

Race Date  
August 31, 2019

Tomahawk 2019  
Age Group Results  
Age Group Tri

Female Overall Winners

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	11	Jennifer Gerard	1	2:19.3	0:01	0:35.7	1	32:47.5	3:15	0:36.1	2	26:33.6	8:34	1:02:52.3
2	14	Marsha Morton	2	2:39.2	0:01	0:43.7	2	34:00.1	3:22	0:51.8	1	25:43.1	8:18	1:03:58.1
3	20	Casey Fitzpatrick	3	2:49.8	0:01	0:53.0	3	34:29.9	3:25	0:32.3	3	30:50.5	9:57	1:09:35.8

Male Overall Winners

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	Will Gates	1	1:44.7	0:01	0:36.1	1	27:00.1	2:40	0:14.0	1	19:31.3	6:18	49:06.3
2	2	Leland Smith	2	1:54.2	0:01	0:35.6	2	28:55.7	2:52	0:34.1	3	22:42.9	7:20	54:42.5
3	3	Ronnie Manis	3	2:13.1	0:01	0:29.2	3	31:12.9	3:05	0:36.5	2	21:47.2	7:02	56:19.1

Female Masters Winners

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	23	Elizabeth Corbett	1	2:46.1	0:01	1:28.9	1	37:14.8	3:41	1:18.3	1	28:28.8	9:11	1:11:17.0

Male Masters Winners

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	4	David Hinkle	1	3:00.2	0:01	0:30.2	1	30:40.5	3:02	0:34.5	1	22:56.3	7:24	57:41.8

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**Age Group Tri**

Male 14 and under

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	16	Ben Owens	1	2:40.6	0:01	1:23.0	1	38:36.8	3:49	0:50.9	1	21:59.6	7:06	1:05:31.1

Male 15 to 19

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	Mason Pafunda	2	2:35.1	0:01	1:05.3	1	32:58.1	3:16	0:36.1	1	23:34.1	7:36	1:00:48.8
2	46	Mason Cosey	1	2:30.6	0:01	5:11.0	2	49:06.4	4:52	2:07.5	2	29:07.0	9:24	1:28:02.7

Female 20 to 24

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	30	Camden Moore	1	2:13.4	0:01	1:57.7	1	44:08.1	4:22	1:05.6	1	26:48.5	8:39	1:16:13.6
2	51	Sam Smith	2	2:22.0	0:01	1:57.6	2	52:30.0	5:12	0:38.0	2	34:23.1	11:06	1:31:50.8

Male 20 to 24

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	12	Josh Hensley	1	2:17.6	0:01	1:23.8	1	33:41.0	3:20	0:32.8	1	25:05.6	8:06	1:03:00.9

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Age Group Tri

Female 25 to 29

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	42	Jessica Cross	1	2:39.4	0:01	1:28.2	1	44:21.4	4:24	0:39.2	1	35:08.8	11:20	1:24:17.1

Male 25 to 29

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	21	Justin Greer	1	2:38.1	0:01	1:13.2	1	37:56.0	3:45	0:38.6	1	28:12.5	9:06	1:10:38.5

Female 30 to 34

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	Sarah Kerr	1	2:41.5	0:01	2:02.5	1	42:04.3	4:10	0:22.2	1	34:11.3	11:02	1:21:22.0

Male 30 to 34

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	7	Chris Gerard	3	2:47.0	0:01	0:51.8	1	31:14.5	3:06	0:33.7	1	24:22.2	7:52	59:49.4
2	15	Andrew Ditmer	2	2:19.7	0:01	1:17.6	2	33:49.8	3:21	0:40.0	2	26:26.5	8:32	1:04:33.8
3	24	Justin Kirby	1	2:07.2	0:01	1:11.7	3	37:25.6	3:42	0:42.8	3	30:23.2	9:48	1:11:50.7
4	45	David Kerr	4	2:58.8	0:01	1:31.0	4	45:59.9	4:33	0:25.3	4	33:46.0	10:54	1:24:41.1

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**Age Group Tri**

Male 35 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	13	Lance Hamilton	6	2:49.7	0:01	0:53.9	1	31:32.4	3:07	0:28.0	2	27:18.8	8:49	1:03:03.0
2	18	David Carrell	2	2:34.5	0:01	0:52.5	2	35:06.0	3:29	1:04.2	4	28:36.3	9:14	1:08:13.7
3	19	Kevin Alexander	1	2:23.7	0:01	0:27.2	3	36:53.5	3:39	0:29.4	3	28:29.0	9:11	1:08:43.0
4	22	Nathan Brown	4	2:47.9	0:01	2:38.7	4	37:27.5	3:43	1:02.5	1	27:07.1	8:45	1:11:03.9
5	25	Phil Mondy	3	2:36.0	0:01	0:42.1	5	38:43.6	3:50	0:36.5	5	29:40.3	9:34	1:12:18.6
6	34	David Humphrey	7	3:07.5	0:01	1:21.8	6	40:51.8	4:03	0:52.6	6	32:57.9	10:38	1:19:11.8
7	48	John Rausin	5	2:49.3	0:01	2:05.0	7	42:12.3	4:11	2:11.3	7	40:07.5	12:57	1:29:25.6

Female 40 to 44

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	27	Shameka Pollard	1	2:58.9	0:01	1:06.5	1	36:17.6	3:36	0:49.9	1	33:33.0	10:49	1:14:46.2
2	54	Stacy Cummings	2	4:32.6	0:02	2:59.9	2	54:26.0	5:23	0:53.2	2	44:46.9	14:27	1:47:38.8

Male 40 to 44

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	28	Curtis Brayman	2	3:28.7	0:01	1:33.0	1	35:48.0	3:33	0:49.4	1	33:25.1	10:47	1:15:04.4
2	35	Marl Murphy	1	3:10.8	0:01	1:51.1	2	40:52.6	4:03	1:12.3	2	33:25.8	10:47	1:20:32.7

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**Age Group Tri**

Female 45 to 49

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	32	Teresa Rogers	1	3:05.4	0:01	1:07.8	1	38:22.3	3:48	0:39.1	1	33:47.7	10:54	1:17:02.4

Male 45 to 49

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	Lloyd Jones	1	2:19.5	0:01	0:34.5	1	28:34.0	2:50	0:28.0	2	27:13.1	8:47	59:09.1
2	6	Michael Barto	3	2:38.9	0:01	0:53.2	2	30:38.2	3:02	0:44.7	1	24:35.3	7:56	59:30.5
3	26	Keith McCloud	6	4:37.1	0:02	0:51.9	3	36:17.5	3:36	1:01.2	4	29:50.1	9:37	1:12:38.1
4	39	David Headrick	5	4:27.7	0:02	1:24.7	4	42:41.9	4:14	0:51.1	5	32:33.7	10:30	1:21:59.2
5	41	David Knable	4	4:13.9	0:02	2:27.5	5	42:44.3	4:14	0:51.3	6	33:58.0	10:57	1:24:15.1
6	43	Tony Cosey	2	2:30.9	0:01	1:26.9	6	49:09.6	4:52	2:11.1	3	29:01.9	9:22	1:24:20.6

Female 50 to 54

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	49	Trina Tate	1	4:49.0	0:02	2:00.2	1	49:20.8	4:53	1:15.0	1	32:11.0	10:23	1:29:36.2

Male 50 to 54

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	Robert Dulan	2	3:02.9	0:01	1:48.6	1	35:12.2	3:29	0:52.9	1	35:31.7	11:28	1:16:28.5

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Tomahawk 2019  
Age Group Results  
**Age Group Tri**

Male 50 to 54

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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>
2	47	Francis Colvais	1	2:53.4	0:01	1:45.1	2	45:44.7	4:32	0:35.4	2	38:13.6	12:20	1:29:12.3

Female 55 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	29	Debbie Allen	3	4:07.0	0:02	2:01.6	1	39:37.1	3:55	1:15.7	1	28:44.4	9:16	1:15:46.0
2	36	Liz Lovelace	1	3:12.0	0:01	0:53.5	2	40:06.7	3:58	0:30.9	3	36:04.2	11:38	1:20:47.4
3	50	SUSAN RUTHERFORD	2	3:36.0	0:01	2:21.7	3	51:05.9	5:04	1:14.0	2	31:47.3	10:15	1:30:05.1

Male 55 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	10	Steve Dittner	1	2:15.9	0:01	0:23.4	1	31:18.5	3:06	0:33.8	1	26:21.8	8:30	1:00:53.6
2	17	Andrew Alonso	2	2:28.5	0:01	1:19.3	2	35:00.2	3:28	0:27.1	3	28:31.2	9:12	1:07:46.4
3	40	Michael Palmer	3	3:09.6	0:01	1:43.8	3	38:34.7	3:49	1:03.2	4	37:55.1	12:14	1:22:26.6
4	44	Timothy Rutherford	4	4:54.2	0:02	3:43.2	4	46:28.3	4:36	1:04.2	2	28:15.9	9:07	1:24:26.0

Female 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	38	Nancy Zirkle	1	2:55.7	0:01	2:02.6	1	40:17.3	3:59	1:18.3	1	35:05.2	11:19	1:21:39.3

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Age Group Tri

Female 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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>
2	52	Sally Goade	2	3:36.6	0:01	2:48.1	2	42:31.8	4:13	1:51.1	2	42:07.6	13:35	1:32:55.5

Male 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	Steve Winkel	1	2:35.9	0:01	0:29.2	1	29:41.4	2:56	0:33.7	1	27:28.7	8:52	1:00:49.2

Male 70 to 74

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	53	Andy Zirkle	1	4:30.7	0:02	1:50.1	1	43:12.9	4:17	1:07.0	1	48:14.8	15:34	1:38:55.8

Male 75 to 79

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	33	George Price	1	3:48.2	0:02	1:54.3	1	37:26.5	3:42	1:22.3	1	33:46.0	10:54	1:18:17.4

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Tomahawk 2019  
Age Group Results  
Clydesdale Tri

Male 99 and under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>T1</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>T2</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>
1	1	Don Goins	5	2:54.2	0:01	0:39.5	2	35:16.9	3:30	0:51.6	1	28:35.8	9:13	1:08:18.2
2	2	Brad Abernathy	2	2:44.8	0:01	0:46.2	1	34:14.1	3:23	0:36.0	2	30:33.0	9:51	1:08:54.2
3	3	Steve Tompkins	3	2:51.3	0:01	1:10.9	6	38:02.8	3:46	1:18.3	3	32:01.1	10:20	1:15:24.6
4	4	Don Turner	1	2:27.8	0:01	0:51.7	4	36:10.8	3:35	1:01.8	5	35:43.6	11:32	1:16:15.9
5	5	Douglas Redfield	4	2:54.1	0:01	1:28.2	3	35:49.0	3:33	0:50.3	4	35:35.9	11:29	1:16:37.6
6	6	Roman Hamilton	6	2:56.7	0:01	1:03.9	5	37:03.1	3:40	1:10.7	7	38:59.5	12:35	1:21:14.1
7	7	troy greer12	7	3:00.4	0:01	1:43.3	7	38:19.4	3:48	1:00.2	6	37:45.7	12:11	1:21:49.2

Race Date  
August 31, 2019

Tomahawk 2019  
Age Group Results

**Athena Tri**

Female 0-99

Place			Swim			T1	Bike			T2	Run			Total
<u>Place</u>	<u>Overall</u>	<u>Name</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	Erin Patrick	1	3:33.0	0:01	1:44.3	1	47:16.5	4:41	0:53.7	1	39:49.0	12:51	1:33:16.7
2	2	Alison Ulino	2	4:01.6	0:02	1:52.1	2	49:20.0	4:53	0:46.9	2	43:09.0	13:55	1:39:09.7

Race Date  
August 31, 2019

Tomahawk 2019  
Age Group Results

**Male Relay**

Male 0-99

<u>Place</u>	<u>Overall</u>	<u>Name</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	Octos	1	2:56.3	0:01	0:32.6	1	44:17.0	4:23	0:35.0	1	1:08:58.7	22:15	1:57:19.8

Race Date  
August 31, 2019

Tomahawk 2019  
Age Group Results

**Mixed Relay**

Male Overall Winners

<u>Place</u>	<u>Overall</u>	<u>Name</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	Tri-Hard	1	3:07.4	0:01	0:23.4	1	29:36.3	2:56	0:48.6	1	29:01.6	9:22	1:02:57.5