

Heart of the Lion Triathlon and SUPer Yak

Race Date
July 11, 2021

Age Group Results

Sprint

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1	8	Christi Broyles	279	37	1	21:19.5	3	1:52.5	1	43:47.7	3	1:15.6	1	24:44.7	1:33:00.2
2	11	Angelina Borisov	12	50	3	23:49.2	1	1:06.0	3	50:28.3	1	0:23.8	2	31:37.7	1:47:25.3
3	12	Kathryn Scourby	278	63	2	22:10.6	2	1:39.1	2	49:41.1	2	1:15.4	3	37:26.0	1:52:12.4

Female Masters 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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1	19	Leslie Agostino	7	40	1	31:01.2	1	2:20.6	1	52:51.7	1	2:18.8	1	33:30.8	2:02:03.2

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Age Group Results

Sprint

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	16	Jessica Cross	287	29	1	20:38.8	1	1:30.3	1	55:04.8	3	1:18.2	3	35:41.1	1:54:13.5
2	18	Jessica Gardner	291	25	2	22:53.5	2	1:35.5	3	1:01:02.0	1	1:04.8	1	34:15.5	2:00:51.5
3	20	Braley Hester	6	28	3	23:27.9	3	2:31.0	2	1:00:43.0	2	1:08.1	2	34:20.5	2:02:10.6

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	13	Katelin Huey	280	34	2	21:55.8	1	1:04.2	1	52:32.7	1	0:55.6	1	35:56.4	1:52:24.8
2	21	Jennifer Adams	4	33	1	19:22.5	2	2:28.3	2	1:02:51.8	2	1:17.1	2	40:16.4	2:06:16.3

Female 35 to 39

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	24	Jama Summers	2	37	1	24:40.6	1	2:28.6	1	1:02:13.8	1	1:51.0	1	48:58.3	2:20:12.5

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	25	Sally Goade	298	63	1	30:35.0	1	3:26.2	1	1:05:01.7	1	2:13.2	1	57:21.0	2:38:37.2

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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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	1	Jacob Skillman	13	20	1	15:06.0	3	1:11.0	1	35:49.0	2	0:41.4	1	20:18.7	1:13:06.4
2	2	Tommy Nettleton	272	60	3	16:37.4	2	0:47.6	2	40:03.1	3	0:45.6	2	26:49.0	1:25:02.8
3	3	Joel Vann	20	62	2	15:30.8	1	0:28.4	3	40:08.7	1	0:28.6	3	29:56.9	1:26:33.6

Male Masters 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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	4	ken hall	288	57	1	20:16.3	1	0:34.9	1	32:02.2	1	0:54.9	1	32:46.9	1:26:35.4

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Age Group Results

Sprint

Male 30 to 34

Place				Swim		T1		Bike		T2		Run		Total	
Place	Overall	Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Time
1	10	Terrence Mashoro	269	30	1	22:11.2	1	1:29.7	1	51:01.1	1	0:59.2	1	29:12.7	1:44:54.1

Male 35 to 39

Place				Swim		T1		Bike		T2		Run		Total	
Place	Overall	Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Time
1	6	Ryan Truxal	8	35	2	22:32.5	1	2:21.1	1	41:34.9	1	1:10.3	1	23:43.7	1:31:22.6
2	17	Benjamin Smidt	274	37	1	19:54.3	2	4:04.3	2	55:35.9	2	2:09.9	2	35:39.0	1:57:23.7

Male 40 to 44

Place				Swim		T1		Bike		T2		Run		Total	
Place	Overall	Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Time
1	22	Claude Blankenship	275	42	1	20:39.2	2	4:38.1	2	1:00:24.7	1	1:23.2	1	50:07.2	2:17:12.5
2	23	Gilder Hatchett	9	40	2	24:45.5	1	2:26.0	1	55:44.7			2	54:24.3	2:17:20.8

Male 50 to 54

Place				Swim		T1		Bike		T2		Run		Total	
Place	Overall	Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Time
1	5	Mike Waugh	271	52	1	15:27.3	1	1:00.0	1	41:36.9	2	0:54.5	1	27:54.5	1:26:53.4
2	14	Trent Skillman	15	51	2	19:57.8	2	1:41.3	3	53:54.7	3	1:39.4	3	36:06.9	1:53:20.3
3	15	Darin Beeler	277	50	3	26:20.9	3	1:47.7	2	50:58.3	1	0:35.4	2	33:55.9	1:53:38.4

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Age Group Results

Sprint

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	9	James Harrison	297	56	1	21:50.5	1	1:23.5	1	42:04.4	1	1:47.2	1	26:57.1	1:34:02.8

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	7	Duane Leach	270	60	1	17:23.1	1	1:31.0	1	41:48.5	1	0:41.6	1	30:45.4	1:32:09.8

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Heart of the Lion Triathlon and SUPer Yak

Age Group Results

Sprint Athena

Female 99 and Under

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1	1	Kelley Harrell	267	33	1	24:38.0	1	1:34.8	1	49:48.0	1	1:14.3	1	37:30.8	1:54:46.0

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Age Group Results

Sprint Clydesdale

Male 99 and Under

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1	1	Don Turner	273	57	1	21:29.3	1	1:08.9	1	50:59.4	1	1:33.9	1	39:38.7	1:54:50.4

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Heart of the Lion Triathlon and SUPer Yak

Age Group Results

Olympic

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1	2	Fiona Carlon	292	36	1	24:19.7	2	1:15.8	1	1:19:01.2	2	1:00.2	1	47:49.9	2:33:26.9
2	6	Lana Burl	283	45	2	29:50.2	1	1:00.4	2	1:23:37.9	1	0:40.9	2	57:16.9	2:52:26.6
3	10	Kati VanEtten	16	26	3	32:21.1	3	1:23.5	3	1:44:55.3	3	1:08.3	3	1:00:48.3	3:20:36.7

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Heart of the Lion Triathlon and SUPer Yak
Age Group Results

Olympic

Female 30 to 34

Place		Swim		T1		Bike		T2		Run		Total	
<u>Place</u>	<u>Overall</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	
1	11	Kristi Jeffers	299 30	1	40:45.2	1	2:17.4	1	1:42:40.3	1	1:16.7	1 1:01:00.8	3:28:00.5

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Age Group Results

Olympic

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	1	Jim Hall	11	45	3	30:21.6	2	0:41.9	1	1:11:37.8	1	0:42.7	1	43:36.4					2:27:00.7
2	3	Derek Tingle	290	38	1	27:31.1	1	0:29.6	2	1:15:38.7	3	0:59.2	2	52:59.1					2:37:37.9
3	4	Regis Monticeli	296	35	2	29:02.9	3	1:24.2	3	1:22:19.2	2	0:58.7	3	54:24.3					2:48:09.5

Male Masters 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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	7	Rommel Sia	10	54	1	45:08.1	1	1:18.6	1	1:27:43.3	1	1:27.3	1	58:01.9					3:13:39.4

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Age Group Results

Olympic

Male 30 to 34

Place		Name	Bib	Age	Swim		T1		Bike		T2		Run		Total
Overall	Rnk				Time	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Time	
1	5	Chris Stanley	289	31	1	35:01.6	1	1:37.9	1	1:25:53.6	1	1:08.3	1	45:26.6	2:49:08.2

Male 35 to 39

Place		Name	Bib	Age	Swim		T1		Bike		T2		Run		Total
Overall	Rnk				Time	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Time	
1	12	Steven Holden	285	39	1	37:56.6	1	3:21.2	1	1:33:01.2	1	2:54.5	1	1:11:55.2	3:29:08.8

Male 40 to 44

Place		Name	Bib	Age	Swim		T1		Bike		T2		Run		Total
Overall	Rnk				Time	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Time	
1	8	Cade Holmstead	263	42	1	37:47.2	1	2:46.4	1	1:34:30.2	1	2:17.9	1	57:38.8	3:15:00.7

Male 45 to 49

Place		Name	Bib	Age	Swim		T1		Bike		T2		Run		Total
Overall	Rnk				Time	Rnk	Time	Rnk	Time	Rnk	Time	Rnk	Time	Time	
1	9	Chris Burl	284	46	1	32:53.1	2	2:26.3	1	1:30:30.6	1	1:43.8	2	1:10:01.5	3:17:35.4
2	13	Antonio Neri	282	46	2	39:36.7	1	2:14.2	2	1:42:57.8	2	1:48.5	1	1:04:55.1	3:31:32.4

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Heart of the Lion Triathlon and SUPer Yak

Age Group Results

Olympic

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1	14	Dale Less	276	62	1	37:31.9	1	3:02.9	1	1:59:01.6	1	3:01.7	1	1:23:36.0	4:06:14.3

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Heart of the Lion Triathlon and SUPer Yak

Age Group Results

Sprint Male Relay

Male 99 and Under

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>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>		
1	1	Joshua Reynolds	23	43	1	16:34.4	1	0:36.8	1	1:28:06.4	1	0:37.7	1	25:57.1	2:11:52.6

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Heart of the Lion Triathlon and SUPer Yak

Age Group Results

Sprint Female Relay

Female 99 and Under

Place		Swim		T1		Bike		T2		Run		Total			
<u>Place</u>	<u>Overall</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>			
1	1	Nuriah Staats	294	17	1	20:42.5	1	1:01.3	1	1:13:26.5	1	0:25.2	1	31:35.7	2:07:11.4