

Lake To Forest Triathlon Final

Age Group Results

Long Course Triathlon

Women 19 to 24

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	1	ANNIE WARNER	24	1	21:08.86	14:05	00:42.51	1	1:10:44.1	1:46	00:31.39	1	41:30.27	4:0	2:14:37.2
2	3	HALEY COOPER	23	4	27:44.30	18:29	01:23.87	2	1:16:27.6	1:55	00:33.02	2	44:39.52	4:2	2:30:48.4
3	9	BERNADETTE JONES	21	2	25:11.68	16:47	03:31.89	3	1:21:40.3	2:03	02:56.51	3	51:01.21	5:0	2:44:21.6
4	22	ANDREA DARAKJY	22	3	25:13.40	16:49	02:55.07	4	1:39:45.5	2:30	01:16.20	4	56:43.81	5:4	3:05:54.0
DNF	DNF	BROOKE DISKIN	23												

Women 25 to 29

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	2	HOLLY WALKER	28	1	25:25.26	16:57	01:06.57	1	1:14:02.2	1:51	01:22.54	1	43:00.28	4:1	2:24:56.9
2	34	ELIZABETH FOUNTAIN	25	2	38:18.02	25:32	03:55.87	2	1:59:38.3	2:59	03:25.27	2	1:08:58.5	6:5	3:54:16.0

Women 30 to 34

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	8	MOLLY OBETZ	31	2	27:16.01	18:11	02:16.55	1	1:24:25.2	2:07	01:04.22	3	49:04.71	4:5	2:44:06.7
2	11	JODI JENSEN	32	5	34:05.49	22:43	02:13.21	4	1:29:52.3	2:15	01:46.44	1	44:40.81	4:2	2:52:38.3
3	13	MAGGIE HEIDE	30	3	28:17.19	18:51	02:01.69	2	1:24:39.2	2:07	01:07.68	5	57:14.53	5:4	2:53:20.3
4	14	HEIDI GARVIN	30	7	40:32.64	27:01	02:17.93	3	1:28:33.9	2:13	01:40.92	2	44:47.99	4:2	2:57:53.4
5	17	KELLY KNAPP	33	6	34:26.07	22:57	01:47.59	5	1:31:51.0	2:18	01:48.35	4	53:42.87	5:2	3:03:35.9
6	30	ALANA HATCHER	33	4	32:49.80	21:53	02:24.43	6	1:35:18.7	2:23	00:53.72	6	1:09:04.1	6:5	3:20:30.9
7	32	JENNIFER POLELLO	32	1	25:14.96	16:49	02:05.76	7	1:48:37.4	2:43	01:34.36	7	1:12:12.7	7:1	3:29:45.3
DNF	DNF	SALLY HAUGEN	33												

*Overall place among females only

Lake To Forest Triathlon Final

Age Group Results

Long Course Triathlon

Women 35 to 39

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	4	JENNIFER WHITE	36	2	29:03.84	19:22	01:18.40	1	1:16:04.7	1:54	01:03.02	2	44:53.71	4:2	2:32:23.7
2	7	TINA SANGER	37	5	33:20.90	22:13	02:26.87	2	1:21:15.7	2:02	01:30.20	1	44:28.09	4:2	2:43:01.8
3	10	ASHLEY GROSSE	36	3	29:47.37	19:51	02:13.26	3	1:21:53.8	2:03	00:54.95	3	50:55.73	5:0	2:45:45.1
4	12	GRETCHEN KRUSE	37	4	32:07.24	21:25	01:38.30	4	1:23:22.8	2:05	00:57.61	4	54:52.70	5:2	2:52:58.6
5	16	MEV HOBERG	39	1	26:32.52	17:41	03:05.37	5	1:32:37.5	2:19	01:28.40	5	58:26.63	5:5	3:02:10.5
6	29	ANDREA SMITH	39	6	41:35.37	27:43	02:02.53	6	1:33:11.7	2:20	01:23.44	6	1:02:03.9	6:1	3:20:17.0

Women 40 to 44

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	5	ALLISON DELONG	40	4	27:29.75	18:19	01:07.32	1	1:19:28.8	1:59	00:33.85	1	49:30.28	4:5	2:38:10.0
2	6	JEAN VETETO	43	3	25:45.87	17:10	01:37.18	2	1:21:08.2	2:02	00:38.44	2	53:11.82	5:1	2:42:21.6
3	15	GINA WOODRUFF	40	5	28:56.86	19:17	02:18.34	4	1:27:10.3	2:11	01:25.42	3	58:52.01	5:5	2:58:42.9
4	18	AMY MAZUR	42	1	24:28.72	16:19	01:58.02	3	1:23:56.1	2:06	01:12.67	6	1:12:14.5	7:1	3:03:50.1
5	23	DEBBIE MAY	44	6	35:24.64	23:36	02:13.62	5	1:28:19.2	2:12	01:44.26	4	1:00:53.0	6:0	3:08:34.8
6	33	CINDY CLUTTER	44	2	25:18.02	16:52	02:01.43	6	1:58:32.8	2:58	01:31.76	5	1:06:28.9	6:3	3:33:53.0

Women 45 to 49

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	19	HUNNY WITTE	45	3	34:22.83	22:55	02:20.77	4	1:28:47.9	2:13	01:24.44	4	57:12.08	5:4	3:04:08.0
2	20	KATHLEEN SALVADORE	48	5	35:48.97	23:52	02:38.24	5	1:29:47.5	2:15	02:15.74	2	54:54.98	5:2	3:05:25.4
3	21	NANCY RADCLIFFE	47	4	35:41.41	23:47	02:02.50	2	1:26:35.9	2:10	01:29.09	6	59:42.91	5:5	3:05:31.8
4	24	JERALYN FIEDLER	47	8	1:12:20.7	48:13	03:33.85	1	1:13:12.2	1:50	01:38.46	1	39:45.89	3:5	3:10:31.1
5	25	VICKY SMITH	47	2	32:50.78	21:53	03:46.21	3	1:28:33.9	2:13	02:18.59	8	1:04:47.1	6:2	3:12:16.7

*Overall place among females only

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Age Group Results

Long Course Triathlon

Women 45 to 49

Place		----- 1.5K -----		Trans 1	-----40K Bike -----			Trans 2	----- 10K Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</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>
6	26	CHERYL GAMACHE	46	7	37:22.61	24:55	02:49.02	6	1:31:56.8	2:18	01:37.26	5	59:25.70	5:5	3:13:11.4
7	27	URIEL FOX	46	1	31:37.36	21:05	02:48.76	7	1:34:24.3	2:22	02:55.14	7	1:01:51.9	6:1	3:13:37.4
8	28	LYNN OLAFSON	47	6	37:07.89	24:45	02:12.14	8	1:37:10.4	2:26	01:11.94	3	56:32.76	5:3	3:14:15.1

Women 50 to 54

Place		----- 1.5K -----		Trans 1	-----40K Bike -----			Trans 2	----- 10K Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</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	35	PEGI HILL	52	1	42:42.86	28:28	03:00.40	1	1:52:24.9	2:49	02:01.93	1	1:14:46.6	7:2	3:54:56.7

Women 65 to 69

Place		----- 1.5K -----		Trans 1	-----40K Bike -----			Trans 2	----- 10K Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</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	31	CAROL HEMUS	67	1	38:34.51	25:43	01:11.76	1	1:35:48.3	2:24	01:04.05	1	1:04:09.9	6:2	3:20:48.6

*Overall place among females only

Lake To Forest Triathlon Final

Age Group Results

Long Course Triathlon

Men 18 and under

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	32	JEREMY ULMEN	18	2	35:54.16	23:56	01:15.15	1	1:17:42.9	1:57	01:04.58	1	43:40.67	4:2	2:39:37.5
2	74	BRENT MCDANIEL	18	1	35:08.64	23:25	04:07.75	2	1:25:38.4	2:08	02:53.58	3	1:01:14.2	6:0	3:09:02.7
3	80	CODY NUTSCH	18	3	49:28.87	32:59	03:12.61	3	1:36:09.2	2:24	02:24.31	2	48:46.80	4:5	3:20:01.8

Men 19 to 24

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	2	CAMERON CHESNUT	21	4	22:34.01	15:03	00:43.84	1	1:04:32.6	1:37	00:25.80	1	39:04.72	3:5	2:07:20.9
2	6	JEFF SMITH	22	3	22:32.45	15:01	01:00.07	2	1:04:56.4	1:37	00:40.11	6	43:09.58	4:1	2:12:18.6
3	7	ADAM JENSEN	23	5	23:52.17	15:55	00:38.88	3	1:05:44.4	1:39	00:18.39	4	42:33.88	4:1	2:13:07.7
4	10	TIMOTHY GANNON	21	6	25:13.19	16:49	01:12.09	4	1:09:34.1	1:44	00:55.48	3	41:25.08	4:0	2:18:19.9
5	13	JEFF CINCOSKI	21	1	21:50.95	14:33	00:39.76	5	1:11:22.2	1:47	00:16.93	9	47:12.52	4:4	2:21:22.4
6	14	GRAHAM BASKETT	19	2	22:12.83	14:48	01:07.12	6	1:13:11.1	1:50	00:22.90	8	45:26.57	4:3	2:22:20.5
7	17	BRENDAN HALPIN	20	11	29:32.27	19:41	01:07.69	7	1:14:45.7	1:52	00:25.08	2	40:57.75	4:0	2:26:48.5
8	19	TIM NYDEGGER	22	7	25:41.82	17:07	01:48.21	9	1:15:28.9	1:53	00:45.95	7	43:20.35	4:2	2:27:05.3
9	21	DAN SCHREMPP	21	10	29:22.12	19:35	02:07.45	10	1:16:45.9	1:55	01:00.10	5	42:52.22	4:1	2:32:07.8
10	25	JON BAUNE	22	12	30:20.15	20:13	02:08.93	8	1:15:13.4	1:53	01:17.35	10	47:12.89	4:4	2:36:12.7
11	40	JOE SONTGERATH	21	8	27:41.58	18:27	01:53.23	12	1:26:26.8	2:10	00:27.53	11	47:32.80	4:4	2:44:02.0
12	59	BRYAN MYERS	21	13	35:59.55	23:59	00:58.51	11	1:20:11.8	2:00	01:04.14	13	59:54.37	5:5	2:58:08.4
13	65	STEVE EDBURG	24	9	28:37.54	19:05	02:58.30	13	1:29:24.0	2:14	01:39.62	12	58:17.52	5:5	3:00:56.9
DNF	DNF	GRAHAM BASKETT	19												
DNF	DNF	ZACK KUNO	19												

*Overall place among males only

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Age Group Results

Long Course Triathlon

Men 25 to 29

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike -----			Trans 2 Time	----- 10K Run -----			Total Time	
Place	Overall			Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	1	BRIAN HADLEY	29	3	22:54.69	15:16	01:06.39	1	1:02:24.4	1:34	00:35.37	3	38:36.53	3:5	2:05:37.4
2	4	GREG WIRTH	28	2	22:07.93	14:45	01:12.87	3	1:09:26.2	1:44	00:25.82	1	35:48.54	3:3	2:09:01.4
3	5	JONATHAN WIRTH	28	4	23:40.63	15:47	00:58.57	2	1:08:27.8	1:43	00:27.57	2	35:53.70	3:3	2:09:28.3
4	11	MICHAEL HARRIS	29	1	21:54.83	14:36	00:50.40	4	1:13:47.7	1:51	01:00.87	4	41:56.64	4:1	2:19:30.4
5	36	JOHN KINZER	25	6	33:09.69	22:06	02:36.44	5	1:15:40.7	1:54	00:56.31	5	49:49.83	4:5	2:42:13.0
6	77	JASON MOORE	26	5	30:28.12	20:19	01:31.67	7	1:31:01.2	2:17	02:06.42	8	1:09:03.0	6:5	3:14:10.5
7	78	BRIAN KELTZ	27	7	35:27.17	23:38	03:18.76	8	1:32:42.3	2:19	01:51.11	7	1:04:16.2	6:2	3:17:35.6
8	82	LUKE TUROSKI	29	9	43:54.92	29:16	06:51.63	6	1:26:48.6	2:10	04:06.46	6	1:01:52.3	6:1	3:23:33.9
9	91	MICHAEL KITTILSTVED	29	8	41:59.45	27:59	01:09.96	9	1:39:01.3	2:29	01:17.91	9	1:21:49.0	8:1	3:45:17.7

Men 30 to 34

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike -----			Trans 2 Time	----- 10K Run -----			Total Time	
Place	Overall			Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	3	ROGER THOMPSON	32	1	21:52.84	14:35	00:54.33	1	1:03:50.9	1:36	00:27.55	1	40:34.48	4:0	2:07:40.1
2	18	JEFF BOOKWALTER	34	4	25:44.15	17:09	00:53.91	2	1:14:08.0	1:51	00:30.05	2	45:34.46	4:3	2:26:50.6
3	34	JUSTIN SMITH	30	5	25:59.18	17:19	03:47.01	6	1:20:20.7	2:01	01:12.35	5	49:15.81	4:5	2:40:35.1
4	35	JAMES DEPAOLO	32	11	34:13.89	22:49	01:45.11	3	1:19:02.0	1:59	00:29.00	3	46:28.67	4:3	2:41:58.6
5	37	CASEY LAWHEAD	33	3	25:08.65	16:45	01:25.74	5	1:19:26.4	1:59	00:54.58	9	55:18.53	5:3	2:42:13.9
6	38	ERIC WORDEN	34	9	30:27.43	20:18	02:15.37	7	1:20:39.2	2:01	01:12.04	4	48:07.90	4:4	2:42:42.0
7	42	JAMES BARTON	32	2	23:57.91	15:58	02:15.60	8	1:20:49.7	2:01	00:55.62	10	57:25.90	5:4	2:45:24.7
8	43	JOHN KUEBER	32	8	29:48.54	19:52	01:48.67	4	1:19:07.1	1:59	01:41.80	8	53:33.03	5:2	2:45:59.2
9	50	TODD VORHIES	33	6	27:19.06	18:13	02:31.95	10	1:26:25.5	2:10	02:20.05	7	53:09.01	5:1	2:51:45.6
10	53	BENJAMIN ADKINS	30	7	29:44.18	19:49	03:20.14	11	1:27:44.9	2:12	02:01.67	6	52:31.55	5:1	2:55:22.4
11	79	RANDY COLEE	34	13	48:38.25	32:25	02:19.95	9	1:26:07.2	2:09	01:25.63	11	1:01:07.3	6:0	3:19:38.4
12	88	CHAD BENNETT	32	10	33:25.42	22:17	02:42.90	12	1:43:49.6	2:36	01:38.88	13	1:14:08.5	7:2	3:35:45.4
13	92	RYAN LANCASTER	31	12	46:28.30	30:59	01:55.26	13	1:51:20.4	2:47	05:55.42	12	1:04:21.2	6:2	3:50:00.6
DNF	DNF	GREG GERVAIS	32												

*Overall place among males only

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Age Group Results

Long Course Triathlon

Men 35 to 39

Place		Name	Age	----- 1.5K -----			Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time
Place	Overall			Rnk	Time	Pace		Rnk	Time	Pace		Rnk	Time	Pace	
1	12	DAN ELSOM	37	1	23:24.99	15:36	00:58.34	1	1:12:06.5	1:48	00:38.98	2	43:42.13	4:2	2:20:51.0
2	16	MARK BECKER	37	2	25:26.30	16:57	00:57.29	3	1:16:28.2	1:55	00:26.33	1	43:10.11	4:1	2:26:28.2
3	31	SHAWN CANNON	37	10	31:27.22	20:58	02:34.71	2	1:13:32.9	1:50	02:30.27	3	48:57.82	4:5	2:39:03.0
4	44	MARK SAVARISE	38	5	27:36.88	18:24	02:24.65	5	1:21:43.4	2:03	00:57.56	5	53:17.37	5:2	2:45:59.8
5	45	JIM DOROSH	38	4	26:42.21	17:48	02:39.38	6	1:22:08.2	2:03	01:10.33	7	54:16.79	5:2	2:46:56.9
6	46	RANDY ABSALONSON	36	9	29:14.93	19:29	01:46.94	7	1:23:04.0	2:05	02:08.54	6	53:19.17	5:2	2:49:33.6
7	49	SCOTT DUNN	39	6	28:01.82	18:41	03:38.42	8	1:23:29.0	2:05	01:51.21	8	54:20.46	5:2	2:51:20.9
8	51	STEVEN DAY	39	3	26:05.99	17:23	03:12.21	9	1:25:00.8	2:08	01:42.73	13	57:22.76	5:4	2:53:24.5
9	57	PETE FISCH	39	7	28:54.67	19:16	03:14.58	4	1:19:19.7	1:59	01:03.93	15	1:04:23.6	6:2	2:56:56.5
10	61	KEN ELDORE	37	15	40:07.01	26:45	01:42.09	10	1:25:01.9	2:08	01:02.61	4	50:54.04	5:0	2:58:47.6
11	67	DAVE FOWLER	36	11	32:11.64	21:27	02:27.55	13	1:30:43.8	2:16	01:00.83	12	56:42.72	5:4	3:03:06.5
12	72	JERRY BUSH	39	12	33:12.50	22:08	02:10.00	11	1:25:32.8	2:08	01:20.85	14	1:04:00.5	6:2	3:06:16.7
13	75	TODD BUTZINE	39	14	39:12.40	26:08	02:57.05	12	1:30:04.0	2:15	01:44.48	9	55:28.80	5:3	3:09:26.7
14	81	BRETT LENSING	35	16	41:07.76	27:25	03:28.37	15	1:39:46.6	2:30	00:47.01	11	56:21.55	5:3	3:21:31.2
15	85	TYSON CROWDER	35	17	50:19.67	33:33	05:58.60	14	1:32:19.0	2:18	04:58.17	10	56:17.81	5:3	3:29:53.3
16	86	MIKE KEARBAY	36	8	28:57.46	19:18	04:30.39	17	1:50:51.9	2:46	01:24.38	16	1:05:53.9	6:3	3:31:38.1
17	90	BRIAN SMITH	35	13	34:13.97	22:49	03:36.85	16	1:45:08.7	2:38	02:25.04	17	1:12:46.2	7:1	3:38:10.8
DNF	DNF	TONY ABBOTT	37												

Men 40 to 44

Place		Name	Age	----- 1.5K -----			Trans 1 Time	-----40K Bike-----			Trans 2 Time	----- 10K Run -----			Total Time
Place	Overall			Rnk	Time	Pace		Rnk	Time	Pace		Rnk	Time	Pace	
1	8	ARNE MICHALSON	40	3	23:48.64	15:52	01:12.91	1	1:07:36.4	1:41	00:43.21	1	39:51.34	3:5	2:13:12.5
2	9	KEITH HERTEL	41	2	22:54.94	15:16	01:00.46	2	1:11:06.5	1:47	00:32.44	2	42:29.57	4:1	2:18:03.9
3	15	KIRK WOOD-GAINES	42	4	24:32.02	16:21	01:06.30	3	1:13:10.0	1:50	00:34.79	5	44:12.59	4:2	2:23:35.7
4	20	DAVID HELLENTHAL	43	1	22:53.87	15:15	01:25.69	4	1:14:27.7	1:52	01:48.34	6	47:55.76	4:4	2:28:31.4
5	23	FRANK SCARIANO	42	5	24:33.05	16:22	01:08.02	7	1:19:02.8	1:59	01:07.74	7	48:45.68	4:5	2:34:37.3
6	24	MATTHEW GUZIK	44	11	29:14.37	19:29	02:24.70	6	1:18:24.7	1:58	01:08.48	4	44:05.05	4:2	2:35:17.3

*Overall place among males only

Lake To Forest Triathlon Final

Age Group Results

Long Course Triathlon

Men 40 to 44

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike -----			Trans 2 Time	----- 10K Run -----			Total Time	
Place	Overall			Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
7	29	JEFF YATES	44	9	26:46.81	17:51	02:06.64	5	1:14:49.1	1:52	00:31.24	12	54:25.66	5:2	2:38:39.4
8	33	GORDY	40	7	24:49.83	16:33	02:35.89	9	1:21:42.4	2:03	01:20.20	8	49:51.01	4:5	2:40:19.3
9	47	STEVE WACO	40	16	39:28.38	26:19	02:16.31	10	1:22:44.5	2:04	02:14.23	3	43:23.34	4:2	2:50:06.8
10	54	FRED WEBER	40	12	29:56.38	19:57	04:33.32	14	1:27:54.7	2:12	02:17.86	9	51:08.89	5:0	2:55:51.2
11	56	WILLIAM GAINES	42	14	32:18.87	21:32	03:23.01	8	1:21:25.1	2:02	01:22.67	13	57:53.66	5:4	2:56:23.4
12	60	KIM WOODRUFF	42	10	27:59.40	18:39	04:23.81	12	1:23:39.7	2:05	02:19.27	14	1:00:20.3	6:0	2:58:42.6
13	62	TOM SIMPSON	43	8	25:39.95	17:06	02:27.05	15	1:29:58.9	2:15	01:08.93	15	1:00:23.4	6:0	2:59:38.2
14	63	JINUE WYATT	44	13	31:32.24	21:01	05:45.91	13	1:26:52.8	2:10	01:59.92	11	54:03.11	5:2	3:00:14.0
15	66	ERIC RIDGWAY	43	6	24:38.91	16:25	02:15.67	11	1:23:33.3	2:05	01:02.31	16	1:11:31.0	7:0	3:03:01.2
16	89	MIKE STREET	42	17	43:54.24	29:16	07:12.46	16	1:48:44.7	2:43	03:44.03	10	53:38.13	5:2	3:37:13.5
DNF	DNF	GEORGE ENGEL	43	15	36:15.42	24:10	04:16.67								

Men 45 to 49

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike -----			Trans 2 Time	----- 10K Run -----			Total Time	
Place	Overall			Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	26	SCOTT SCHNECKLOTH	48	4	27:36.67	18:24	01:07.89	1	1:16:55.7	1:55	00:38.28	2	50:01.74	5:0	2:36:20.3
2	28	JOHN NYMAN	45	1	27:12.14	18:08	01:55.88	2	1:20:08.3	2:00	01:08.30	1	47:06.35	4:4	2:37:31.0
3	48	CAMERON MARK	48	7	32:28.59	21:39	01:39.62	3	1:24:08.2	2:06	01:09.21	3	51:21.69	5:0	2:50:47.3
4	64	TOM GROESBECK	46	6	30:57.16	20:38	01:57.25	4	1:26:11.6	2:09	01:48.87	5	59:56.70	6:0	3:00:51.6
5	68	RUSS OAKLEY	45	3	27:31.45	18:21	03:13.20	5	1:30:24.2	2:16	01:12.77	7	1:01:02.6	6:0	3:03:24.3
6	70	PAUL MYERS	48	2	27:24.01	18:16	02:52.36	8	1:34:17.1	2:21	01:19.25	6	1:00:00.7	6:0	3:05:53.5
7	71	MICHAEL JENKINS	49	8	32:56.97	21:57	02:20.05	7	1:33:32.4	2:20	01:08.94	4	55:59.25	5:3	3:05:57.6
8	73	KENT BRECKENRIDGE	47	5	28:47.37	19:11	02:28.03	6	1:33:32.3	2:20	00:53.19	8	1:01:52.3	6:1	3:07:33.2
9	83	ROSS JACOBSEN	45	9	33:55.97	22:37	04:03.23	9	1:35:50.8	2:24	02:55.69	9	1:09:05.4	6:5	3:25:51.1

*Overall place among males only

Lake To Forest Triathlon Final

Age Group Results

Long Course Triathlon

Men 50 to 54

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike -----			Trans 2 Time	----- 10K Run -----			Total Time
Overall	Place			Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time	
1	22	MARK FINKE	50	1	24:14.85	16:09	2	1:20:24.7	2:01	02:03.86	1	45:52.00	4:3	2:34:25.4
2	39	STAN WATKINS	52	3	29:40.25	19:47	1	1:17:26.7	1:56	00:51.96	4	53:09.21	5:1	2:43:12.1
3	41	RANDY HULL	54	2	29:37.38	19:45	3	1:25:29.7	2:08	00:41.68	2	46:27.78	4:3	2:44:15.8
4	69	DAVID MCILRATH	53	6	39:16.96	26:11	4	1:27:25.2	2:11	02:18.42	3	52:59.97	5:1	3:05:09.1
5	84	DANIEL SIMONSON	52	4	31:35.75	21:03	5	1:37:29.4	2:26	03:44.28	5	1:09:25.7	6:5	3:26:31.3
DNF	DNF	BILL HANSEN	54	5	31:52.73	21:15								

Men 55 to 59

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike -----			Trans 2 Time	----- 10K Run -----			Total Time
Overall	Place			Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time	
1	30	GEORGE SHRYOCK	55	1	29:02.08	19:21	1	1:18:53.6	1:58	00:46.55	2	48:43.94	4:5	2:38:43.5
2	55	CLARK RICHARDS	55	4	35:09.57	23:26	3	1:27:50.7	2:12	01:47.29	1	47:37.32	4:4	2:55:52.8
3	58	ROGER ROWLES	57	2	34:01.62	22:41	4	1:28:13.2	2:12	02:22.56	3	50:03.30	5:0	2:57:19.3
4	76	ALLAN HALOWSKI	57	5	41:35.23	27:43	2	1:22:59.7	2:04	01:41.95	4	1:02:27.4	6:1	3:10:43.3
5	87	DON HADLEY	56	3	34:25.32	22:57	5	1:40:13.4	2:30	02:09.05	5	1:11:18.6	7:0	3:32:05.2

Men 60 to 64

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike -----			Trans 2 Time	----- 10K Run -----			Total Time
Overall	Place			Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time	
1	27	JIM FRY	63	1	24:39.31	16:26	1	1:21:45.4	2:03	00:49.62	1	47:33.34	4:4	2:36:43.9
2	52	JIM MCBRIDE	64	2	27:42.01	18:28	2	1:22:08.8	2:03	00:53.57	2	1:02:01.2	6:1	2:55:04.7

*Overall place among males only

Lake To Forest Triathlon Final

Age Group Results

MTN Bike Triathlon

Women 18 and under

Place		Name	Age	.25Mi		Trans 1 Time	11Mi			Trans 2 Time	3.1 Mi			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	23	CASEY HAMPTON	15	2	11:06.70	44:24	02:00.83	2	1:04:23.2	5:51	00:52.95	1	26:50.58	8:39	1:45:14.2
2	29	CODY HELANDER	16	1	09:08.07	36:32	02:01.32	1	1:01:48.4	5:37	02:23.60	2	35:24.21	11:25	1:50:45.6

Women 19 to 24

Place		Name	Age	.25Mi		Trans 1 Time	11Mi			Trans 2 Time	3.1 Mi			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	11	AMANDA WYMAN	22	2	08:59.28	35:56	02:33.50	1	49:03.57	4:28	00:59.03	3	29:50.23	9:37	1:31:25.6
2	12	REBEKAH REIFSNYDER	23	4	10:37.68	42:28	02:19.33	2	52:14.90	4:45	00:50.31	1	26:52.95	8:40	1:32:55.1
3	13	CHELSEY MORSS	19	1	08:43.48	34:52	02:07.58	3	53:15.86	4:50	01:02.93	2	28:23.92	9:09	1:33:33.7
4	25	KYLIE KNOLL	19	3	10:05.21	40:20	02:51.21	4	58:53.67	5:21	01:24.48	4	33:57.11	10:57	1:47:11.6
5	38	CARLY KNOLL	21	5	12:41.85	50:44	04:48.80	5	1:06:06.4	6:01	01:31.78	5	37:21.99	12:03	2:02:30.8

Women 25 to 29

Place		Name	Age	.25Mi		Trans 1 Time	11Mi			Trans 2 Time	3.1 Mi			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	1	SARA HAAGENSON	25	6	09:46.05	39:04	01:21.37	2	43:34.71	3:58	00:42.95	1	23:19.82	7:31	1:18:44.9
2	2	SHANNON HOLDEN	27	5	09:38.71	38:32	02:12.45	1	42:01.20	3:49	01:14.16	2	24:33.85	7:55	1:19:40.3
3	4	HEATHER JOHANSON	27	3	09:03.72	36:12	02:03.06	3	43:36.01	3:58	00:57.54	3	26:54.88	8:41	1:22:35.2
4	9	JACKIE BATES	27	1	08:32.63	34:08	02:21.63	4	49:09.18	4:28	01:26.42	5	29:22.08	9:28	1:30:51.9
5	19	SHANNON BURGESS	28	7	09:54.82	39:36	02:29.28	5	52:15.39	4:45	01:56.42	8	35:14.35	11:22	1:41:50.2
6	22	CHRISTINA BARTON	29	2	08:45.84	35:00	02:43.29	8	1:04:49.3	5:54	01:26.63	4	27:23.11	8:50	1:45:08.2
7	24	CAMI ROBERTS	29	4	09:36.76	38:24	02:23.11	6	1:00:22.9	5:29	01:08.77	6	32:18.16	10:25	1:45:49.7
8	30	BRANDI SMELTZER	27	9	10:55.29	43:40	01:31.51	7	1:02:40.1	5:42	01:20.48	9	36:08.38	11:39	1:52:35.8
9	42	BRANDI GRAHAM	29	10	10:55.36	43:40	02:18.46	9	1:09:51.7	6:21	00:53.71	10	38:58.08	12:34	2:02:57.3
10	44	KIRA SANDON	28	8	10:21.66	41:24	04:20.64	10	1:12:23.2	6:35	02:35.85	7	35:02.04	11:18	2:04:43.4

*Overall place among females only

Age Group Results

MTN Bike Triathlon

Women 25 to 29

Place		Name	Age	.25Mi		Trans 1 Time	11Mi		Trans 2 Time	3.1 Mi		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
11	52	JEANNIE BURRILL	28	11	15:07.82	60:28	03:27.94	11	1:22:15.2	7:29	02:24.77	11	48:52.53	15:46	2:32:08.3

Women 30 to 34

Place		Name	Age	.25Mi		Trans 1 Time	11Mi		Trans 2 Time	3.1 Mi		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	6	HEATHER MCLAUGHLIN	32	9	10:33.22	42:12	01:56.24	3	51:44.97	4:42	02:01.01	1	22:13.36	7:10	1:28:28.8
2	7	BETH CLEMENTS	31	6	09:42.87	38:48	01:44.85	1	47:38.02	4:20	01:13.86	2	28:14.29	9:06	1:28:33.8
3	10	FRANCINE SMITH	30	4	09:28.19	37:52	01:32.43	2	48:24.83	4:24	01:11.50	7	30:36.92	9:52	1:31:13.8
4	16	JOLEEN ENGLISH	33	5	09:33.03	38:12	01:37.37	6	57:00.55	5:11	00:44.59	6	30:16.28	9:46	1:39:11.8
5	17	HOLLIE MYHR	33	12	10:58.52	43:52	02:32.06	7	57:14.59	5:12	01:18.97	3	29:05.34	9:23	1:41:09.4
6	18	KIMBERLY NIEMI	31	20	13:12.70	52:48	02:21.69	5	55:47.25	5:04	01:00.23	4	29:22.03	9:28	1:41:43.9
7	21	TRISTIN OLSON-ROY	31	2	08:36.11	34:24	02:36.71	9	1:00:19.1	5:29	01:27.15	5	30:03.94	9:42	1:43:03.0
8	26	JENNIFER BAILEY	34	14	12:13.64	48:52	03:51.54	4	55:39.43	5:04	02:19.36	14	34:37.55	11:10	1:48:41.5
9	27	JEAN VORHIES	33	8	10:21.48	41:24	02:09.36	12	1:03:21.4	5:46	01:14.20	10	32:38.99	10:32	1:49:45.5
10	28	PAMELA MARK	34	10	10:52.75	43:28	04:45.80	8	59:39.35	5:25	02:29.15	9	32:29.65	10:29	1:50:16.7
11	31	KIM WELLS	33	7	09:43.32	38:52	04:03.65	10	1:02:39.1	5:42	02:12.57	13	34:00.97	10:58	1:52:39.7
12	33	KATARINA KUEBER	32	17	12:42.74	50:48	02:10.47	15	1:05:38.6	5:58	00:52.26	11	33:13.52	10:43	1:54:37.6
13	34	TORY LUCAS	33	11	10:55.77	43:40	02:12.79	11	1:03:18.8	5:45	01:20.54	18	37:28.15	12:05	1:55:16.0
14	35	SABINE MILBRATH	30	13	11:49.17	47:16	02:29.02	13	1:05:01.7	5:55	01:10.31	17	37:10.05	11:59	1:57:40.3
15	37	LISA RANCK	32	22	14:21.45	57:24	03:08.85	18	1:09:00.3	6:16	01:15.34	8	32:16.55	10:25	2:00:02.5
16	40	MELISSA GRAY	31	15	12:38.35	50:32	04:06.47	16	1:06:19.2	6:02	01:27.07	19	38:01.63	12:16	2:02:32.8
17	41	TRACY PENNA	31	21	13:48.23	55:12	03:55.44	17	1:06:23.8	6:02	02:07.67	15	36:19.71	11:43	2:02:34.9
18	43	TAMRA WELTZ	31	16	12:38.43	50:32	04:26.17	14	1:05:17.6	5:56	04:10.23	16	36:47.80	11:52	2:03:20.3
19	50	BROOKE CURRY	32	18	12:49.73	51:16	04:22.73	20	1:13:41.2	6:42	03:00.77	20	42:49.32	13:49	2:16:43.7
20	51	ERIKA GRUBAR	30	19	12:55.97	51:40	04:21.45	21	1:23:29.9	7:35	02:28.29	21	44:17.90	14:17	2:27:33.5
21	53	KATHERINE WIMMER	30	1	06:50.03	27:20	01:23.77	22	1:55:42.8	10:31	00:27.37	12	33:47.17	10:54	2:38:11.1
DNF	DNF	ERIN BASS	33	3	09:26.94	37:44	03:43.44	19	1:09:04.1	6:17					

*Overall place among females only

Age Group Results

MTN Bike Triathlon

Women 35 to 39

Place		Name	Age	.25Mi		Trans 1 Time	11Mi			Trans 2 Time	3.1 Mi			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	3	HOLLY SIENKIEWICZ	35	1	07:54.66	31:36	01:38.21	1	46:12.05	4:12	00:47.08	1	25:38.04	8:16	1:22:10.0
2	5	MARIA BERTAGNOLLI	37	3	09:49.75	39:16	02:29.31	2	48:22.82	4:24	00:56.48	3	26:32.34	8:34	1:28:10.7
3	14	CHERIE ELLIS	39	4	10:16.44	41:04	02:37.13	4	55:23.77	5:02	01:48.96	2	26:28.10	8:32	1:36:34.4
4	15	KARRI CLUTE	36	2	09:47.68	39:08	03:07.82	3	54:00.53	4:55	01:07.16	4	29:44.85	9:35	1:37:48.0
5	32	SHELLEY BERDAR	38	5	12:26.00	49:44	03:28.19	5	59:57.45	5:27	01:24.36	5	36:28.44	11:46	1:53:44.4
6	47	SHANNEN BUERKE	39	6	14:16.62	57:04	03:19.85	6	1:05:26.7	5:57	01:40.81	6	42:15.87	13:38	2:06:59.8

Women 40 to 44

Place		Name	Age	.25Mi		Trans 1 Time	11Mi			Trans 2 Time	3.1 Mi			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	20	LORI MITCHELL	40	3	11:37.47	46:28	02:42.54	1	54:47.82	4:59	01:52.48	1	32:01.24	10:20	1:43:01.5
2	36	LINDA HASSENAUER	42	1	09:31.29	38:04	02:42.63	3	1:07:19.2	6:07	00:49.08	2	38:13.07	12:20	1:58:35.2
3	45	BAE LYDEN	41	2	10:13.45	40:52	02:59.16	2	1:05:00.5	5:55	03:05.17	4	44:28.80	14:21	2:05:47.1
4	46	SHELLY MATTHEWS	41	4	12:06.38	48:24	04:02.54	4	1:07:50.7	6:10	02:13.75	3	40:31.26	13:04	2:06:44.6

Women 45 to 49

Place		Name	Age	.25Mi		Trans 1 Time	11Mi			Trans 2 Time	3.1 Mi			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	39	CHARLIE KNOLL	45	3	14:08.96	56:32	03:30.20	1	1:05:52.7	5:59	01:36.82	2	37:23.13	12:04	2:02:31.8
2	48	JOYCE PRESTON	48	2	10:08.06	40:32	06:36.64	3	1:23:49.4	7:37	02:20.67	1	32:48.69	10:35	2:15:43.5
3	49	ANNE OAKLEY	45	1	09:13.00	36:52	03:15.06	2	1:19:52.9	7:16	01:02.87	3	42:29.10	13:42	2:15:52.9

*Overall place among females only

MTN Bike Triathlon

Women 50 to 54

Place		Name	Age	.25Mi		Trans 1 Time	11Mi		Trans 2 Time	3.1 Mi		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	8	DIANE SWITZER	50	1	07:35.11	30:20	02:01.19	1	47:56.18	4:21	01:17.54	1	31:45.49	10:15	1:30:35.5

Women 55 to 59

Place		Name	Age	.25Mi		Trans 1 Time	11Mi		Trans 2 Time	3.1 Mi		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	54	VICKI MOFFAT	55	1	22:12.21	88:48	04:13.89	1	1:30:42.5	8:15	02:09.13	1	47:15.94	15:15	2:46:33.7

Women 70 and over

Place		Name	Age	.25Mi		Trans 1 Time	11Mi		Trans 2 Time	3.1 Mi		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	55	ANNETTE ORTON	73	1	17:32.64	70:08	07:41.36	1	1:49:24.4	9:57	04:56.64	1	58:46.71	18:57	3:18:21.8

*Overall place among females only

Age Group Results

MTN Bike Triathlon

Men 18 and under

Place		Name	Age	.25Mi		Trans 1 Time	11Mi		Trans 2 Time	3.1 Mi		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	20	TODD STONER	14	1	06:00.69	24:00	01:21.89	1	47:58.52	4:22	00:38.46	1	28:12.58	9:06	1:24:12.1

Men 19 to 24

Place		Name	Age	.25Mi		Trans 1 Time	11Mi		Trans 2 Time	3.1 Mi		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	3	DOUG SHRYOCK	21	4	09:33.28	38:12	01:12.29	1	36:51.57	3:21	01:12.02	4	24:42.68	7:58	1:13:31.8
2	6	STEPHEN SMITH	23	3	09:15.50	37:00	01:02.31	2	41:39.08	3:47	00:49.01	3	23:21.69	7:32	1:16:07.5
3	7	KYLE DUBA	19	2	09:03.72	36:12	02:14.92	3	42:10.59	3:50	00:37.46	2	23:17.07	7:31	1:17:23.7
4	21	CALEB HIEBERT	24	1	07:56.01	31:44	03:33.16	4	43:16.59	3:56	01:39.01	5	27:59.59	9:02	1:24:24.3
5	27	SPENCER PLUMB	22	5	10:29.07	41:56	02:49.84	6	51:18.61	4:40	00:59.97	1	21:38.29	6:59	1:27:15.7
6	44	SYDNEY SEYFERT	21	6	12:24.33	49:36	01:49.01	5	49:45.42	4:31	01:51.37	6	31:39.29	10:13	1:37:29.4
DNF	DNF	BRAD SEYFERT	23												

Men 25 to 29

Place		Name	Age	.25Mi		Trans 1 Time	11Mi		Trans 2 Time	3.1 Mi		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	1	KRIS HOLDEN	28	2	07:24.45	29:36	01:34.56	1	37:16.94	3:23	00:54.00	1	23:20.58	7:32	1:10:30.5
2	11	TYLER STAGGS	25	3	07:51.76	31:24	01:16.25	2	42:50.78	3:54	01:15.55	5	25:42.78	8:17	1:18:57.1
3	12	ZACH HILL	25	1	07:16.78	29:04	01:54.46	6	45:59.59	4:11	00:36.89	2	24:09.68	7:47	1:19:57.4
4	13	DAN MACRAE	26	6	09:01.32	36:04	02:22.55	3	43:46.20	3:59	00:51.03	4	24:40.01	7:57	1:20:41.1
5	18	RYAN MYHR	25	5	08:13.12	32:52	02:15.33	7	48:04.89	4:22	00:59.18	3	24:17.28	7:50	1:23:49.8
6	23	DANIEL KRATZ	28	4	08:00.84	32:00	02:21.15	5	45:55.55	4:10	01:18.99	8	27:00.31	8:43	1:24:36.8
7	25	JUSTIN HEINEN	28	7	09:32.89	38:08	02:47.61	4	45:05.04	4:06	01:06.92	7	26:25.09	8:31	1:24:57.5
8	38	DEREK DUCHESNE	29	8	10:07.73	40:28	02:19.87	8	53:15.52	4:50	00:56.83	6	26:04.47	8:25	1:32:44.4

*Overall place among males only

Age Group Results**MTN Bike Triathlon**

Men 30 to 34

Place		Name	Age	.25Mi		Trans 1 Time	11Mi			Trans 2 Time	3.1 Mi			Total Time			
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace		
1	4	SCOTT ROY	30	1	05:38.72	22:32	1	01:34.91	7	45:46.69	4:10	1	00:54.36	1	21:41.11	7:00	1:15:35.7
2	5	WILLIAM WINGFIELD	33	2	07:15.38	29:00	2	01:54.26	2	42:42.16	3:53	3	00:46.21	3	23:01.13	7:25	1:15:39.1
3	9	DAVID LAWLESS	34	6	08:24.84	33:36	1	01:37.18	1	40:53.53	3:43	8	01:16.86	8	26:20.58	8:30	1:18:32.9
4	10	JOHN TRAYNOR	30	8	09:23.25	37:32	3	02:18.23	3	43:06.11	3:55	2	01:25.08	2	22:40.57	7:19	1:18:53.2
5	16	GREG HUGHES	34	4	07:37.88	30:28	8	02:35.79	8	47:15.23	4:18	4	00:37.38	4	25:11.08	8:07	1:23:17.3
6	19	HOWARD STODDARD	33	11	10:30.54	42:00	4	02:29.10	4	43:12.44	3:56	7	01:37.28	7	26:17.18	8:29	1:24:06.5
7	22	JIM LINDENFELSER	31	10	09:56.56	39:44	6	02:10.15	6	45:03.61	4:06	5	01:39.45	5	25:36.19	8:15	1:24:25.9
8	26	BRYAN HOPKINS	33	5	08:09.12	32:36	5	03:55.80	5	44:03.43	4:00	9	01:35.13	9	28:11.01	9:05	1:25:54.4
9	33	JASON GRAHAM	32	9	09:51.35	39:24	9	01:57.60	9	48:15.86	4:23	10	00:59.29	10	28:32.91	9:12	1:29:37.0
10	39	PAUL MANFRED	32	7	08:43.62	34:52	12	02:42.70	12	54:17.65	4:56	6	00:54.88	6	26:06.25	8:25	1:32:45.1
11	42	MICHAEL BREILING	31	3	07:32.77	30:08	11	02:39.01	11	52:20.61	4:45	12	02:17.85	12	31:23.14	10:07	1:36:13.3
12	52	BRIAN ANDERSON	32	12	14:10.10	56:40	13	03:20.92	13	57:58.62	5:16	11	01:37.58	11	30:57.51	9:59	1:48:04.7
13	54	JERROD SNYDER	34	13	18:44.10	74:56	10	05:17.03	10	51:31.77	4:41	13	02:24.11	13	33:41.10	10:52	1:51:38.1

Men 35 to 39

Place		Name	Age	.25Mi		Trans 1 Time	11Mi			Trans 2 Time	3.1 Mi			Total Time			
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace		
1	2	DAVID LIEN	35	1	06:06.85	24:24	1	01:06.59	1	40:25.29	3:40	2	00:52.85	2	23:59.56	7:44	1:12:31.1
2	14	GREG LUKE	37	7	09:10.91	36:40	4	01:15.48	4	44:52.40	4:05	3	00:37.26	3	25:16.88	8:09	1:21:12.9
3	24	RICH SHERWOOD	39	11	11:23.43	45:32	5	01:17.00	5	45:30.73	4:08	4	01:09.45	4	25:32.59	8:14	1:24:53.2
4	28	STEVE LUNDE	37	9	10:20.47	41:20	6	02:18.37	6	46:38.22	4:14	5	01:16.59	5	26:46.31	8:38	1:27:19.9
5	30	SHAWN TAYLOR	36	6	08:51.00	35:24	3	03:38.96	2	42:12.74	3:50	7	02:36.63	7	30:57.64	9:59	1:28:16.9
6	34	JOHN BERTAGNOLLI	39	4	08:39.69	34:36	7	02:19.60	3	44:09.65	4:01	12	01:48.28	12	33:12.47	10:43	1:30:09.6
7	36	JOHN BARTMESS	38	16	16:09.61	64:36	8	02:29.28	7	48:15.91	4:23	1	01:01.76	1	23:33.70	7:36	1:31:30.2
8	45	JEFF MOORE	35	5	08:40.33	34:40	9	03:12.49	9	54:30.10	4:57	10	01:02.51	10	32:33.33	10:30	1:39:58.7
9	46	DON BLAESE	39	3	08:02.07	32:08	8	02:07.69	8	52:25.31	4:46	13	01:10.86	13	36:24.43	11:45	1:40:10.3
10	49	ROBB FRANCTICH	38	8	09:24.48	37:36	11	02:41.97	11	56:43.76	5:09	9	01:01.50	9	31:37.77	10:12	1:41:29.4
11	50	WILLIAM LONG	39	13	12:10.62	48:40	12	02:56.96	12	58:11.26	5:17	6	01:52.08	6	27:07.38	8:45	1:42:18.3

*Overall place among males only

MTN Bike Triathlon

Men 35 to 39

Place		----- .25Mi -----		Trans 1	----- 11Mi -----		Trans 2	----- 3.1 Mi -----		Total					
<u>Place</u>	<u>Overall</u>	<u>Name</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>				
12	53	RICHARD WELLS	35	2	07:18.90	29:12	03:59.51	13	58:17.29	5:18	01:53.92	14	37:01.83	11:56	1:48:31.4
13	55	GARY BREUNER	36	10	10:52.81	43:28	02:37.52	15	1:05:07.1	5:55	01:47.99	11	32:42.71	10:33	1:53:08.1
14	57	ROBERT BAUMA	39	15	16:00.75	64:00	02:51.03	10	56:15.29	5:07	01:29.01	15	38:25.27	12:24	1:55:01.3
15	58	JEFF PENNA	39	14	13:17.48	53:08	06:37.42	14	1:02:18.5	5:40	02:40.38	8	31:07.12	10:02	1:56:00.9
16	61	SHAWN MURPHY	37	12	11:59.25	47:56	04:40.53	16	1:16:47.6	6:59	01:50.90	16	40:46.00	13:09	2:16:04.3

Men 40 to 44

Place		----- .25Mi -----		Trans 1	----- 11Mi -----		Trans 2	----- 3.1 Mi -----		Total					
<u>Place</u>	<u>Overall</u>	<u>Name</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>				
1	17	MARK SIPE	40	6	11:06.27	44:24	02:30.91	1	41:47.07	3:48	01:27.21	1	26:29.51	8:33	1:23:20.9
2	31	JIM BOWRON	40	3	09:25.68	37:40	02:36.12	2	44:32.22	4:03	02:25.30	6	30:02.55	9:41	1:29:01.8
3	35	TOM HASSENAUER	44	7	11:49.54	47:16	02:38.09	3	47:37.42	4:20	01:33.81	2	27:07.54	8:45	1:30:46.4
4	37	BRIAN KELLEY	40	2	09:11.98	36:44	02:39.37	4	50:06.96	4:33	01:00.58	4	28:33.21	9:13	1:31:32.1
5	41	ROBERT WALKER	44	8	12:51.22	51:24	03:20.52	5	50:15.30	4:34	01:41.28	3	27:32.11	8:53	1:35:40.4
6	43	BRETT LYNDAKER	41	1	08:11.57	32:44	03:13.06	6	53:47.71	4:53	02:04.23	5	30:01.72	9:41	1:37:18.2
7	48	JOEL FIELDS	42	4	09:27.20	37:48	03:06.75	7	56:01.23	5:06	01:22.06	7	31:09.59	10:03	1:41:06.8
8	60	MICHAEL WELP	42	5	09:36.26	38:24	04:00.58	8	1:08:41.4	6:15	01:40.05	8	40:12.82	12:58	2:04:11.1

*Overall place among males only

MTN Bike Triathlon

Men 45 to 49

Place		----- .25Mi -----		Trans 1	----- 11Mi -----		Trans 2	----- 3.1 Mi -----		Total					
<u>Place</u>	<u>Overall</u>	<u>Name</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>				
1	8	JOHN HAYS	45	1	06:18.44	25:12	02:21.31	4	44:02.76	4:00	00:47.59	1	24:56.45	8:03	1:18:26.5
2	15	JAMIE EMMER	49	2	08:32.04	34:08	01:51.57	2	43:31.83	3:57	00:48.33	2	27:26.84	8:51	1:22:10.6
3	29	PAUL WEID	49	3	08:45.91	35:00	03:16.27	1	43:01.42	3:55	02:34.63	3	29:48.92	9:37	1:27:27.1
4	32	RICK PRICE	46	4	09:07.10	36:28	03:17.43	3	43:56.61	4:00	01:42.31	4	31:23.22	10:07	1:29:26.6
5	47	SHANNON MAY	47	5	11:21.59	45:24	02:57.35	5	51:36.30	4:41	01:56.11	5	32:56.54	10:37	1:40:47.8

Men 50 to 54

Place		----- .25Mi -----		Trans 1	----- 11Mi -----		Trans 2	----- 3.1 Mi -----		Total					
<u>Place</u>	<u>Overall</u>	<u>Name</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>				
1	51	DAVID MORGAN	51	1	09:21.92	37:24	03:01.09	1	59:11.20	5:23	02:01.74	1	31:55.89	10:18	1:45:31.8

Men 55 to 59

Place		----- .25Mi -----		Trans 1	----- 11Mi -----		Trans 2	----- 3.1 Mi -----		Total					
<u>Place</u>	<u>Overall</u>	<u>Name</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>				
1	56	JOHN GOLDMAN	57	1	12:09.74	48:36	03:39.57	1	59:24.74	5:24	03:38.87	1	34:56.33	11:16	1:53:49.2

*Overall place among males only

MTN Bike Triathlon

Men 65 to 69

Place				.25Mi		Trans 1		11Mi			Trans 2		3.1 Mi		Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	BILL OVERHOLSER	65	1	07:57.72	31:48	03:15.24	1	49:52.14	4:32	02:16.56	1	29:47.13	9:36	1:33:08.7

Men 70 and over

Place				.25Mi		Trans 1		11Mi			Trans 2		3.1 Mi		Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	59	HENDERSON CLEAVES	73	1	13:13.06	52:52	02:49.40	1	1:09:41.2	6:20	01:21.64	1	33:02.80	10:39	2:00:08.1

*Overall place among males only

Lake To Forest Triathlon Final

Age Group Results

Women Relay Long Course

Open

Place		Name	Age	---- 1.5 K ----		Trans 1 Time	-----40K Bike -----			Trans 2 Time	----- 10K Run -----			Total Time	
Place	Overall			Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	1	REPP LOBB, SHELBY	44	2	31:49.57	21:13	00:22.27	1	1:22:48.1	2:04	00:29.90	1	53:08.93	5:1	2:48:38.7
2	2	? SANDBOR-HUMES	29	1	26:21.39	17:34	00:30.36	2	1:25:24.8	2:08	01:47.56	2	1:03:03.5	6:1	2:57:07.7

*Overall place among females only

Lake To Forest Triathlon Final

Age Group Results

Men Relay Long Course

Male 0-99

Place		Name	Age	----- 1.5K -----		Trans 1 Time	-----40K Bike -----			Trans 2 Time	----- 10K Run -----			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	1	WOODWARD	54	3	26:14.94	17:29	00:32.68	1	1:04:45.1	1:37	00:29.09	2	41:30.53	4:0	2:13:32.3
2	2	OTIS MERRELL-MCBIRNE	56	1	23:21.02	15:34	00:25.54	2	1:10:55.2	1:46	00:29.05	5	43:25.98	4:2	2:18:36.8
3	3	WICHMAN BOZICH REPP	47	2	24:30.13	16:20	00:25.89	3	1:13:34.6	1:50	00:23.53	1	40:39.27	4:0	2:19:33.4
4	4	STARKEY LEWIS-LEWIS	36	4	26:19.21	17:33	01:54.61	4	1:21:18.7	2:02	00:28.47	3	42:48.33	4:1	2:32:49.3
5	5	KAESTNER	44	5	32:14.57	21:29	00:33.35	5	1:28:07.9	2:12	00:31.95	6	45:00.14	4:3	2:46:27.9
6	6	REID REID-REID	38	6	42:41.43	28:27	00:45.53	6	1:44:49.1	2:37	00:39.88	4	43:17.21	4:2	3:12:13.2

*Overall place among males only

Lake To Forest Triathlon Final

Age Group Results

Family Team Long Course

Male 0-99

Place		----- 1.5K -----				Trans 1	-----40K Bike -----			Trans 2	----- 10K Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</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	1	MARGRET FINKE-FINKE	48	1	23:08.21	15:25	00:25.25	1	1:24:44.4	2:07	00:29.15	1	44:43.09	4:2	2:33:30.1
2	2	PFURSICH	37	2	27:13.84	18:09	00:40.81	2	1:28:12.2	2:12	02:25.21	2	57:27.82	5:4	2:55:59.9
3	3	HELANDER	49	3	33:59.42	22:39	04:12.72	3	1:31:31.1	2:17	00:42.56	3	58:44.78	5:5	3:09:10.6

*Overall place among males only

Lake To Forest Triathlon Final

Age Group Results

Mixed Team <110 Long Cour

Male 0-99

<u>Place</u>		<u>Name</u>	<u>Age</u>	<u>1.5K</u>		<u>Trans 1</u>	<u>40K Bike</u>			<u>Trans 2</u>	<u>10K Run</u>			<u>Total</u>	
<u>Overall</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	1	GREENFIELD	21	1	24:11.05	16:07	00:24.86	1	1:10:08.2	1:45	00:30.76	1	43:36.67	4:2	2:18:51.6

*Overall place among males only

Lake To Forest Triathlon Final

Age Group Results

Mixed Team>110 Long Cours

Male 0-99

Place		Name	Age	----- 1.5K -----		Trans 1	-----40K Bike -----			Trans 2	----- 10K Run -----			Total	
Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	1	MCDERMID BARTLETT,	56	3	27:39.93	18:26	00:22.48	1	58:04.02	1:27	00:26.14	1	48:04.24	4:4	2:14:36.8
2	2	LOCKWOOD	48	1	22:14.14	14:49	00:34.56	4	1:22:48.1	2:04	00:28.68	4	55:48.81	5:3	2:41:54.3
3	3	DYE DYE,MCCARTNEY	40	4	29:10.97	19:27	00:27.62	2	1:15:52.8	1:54	00:26.32	6	1:00:27.5	6:0	2:46:25.3
4	4	DAVID TRENT	30	5	29:26.97	19:37	02:07.01	3	1:21:45.9	2:03	00:41.47	5	56:31.48	5:3	2:50:32.8
5	5	MARK SIMKO-SIMKO	39	6	32:21.29	21:34	00:27.63	5	1:28:06.8	2:12	00:31.33	3	53:23.48	5:2	2:54:50.5
6	6	COUPER WATSON,	23	2	24:35.89	16:23	00:28.14	6	1:28:13.3	2:12	00:31.05	7	1:01:56.4	6:1	2:55:44.8
7	7	O'TOOLE	0	7	37:47.68	25:11	00:34.05	7	1:30:15.3	2:15	00:38.08	2	53:22.22	5:2	3:02:37.3
DNF	DNF	MICHAEL TRENT	47												

*Overall place among males only

Women Relay Short Course

Female 0-99

<u>Place</u>		<u>Name</u>	<u>Age</u>	<u>.25M</u>		<u>Trans 1</u> <u>Time</u>	<u>11M</u>			<u>Trans 2</u> <u>Time</u>	<u>3.1M</u>			<u>Total</u> <u>Time</u>	
<u>Overall</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>
1	1	LONGDEN WIMER,		1	08:38.37	34:32	00:24.32	1	46:40.32	4:15	00:27.59	1	23:07.74	7:27	1:19:18.3
2	2	BANNON	37	2	09:55.58	39:40	00:36.73	2	1:01:50.8	5:37	00:33.13	4	37:57.29	12:15	1:50:53.5
3	3	COX PRICE-ROSTRON	44	3	10:48.69	43:12	00:33.46	3	1:11:59.9	6:33	00:29.95	3	30:30.09	9:50	1:54:22.1
4	4	ELSEA KRESGE-ELSEA	43	4	11:33.44	46:12	04:05.60	4	1:15:59.4	6:54	00:48.10	2	30:19.81	9:47	2:02:46.3
DNF	DNF	WIMMER LONGDEN,													

*Overall place among females only

Lake To Forest Triathlon Final

Age Group Results

Men Relay Short Course

Male 0-99

Place		.25M		Trans 1	11M		Trans 2	3.1 Run		Total					
<u>Place</u>	<u>Overall</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>					
1	1	DESECKY	39	1	08:24.01	33:36	00:32.79	1	43:32.91	3:57	00:25.24	1	25:28.18	8:13	1:18:23.1

*Overall place among males only

Family Relay Short Course

Male 0-99

<u>Place</u>		<u>Name</u>	<u>Age</u>	<u>.25M</u>		<u>Trans 2</u> <u>Time</u>	<u>11M</u>			<u>Trans 2</u> <u>Time</u>	<u>3.1M</u>			<u>Total</u> <u>Time</u>	
<u>Overall</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>		
1	1	PAUL SWITZER	50	6	09:15.64	37:00	00:32.39	2	51:02.89	4:38	00:25.43	1	24:06.65	7:46	1:25:23.0
2	2	SCHMIDT SMITH-	32	4	08:52.17	35:28	00:42.06	4	53:52.31	4:54	00:30.89	4	28:40.20	9:15	1:32:37.6
3	3	MILBATH	37	3	08:32.46	34:08	01:39.30	1	46:38.52	4:14	00:32.40	7	38:39.91	12:28	1:36:02.5
4	4	BOZICH BOZICH-BOZICH	43	1	06:46.18	27:04	02:07.54	5	56:48.61	5:10	00:35.74	5	32:45.68	10:34	1:39:03.7
5	5	ROSTRON	21	2	07:59.74	31:56	00:24.75	3	52:45.67	4:48	00:32.33	6	38:31.92	12:25	1:40:14.4
6	6	MATTHEWS	10	7	11:36.69	46:24	00:43.49	6	1:09:22.8	6:18	00:40.66	2	24:10.37	7:48	1:46:34.0
7	7	PELLETIER	14	5	09:03.97	36:12	00:26.98	7	1:13:31.9	6:41	00:41.19	3	28:05.20	9:04	1:51:49.3

*Overall place among males only

Lake To Forest Triathlon Final

Age Group Results

Mixed Team<110 Short Cour

Male 0-99

Place		Name	Age	.25M		Trans 1 Time	11M			Trans 2 Time	3.1M			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	1	WEIDEN BARANSKI,	18	2	07:52.90	31:28	00:27.73	1	42:23.81	3:51	00:35.07	2	24:16.19	7:50	1:15:35.7
2	2	SIEGEL	37	5	09:52.07	39:28	00:21.41	2	44:04.59	4:00	00:31.99	3	26:05.86	8:25	1:20:55.9
3	3	THOMPSON	15	4	09:33.28	38:12	00:23.25	4	54:32.85	4:57	00:25.57	1	23:35.93	7:36	1:28:30.8
4	4	SCHMIKE MAIXNER,	25	3	09:25.92	37:40	00:25.55	3	54:08.22	4:55	00:29.40	5	31:36.34	10:12	1:36:05.4
5	5	WEYRICK	17	1	06:47.82	27:08	00:32.21	5	59:28.79	5:24	00:33.60	4	30:54.29	9:58	1:38:16.7

*Overall place among males only

Lake To Forest Triathlon Final

Age Group Results

Mixed Team>110 Short Cour

Male 0-99

Place		Name	Age	.25M		Trans 1 Time	11M			Trans 2 Time	3.1M			Total Time	
Overall				Rnk	Time		Pace	Rnk	Time		Pace	Rnk	Time		Pace
1	1	DEMKO BOWDEN-GRAY	48	1	09:57.69	39:48	00:28.11	1	40:29.36	3:41	00:25.85	1	26:44.56	8:37	1:18:05.5

*Overall place among males only