1	28:29.5	86:24	1:26:24.7
2	60	Cruz Emily	359	41	3	8:36.6	37:23	2	2:39.0		2	53:06.7	16.9	4	2:16.2	2	31:18.8	97:57	1:37:57.5
3	90	Katherine	405	42	1	8:06.0	35:13	4	4:21.1		3	57:38.2	15.6	3	2:07.8	4	40:12.3	**25	1:52:25.5
4	105	Stacy Ray	427	44	4	12:20.7	53:37	3	3:38.8		4	1:07:38.4	13.3	1	0:39.7	3	38:34.6	**52	2:02:52.4

Male 40 to 44

Place			----- Swim -----		----- T1 -----		----- Bike -----		----- T2 -----		----- Run -----		Total						
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time					
1	5	Chris Estes	323	43	4	6:32.0	28:24	1	0:23.2		1	40:50.6	22.0	4	0:46.8	2	22:29.8	71:02	1:11:02.6
2	7	Shaun McIntosh	341	40	6	6:37.0	28:46	2	0:37.3		3	44:30.1	20.2	3	0:46.6	3	22:45.7	75:16	1:15:16.9
3	9	Bradley Bolen	355	40	2	6:12.0	26:57	3	1:05.5		2	42:48.0	21.0	1	0:32.9	7	25:01.5	75:40	1:15:40.1
4	23	Steve Larsen	365	44	5	6:33.8	28:29	4	1:19.3		9	51:46.5	17.4	2	0:39.4	1	20:46.7	81:05	1:21:05.9
5	27	Chad Mullins	389	40	9	6:53.7	29:56	7	1:43.7		5	48:48.5	18.4	5	0:57.4	8	25:52.5	84:16	1:24:16.1
6	29	Brad Wilhoit	333	44	3	6:24.0	27:50	8	2:11.1		7	51:10.5	17.6	9	1:41.3	4	23:32.1	84:59	1:24:59.2
7	30	Stephen Martin	381	40	1	5:39.9	24:34	10	3:22.8		6	50:37.8	17.8	7	1:06.3	6	24:28.2	85:15	1:25:15.1
8	32	Josh Wilhoit	379	42	8	6:44.9	29:17	6	1:39.2		10	52:54.5	17.0	6	1:01.4	5	23:56.0	86:16	1:26:16.2
9	35	Andrew Ray	351	40	7	6:41.6	29:03	5	1:38.3		4	48:35.0	18.5	11	1:56.5	11	28:57.1	87:48	1:27:48.6
10	57	Kyle Mickelwait	342	43	10	7:18.3	31:44	12	4:36.2		12	55:37.7	16.2	12	2:01.0	9	26:41.5	96:15	1:36:15.0
11	67	Manuel Cruz	435	44	12	9:37.0	41:49	11	4:13.4		8	51:46.1	17.4	13	2:23.1	12	31:39.0	99:38	1:39:38.7
12	79	Chad Turner	377	40	11	8:16.8	35:57	13	4:48.7		11	55:36.1	16.2	8	1:38.9	13	35:20.7	**41	1:45:41.4
13	80	Jeff Laub	417	40	13	11:56.4	51:53	9	3:01.9		13	1:01:07.1	14.7	10	1:43.8	10	28:48.4	**37	1:46:37.8

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21 Heart & Sole Triathlon

Age Group Results

Female 45 to 49

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	45	Mary Beth Naumann	367	48	2	7:30.6	32:37	1	1:31.6		1	49:56.2	18.0	1	0:49.8	1	30:04.4	89:52	1:29:52.7
2	58	Heather Ferguson	360	48	3	7:34.8	32:54	2	1:57.8		2	54:02.0	16.7	4	1:54.0	2	31:32.9	97:01	1:37:01.8
3	59	Ann Hall	362	49	1	7:02.9	30:35	3	2:01.0		3	55:11.4	16.3	2	0:58.6	3	32:14.3	97:28	1:37:28.4
4	69	Andrea Brown	382	46	6	8:52.7	38:33	5	2:41.1		4	55:23.7	16.3	3	1:46.0	4	32:29.2	**12	1:41:12.9
5	75	Michelle Rodriguez	392	48	5	8:50.8	38:24	4	2:29.1		5	57:19.6	15.7	6	3:17.2	5	32:39.9	**36	1:44:36.8
6	84	Kara Johnson	415	49	4	8:28.7	36:49	6	3:43.5		6	59:54.8	15.0	5	3:16.9	6	34:09.9	**34	1:49:34.1

Male 45 to 49

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	10	Matthew Shane	348	47	1	5:49.0	25:17	2	0:55.1		4	44:47.7	20.1	3	0:54.3	4	24:39.4	77:05	1:17:05.6
2	12	John Cioci	384	49	8	8:08.9	35:22	3	0:57.2		3	44:13.1	20.4	2	0:51.5	2	23:37.2	77:48	1:17:48.0
3	14	Brian Shay	371	49	7	7:47.2	33:50	9	2:40.5		8	46:30.7	19.4	4	1:02.3	1	20:27.5	78:28	1:18:28.5
4	15	Gary Lewis	339	49	5	6:52.0	29:51	10	2:48.4		1	43:00.2	20.9	11	1:55.4	3	23:54.7	78:31	1:18:31.0
5	19	Kevin Compton	357	46	3	6:16.3	27:15	6	1:32.3		7	45:34.3	19.8	6	1:09.2	5	24:47.1	79:19	1:19:19.3
6	22	Bill Stearman	330	47	4	6:26.4	27:58	4	1:07.0		5	44:57.4	20.0	5	1:02.5	8	27:22.4	80:56	1:20:56.0
7	26	Frank Kraft	442	46	6	7:00.9	30:26	5	1:21.8		9	47:51.9	18.8	7	1:21.9	6	26:03.6	83:40	1:23:40.3
8	51	Michael ONeil	390	46	12	9:13.3	40:04	11	3:07.6		10	50:25.0	17.9	10	1:31.1	9	30:38.2	94:55	1:34:55.4
9	63	Patrick Ferguson	398	46	14	9:54.3	43:03	12	3:32.1		11	56:07.3	16.0	12	2:06.4	7	27:04.5	98:44	1:38:44.7
10	85	Harold Waters	421	46	15	12:04.6	52:28	15	4:44.8		12	58:12.7	15.5	8	1:22.4	10	33:26.6	**51	1:49:51.3
11	93	Jonathan Rumburg	376	47	9	8:34.6	37:15	14	4:04.0		13	59:16.5	15.2	15	2:37.1	11	40:35.0	**07	1:55:07.5
12	99	Daniel Volpe	412	48	11	9:02.4	39:17	8	2:33.9		14	1:00:37.4	14.8	14	2:20.2	12	44:25.2	**59	1:58:59.3
13	110	Mike McColl	375	46	10	8:39.6	37:37	13	4:03.2		15	1:08:29.5	13.1	13	2:15.8	13	51:03.1	**31	2:14:31.3

Race Date
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21 Heart & Sole Triathlon

Age Group Results

Female 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	52	Deborah Howatt	363	52	2	8:30.5	36:57	2	2:03.4		1	52:41.2	17.1	2	1:08.1		2	30:55.1	95:18	1:35:18.4
2	62	Carman Stevens	410	50	3	9:45.5	42:23	1	1:55.2		2	55:23.8	16.3	4	1:41.0		1	29:29.6	98:15	1:38:15.3
3	65	Molly Prince	369	52	1	7:06.7	30:52	3	2:40.1		3	56:17.1	16.0	3	1:34.8		3	31:17.8	98:56	1:38:56.6
4	91	Leslie Tharpe	440	51	5	13:03.1	56:44	4	3:33.2		4	1:02:20.3	14.4	5	3:23.1		4	31:33.2	**53	1:53:53.1
5	102	Geri Loos	388	50	4	9:45.7	42:23	5	3:37.5		5	1:07:16.0	13.4	1	0:59.0		5	38:04.4	**42	1:59:42.9

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	16	Leon Sachs	347	54	3	6:12.7	26:57	1	0:56.5		3	45:12.1	19.9	4	0:55.7		1	25:17.4	78:34	1:18:34.7
2	18	Ron Shashy	350	52	1	5:44.6	24:56	9	2:53.6		1	40:48.9	22.1	10	2:34.5		3	27:06.5	79:08	1:19:08.2
3	24	William Siebenthaler	329	51	2	5:57.8	25:52	4	1:24.5		2	44:55.1	20.0	7	1:07.9		4	28:06.7	81:32	1:21:32.2
4	31	John Morris	345	52	4	6:14.2	27:06	3	1:22.4		4	51:11.9	17.6	3	0:53.1		2	25:57.4	85:39	1:25:39.3
5	50	Rick Beasley	353	50	5	6:58.8	30:17	6	1:37.1		8	55:09.0	16.3	1	0:27.3		5	30:10.6	94:23	1:34:23.1
6	66	Trent Skillmna	372	51	7	7:49.7	33:59	5	1:31.7		7	54:34.8	16.5	8	1:41.8		6	33:54.9	99:33	1:39:33.1
7	70	Wes Williams	413	50	9	9:32.6	41:27	7	1:46.8		6	54:18.3	16.6	5	0:59.6		8	35:00.3	**37	1:41:37.7
8	72	Chris Tompkins	396	54	8	7:50.6	34:03	8	2:15.4		9	55:31.8	16.2	9	2:13.5		7	34:37.5	**29	1:42:29.0
9	109	Steve McQuerry	439	52	10	12:53.6	56:01	10	4:11.5		10	1:12:18.4	12.4	6	1:00.3		9	42:37.0	**01	2:13:01.0

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	56	Mary Ann Ratliff	419	57	1	9:36.7	41:44	1	1:38.2		1	54:51.9	16.4	1	1:34.1		1	28:24.8	96:05	1:36:05.9

Race Date
May 08, 2021

21 Heart & Sole Triathlon

Age Group Results

Male 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	36	Tom Loos	340	57	1	7:24.5	32:10	2	1:51.2		5	53:57.6	16.7	4	1:41.8		1	23:13.4	88:08	1:28:08.5
2	37	George Clark	322	59	2	7:32.0	32:45	6	3:07.7		1	44:30.7	20.2	6	2:11.3		6	30:50.4	88:12	1:28:12.3
3	41	Ted Ratliff	408	59	6	9:45.1	42:23	1	1:32.8		2	48:47.9	18.4	5	1:44.0		4	26:49.7	88:39	1:28:39.6
4	42	Bill Bruening	383	55	4	7:48.2	33:55	4	2:34.2		4	51:57.6	17.3	2	1:01.6		3	25:27.6	88:49	1:28:49.5
5	49	Robert Kelley	364	59	3	7:47.8	33:50	3	2:33.2		3	51:12.8	17.6	3	1:15.4		5	28:41.6	91:30	1:31:30.9
6	53	Anthony Guadagni	414	55	5	8:27.7	36:44	5	2:42.9		6	58:20.5	15.4	1	0:37.3		2	25:26.2	95:34	1:35:34.8

Female 60 to 64

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	88	Teresa Garrison	437	60	4	12:01.4	52:15	4	4:33.3		1	57:46.1	15.6	4	2:27.5		1	33:55.9	**44	1:50:44.3
2	103	Marcella Rucker	393	62	2	8:54.6	38:42	3	2:59.5		2	59:35.4	15.1	1	1:05.7		3	47:12.3	**47	1:59:47.7
3	106	Carolyn Neal	346	60	1	7:01.3	30:30	1	2:03.6		4	1:08:30.9	13.1	2	1:27.1		2	45:59.1	**02	2:05:02.1
4	108	Debra Rateri	407	61	3	9:13.5	40:04	2	2:41.9		3	1:08:05.7	13.2	3	1:51.9		4	50:59.3	**52	2:12:52.6

Male 60 to 64

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	17	Steve Stevens	373	61	1	7:36.6	33:03	3	2:43.5		1	44:43.7	20.1	3	1:31.7		1	22:12.3	78:48	1:18:48.1
2	55	Michael Sayre	394	61	3	8:30.2	36:57	1	1:25.4		2	51:25.0	17.5	2	1:25.7		3	33:19.4	96:05	1:36:05.8
3	61	Greg Pignatiello	406	60	2	7:45.5	33:42	2	2:01.8		4	55:07.0	16.3	1	0:44.5		2	32:36.2	98:15	1:38:15.2
4	76	Vernon Duncan	386	60	4	8:49.3	38:20	4	4:30.0		3	54:30.7	16.5	4	2:18.4		4	35:02.8	**11	1:45:11.3

Race Date
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21 Heart & Sole Triathlon

Age Group Results

Female 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	81	Mary Henson	422	66	2	9:09.9	39:47	1	2:07.9		1	56:03.7	16.1	1	1:39.9		2	38:13.0	**14	1:47:14.6
2	86	Gayle Pille	368	67	1	8:43.2	37:54	2	2:29.4		2	56:37.5	15.9	3	2:47.7		3	39:39.1	**17	1:50:17.0
3	97	Lynn Theiss	434	68	3	9:49.9	42:41	3	2:51.1		3	1:04:19.0	14.0	2	2:04.6		1	37:51.5	**56	1:56:56.3

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	40	Doyle Swanner	374	65	4	8:55.0	38:46	1	1:28.8		1	47:21.1	19.0	2	2:04.4		1	28:41.5	88:31	1:28:31.0
2	64	Daniel Stichnot	411	65	2	8:04.9	35:04	2	2:39.8		3	54:10.6	16.6	1	1:35.9		2	32:22.1	98:53	1:38:53.6
3	98	Jim Glesige	401	66	3	8:46.0	38:07	4	3:38.9		4	1:04:16.1	14.0	3	2:27.3		3	38:48.9	**57	1:57:57.4

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	89	Greg Clark	400	70	3	10:33.0	45:52	1	2:02.3		2	1:01:26.7	14.7	3	2:44.6		1	34:24.8	**11	1:51:11.6
2	94	Benjamin Hicks	424	71	1	9:20.9	40:35	2	3:07.4		3	1:05:22.0	13.8	2	2:24.4		2	35:05.8	**20	1:55:20.7
3	96	N.T. Ricker	409	71	2	9:22.9	40:43	3	4:24.8		1	57:47.9	15.6	1	2:08.1		3	43:01.7	**45	1:56:45.5

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

Race Date
May 08, 2021

21 Heart & Sole Triathlon
Age Group Results

Male 75 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	77	Raymond Papka	426	76	2	9:25.5	40:57	1	2:35.0		2	57:05.7	15.8	1	1:49.4		1	34:20.4	** :16	1:45:16.2
2	82	John Taylor	395	76	1	9:10.0	39:51	2	3:29.4		1	54:42.9	16.5	2	2:44.4		2	37:14.9	** :21	1:47:21.8