

Race Date  
April 17, 2021

The Spirit of Kona Triathlon  
Age Group Results

**Sprint**

Female Overall Winners

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Finish		Total			
Overall	Rnk				Time	Pace		Rnk	Time		Rate	Rnk		Time	Pace	Time
1	4	Minttu Hukka	22	26	1	16:59.8	2:07	1:15.2	1	43:26.4	22.1	1:00.8	1	18:12.4	5:52	1:20:54.3
2	17	MELINDA SPIVA	109	34	3	18:20.0	2:18	2:16.2	2	49:21.1	19.5	1:18.4	2	24:45.0	7:59	1:36:00.6
3	19	Lana Burl	56	45	2	17:45.9	2:13	2:32.6	3	49:52.4	19.2	1:06.8	3	26:42.1	8:37	1:37:59.6

Male Overall Winners

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Finish		Total			
Overall	Rnk				Time	Pace		Rnk	Time		Rate	Rnk		Time	Pace	Time
1	1	Jon Williams	59	28	2	14:28.6	1:49	1:12.3	1	39:10.5	24.5	0:54.8	1	18:33.4	5:59	1:14:19.4
2	2	William Gates	43	32	3	15:37.3	1:57	0:47.7	2	41:01.6	23.4	0:32.5	2	19:02.2	6:08	1:17:01.1
3	3	Derek Tingle	18	38	1	14:25.3	1:48	1:37.5	3	42:28.3	22.6	0:58.8	3	20:33.8	6:38	1:20:03.5

Female Masters Winners

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Finish		Total			
Overall	Rnk				Time	Pace		Rnk	Time		Rate	Rnk		Time	Pace	Time
1	26	Connie Roberts	48	55	1	23:01.3	2:53	4:02.3	1	49:04.4	19.6	2:21.3	1	27:05.7	8:44	1:45:34.8

Male Masters Winners

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Finish		Total			
Overall	Rnk				Time	Pace		Rnk	Time		Rate	Rnk		Time	Pace	Time
1	8	Rick Vest	71	58	1	15:15.5	1:54	2:47.3	1	46:02.9	20.8	1:10.8	1	24:18.7	7:51	1:29:35.0

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Male 15 to 19

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	7	Duncan Arnold	90	19	1	13:08.1	1:39	1:12.5	1	47:10.3	20.4	1:31.6	1	19:42.3	6:21	1:22:44.5

Male 20 to 24

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	5	Caden Heupel	89	20	1	15:20.9	1:55	0:54.7	1	41:16.0	23.3	0:50.3	2	22:45.3	7:20	1:21:07.1
2	16	Michael Sia	116	24	2	18:38.0	2:20	4:28.0	2	48:10.4	19.9	1:23.5	1	22:34.7	7:17	1:35:14.5
3	33	Cole Dempsey	120	20	3	28:28.7	3:34	3:02.5	3	53:24.7	18.0	1:07.7	3	32:54.9	10:37	1:58:58.2

Female 25 to 29

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	22	Kara Geno	37	29	1	22:30.1	2:49	2:40.4	2	49:15.1	19.5	1:26.6	1	24:10.0	7:48	1:40:02.0
2	28	Desiree Gallagher	101	29	4	34:14.7	4:17	4:17.5	1	37:09.3	25.8	2:12.2	4	33:42.6	10:52	1:51:36.1
3	29	Megan Cavagnini	104	27	2	27:33.2	3:27	3:30.7	3	53:08.2	18.1	1:04.0	3	27:33.8	8:53	1:52:49.7
4	37	Cosima Sherrill	21	28	3	30:28.2	3:49	1:06.9	4	1:03:47.8	15.0	1:42.2	2	26:51.0	8:40	2:03:56.0

Male 25 to 29

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	6	Seth Goudzward	47	28	1	16:25.3	2:03	1:26.3	1	43:31.6	22.1	0:56.9	1	20:01.7	6:28	1:22:21.6

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Male 25 to 29

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
2	9	David Geno	36	29	3	17:43.4	2:13	2:54.6	2	46:11.5	20.8	1:49.2	2	21:32.3	6:57	1:30:10.8
3	15	Wesley Dooge	112	29	2	17:25.1	2:11	1:58.4	3	52:06.6	18.4	1:47.9	3	21:52.9	7:04	1:35:10.9
4	34	Sam Fox	82	29	4	21:39.1	2:42	3:52.2	4	1:05:42.9	14.6	0:46.3	4	27:45.5	8:57	1:59:45.8

Female 30 to 34

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	25	Elizabeth Hetro	26	33	1	17:39.6	2:12	1:28.4	2	55:36.9	17.3	1:10.9	2	27:20.7	8:49	1:43:16.4
2	30	Ashley Main	121	32	4	28:39.3	3:35	3:07.2	1	55:26.9	17.3	1:32.1	1	26:12.1	8:27	1:54:57.5
3	31	Deanna DeVore	38	33	2	18:30.0	2:19	3:58.0	3	1:00:12.2	15.9	1:57.9	3	31:18.6	10:06	1:55:56.5
4	47	Christine Thorsen	40	31	3	27:08.4	3:24	4:53.9	4	1:07:28.1	14.2	2:20.9	4	32:40.4	10:32	2:14:31.5
5	55	Meredith Neal	69	34	5	45:36.6	5:42	4:21.3	5	1:26:10.3	11.1	1:43.4	5	53:31.1	17:16	3:11:22.4

Male 30 to 34

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	12	Tyler Sherrill	9	33	2	18:17.6	2:17	1:45.4	1	49:17.5	19.5	1:07.8	1	22:47.5	7:21	1:33:15.5
2	21	Zachary D'Ooge	113	31	3	18:28.7	2:19	3:17.4	2	53:51.9	17.8	1:17.6	2	22:56.3	7:24	1:39:51.8
3	39	Chris Foti	84	32	4	28:11.4	3:31	4:48.8	4	1:02:41.3	15.3	1:45.3	3	29:54.7	9:39	2:07:21.4
4	41	William Garman	85	34	1	17:41.3	2:13	15:02.7	3	58:36.4	16.4	6:05.1	4	31:34.7	10:11	2:09:00.0

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Female 35 to 39

Place		Name	Bib No	Age	Swim		T1	Bike			T2	Finish		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	20	Jennifer Gerard	20	37	1	17:13.0	2:09	1:57.9	1	52:15.2	18.4	1:22.3	1	26:10.1	8:26	1:38:58.3
2	36	Crystal Thomas	4	39	2	21:33.4	2:42	5:19.6	2	1:02:03.3	15.5	1:59.1	2	32:17.8	10:25	2:03:12.9
3	44	Samantha Damstetter	50	37	4	23:18.8	2:55	3:56.4	3	1:04:16.7	14.9	3:03.7	4	37:42.4	12:10	2:12:17.9
4	51	Rachel Glandon	98	37	3	23:02.8	2:53	4:39.3	4	1:17:18.9	12.4	2:46.3	3	35:15.7	11:22	2:23:02.8

Male 35 to 39

Place		Name	Bib No	Age	Swim		T1	Bike			T2	Finish		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	11	Patrick Marsch	41	37	1	18:40.5	2:20	5:16.8	1	46:31.1	20.6	1:13.3	1	20:48.9	6:43	1:32:30.5
2	50	Christopher Selden	115	36	2	30:13.1	3:47	5:01.5	2	1:16:04.3	12.6	1:20.2	2	28:35.0	9:13	2:21:13.9

Male 40 to 44

Place		Name	Bib No	Age	Swim		T1	Bike			T2	Finish		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	14	Michael Krisle	44	40	1	18:41.4	2:20	3:51.0	1	48:13.3	19.9	1:27.8	1	22:44.1	7:20	1:34:57.4

Male 45 to 49

Place		Name	Bib No	Age	Swim		T1	Bike			T2	Finish		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	13	Jason Onks	88	47	2	19:24.5	2:26	4:15.3	1	46:17.0	20.7	1:45.7	1	22:50.3	7:22	1:34:32.5
2	24	Christopher Burl	57	46	1	18:10.9	2:16	4:47.9	2	49:49.8	19.3	1:44.5	2	28:18.5	9:08	1:42:51.4

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Male 45 to 49

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
3	27	Bradley Atkinson	58	49	3	19:56.0	2:29	3:05.1	3	52:56.6	18.1	1:35.3	3	30:46.6	9:56	1:48:19.5
4	35	Brad Price	65	47	4	25:36.1	3:12	3:53.9	4	57:13.8	16.8	1:29.7	4	33:42.5	10:52	2:01:55.9

Female 50 to 54

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	40	Sue Anne McDonald	5	52	2	22:58.9	2:52	6:22.9	1	59:35.2	16.1	1:58.2	2	36:37.5	11:49	2:07:32.5
2	43	Sheri Ziemnick	32	54	1	22:02.2	2:45	4:55.5	2	1:05:27.4	14.7	2:25.6	3	36:55.1	11:55	2:11:45.7
3	46	Anne-Patrick Moore	77	51	3	23:37.7	2:57	5:34.2	3	1:05:54.8	14.6	1:44.1	1	36:33.3	11:47	2:13:23.9

Male 50 to 54

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	49	Robert Hicks	87	51	1	29:51.4	3:44	6:30.4	1	1:07:49.7	14.2	8:24.1	1	27:38.9	8:55	2:20:14.3

Female 55 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	54	Valerie Clark	100	56	1	38:20.8	4:48	10:23.7	1	1:21:26.0	11.8	3:21.0	1	43:26.3	14:01	2:56:57.8

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Male 55 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	10	Michael Yates	23	57	1	13:52.8	1:44	3:11.7	1	48:21.3	19.9	1:27.6	2	23:59.1	7:44	1:30:52.3
2	18	Ronnie Manis	53	56	2	19:59.5	2:30	1:56.7	2	49:27.0	19.4	2:29.5	1	23:05.9	7:27	1:36:58.4
3	23	ken hall	7	57	3	20:08.3	2:31	1:52.5	3	51:14.0	18.7	1:29.6	3	27:37.5	8:55	1:42:21.7
4	32	Brian Cavagnini	105	58	4	20:38.3	2:35	4:06.6	4	57:21.3	16.7	1:50.6	4	33:47.5	10:54	1:57:44.0

Female 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	53	Sally Goade	66	63	1	30:06.3	3:46	10:45.2	1	1:13:43.6	13.0	4:40.5	1	49:57.6	16:07	2:49:13.1

Male 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	45	Jeffrey Schlactus	27	64	1	27:46.2	3:28	11:24.9	1	1:02:46.8	15.3	2:14.0	1	28:46.4	9:17	2:12:58.2
2	52	Michael Kruscke	2	61	2	29:42.7	3:43	6:21.5	2	1:07:55.7	14.1	2:12.4	2	39:26.8	12:43	2:25:38.9

Male 65 to 69

Place			----- Swim -----			T1	----- Bike -----			T2	----- Finish -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	38	Randy Teller	83	65	1	16:28.4	2:04	1:48.6	2	1:06:09.0	14.5	1:00.1	2	40:24.0	13:02	2:05:49.9
2	48	Kevin Whelan	30	65	2	30:26.3	3:48	6:05.6	1	59:48.2	16.1	3:49.3	1	38:16.6	12:21	2:18:25.8

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**Sprint**

Male 70 and Over

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>Finish Time</u>	<u>Pace</u>	<u>Total Time</u>
1	42	Larry NELSON	42	77	1	33:17.6	4:10	1:10.5	1	56:12.4	17.1	1:43.2	1	37:40.8	12:09	2:10:04.4

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**Sprint Clydesdale**

Male 99 and Under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	1	Manuel Doud	75	40	1	20:56.7	2:37	4:12.9	2	1:11:54.6	13.4	2:03.5	2	36:52.0	11:54	2:15:59.5
2	2	Shane Cross	60	32	2	33:08.7	4:09	4:20.2	1	1:09:31.5	13.8	0:56.0	1	34:33.0	11:09	2:22:29.3



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**Olympic**

Female Overall Winners

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	14	Fiona Carlon	13	36	1	22:45.8	1:31	2:48.8	1	1:14:41.2	20.1	1:20.9	1	44:46.5	7:13	2:26:23.0
2	26	lawrence elliott	76	36	3	32:22.6	2:10	3:42.6	2	1:20:00.7	18.7	1:11.0	3	46:34.2	7:31	2:43:51.0
3	27	Megan Bos	15	37	2	32:20.8	2:09	5:51.4	3	1:20:17.6	18.7	1:21.8	2	45:29.7	7:20	2:45:21.1

Male Overall Winners

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Nick Hetro	25	33	3	24:24.3	1:38	0:49.8	1	1:01:07.7	24.5	1:05.6	1	37:47.9	6:06	2:05:15.1
2	2	Josh Morin	64	35	2	24:05.6	1:36	1:06.6	2	1:04:51.1	23.1	1:19.4	2	38:12.2	6:10	2:09:34.8
3	3	Justin Grossarth	70	21	1	24:03.7	1:36	0:54.3	3	1:05:19.9	23.0	1:04.3	3	40:53.3	6:36	2:12:15.4

Female Masters Winners

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	44	Marsha Morton	39	55	1	34:47.2	2:19	5:59.4	1	1:30:13.0	16.6	3:44.1	1	56:29.8	9:07	3:11:13.4

Male Masters Winners

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	5	Bill Beecher	33	46	1	22:25.5	1:30	1:53.1	1	1:05:58.5	22.7	0:28.2	1	43:26.8	7:00	2:14:12.0

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Age Group Results  
Olympic

Male 20 to 24

Place			----- Swim -----			T1		----- Bike -----			T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	20	John Marcum	99	22	1	30:48.1	2:03	2:19.5	1	1:15:48.0	19.8	1:11.9	2	44:47.5	7:13	2:34:54.8
2	34	LUCAS SHELTON	51	21	2	31:42.6	2:07	11:38.1	3	1:24:33.9	17.7	0:59.8	1	44:09.9	7:07	2:53:04.1
3	39	Joseph Ogle	55	21	3	32:32.1	2:10	7:42.4	2	1:21:28.1	18.4	3:12.6	3	58:19.4	9:24	3:03:14.4

Male 25 to 29

Place			----- Swim -----			T1		----- Bike -----			T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	6	Tim Glennon	97	26	1	24:02.7	1:36	1:42.3	3	1:09:20.5	21.6	0:51.8	2	41:26.6	6:41	2:17:23.7
2	12	Nathan Hodges	107	27	6	32:27.3	2:10	3:34.4	2	1:08:19.1	22.0	1:51.4	1	39:37.8	6:24	2:25:49.8
3	16	Colin Catlin	28	26	3	30:43.5	2:03	3:11.1	1	1:07:01.3	22.4	1:45.0	4	44:53.9	7:14	2:27:34.7
4	23	Tyler Haar	86	26	2	27:35.3	1:50	2:41.3	4	1:21:48.5	18.3	1:08.4	3	44:35.3	7:12	2:37:48.6
5	31	Ryan Cooper	117	29	4	31:49.6	2:07	4:09.8	5	1:23:57.9	17.9	1:56.7	5	46:49.7	7:33	2:48:43.6

Male 30 to 34

Place			----- Swim -----			T1		----- Bike -----			T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	9	Charlie Guinn	118	31	2	28:46.1	1:55	1:46.3	1	1:08:06.9	22.0	1:15.1	2	42:56.7	6:56	2:22:50.8
2	10	Jevin Hoepfer	80	33	1	27:43.8	1:51	2:51.1	2	1:10:55.0	21.2	1:08.9	1	40:24.2	6:31	2:23:02.7
3	22	James Gallagher	102	32	3	31:47.9	2:07	2:00.7	3	1:15:04.0	20.0	2:06.8	3	46:44.2	7:32	2:37:43.5
4	33	Alexander Jackson	103	33	4	32:56.8	2:12	5:09.7	4	1:21:33.3	18.4	1:56.5	5	48:10.6	7:46	2:49:46.7
5	38	Daniel Drake	110	32	6	36:57.3	2:28	3:45.7	6	1:28:35.7	16.9	0:50.1	6	50:36.4	8:10	3:00:45.0
6	43	Chris Stanley	122	31	7	44:32.0	2:58	6:13.3	5	1:28:13.0	17.0	1:57.0	4	48:02.8	7:45	3:08:57.9
7	53	Kerry Ritter	94	30	5	32:58.4	2:12	16:50.3	7	1:50:33.2	13.6	3:45.5	7	1:20:48.3	13:02	4:04:55.5

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# The Spirit of Kona Triathlon

## Age Group Results

### Olympic

#### Female 35 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	40	Jenna Dixon	62	37	2	38:19.4	2:33	2:37.3	2	1:25:06.8	17.6	1:07.2	3	59:20.7	9:34	3:06:31.2
2	42	Kristen Tuggle	74	37	3	38:54.0	2:36	7:16.2	1	1:24:04.2	17.8	2:17.7	1	56:16.0	9:05	3:08:47.9
3	46	Brittany Bailey	11	36	1	34:50.5	2:19	4:48.8	3	1:40:42.6	14.9	3:47.6	2	57:43.7	9:19	3:21:53.0
4	51	lindsay walker	108	38	4	42:15.8	2:49	6:28.6	4	1:44:17.8	14.4	2:54.3	4	1:01:23.2	9:54	3:37:19.4

#### Male 35 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	4	Matthew Greer	14	38	1	25:36.9	1:42	3:19.6	1	1:04:36.9	23.2	1:02.9	1	37:45.8	6:05	2:12:21.9
2	15	James DeLong	96	38	5	32:23.9	2:10	2:37.6	2	1:08:06.5	22.0	0:58.4	2	42:45.7	6:54	2:26:51.8
3	24	Justin Loss	106	39	3	30:53.8	2:04	3:46.8	3	1:18:52.9	19.0	0:47.1	3	44:32.0	7:11	2:38:52.4
4	35	Adam Hendricks	17	37	6	33:06.3	2:12	4:27.0	4	1:22:52.6	18.1	1:56.1	5	50:47.8	8:12	2:53:09.6
5	36	Regis Monticeli	12	35	2	26:15.2	1:45	2:46.4	6	1:36:59.6	15.5	2:26.6	4	47:12.5	7:37	2:55:40.1
6	41	Dustin Catlett	1	38	4	31:47.4	2:07	4:26.9	5	1:25:10.5	17.6	3:17.1	6	1:02:42.1	10:07	3:07:23.8
7	56	Rodney Ritter	95	35	7	41:44.3	2:47	8:02.6	7	1:50:23.2	13.6	2:23.5	7	1:25:06.8	13:44	4:07:40.2

#### Male 40 to 44

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	19	Devin Maas	111	40	1	30:36.5	2:02	2:15.7	1	1:11:39.1	20.9	2:12.1	1	44:46.2	7:13	2:31:29.5
2	30	George Barrett	78	40	2	33:39.4	2:15	6:33.8	2	1:15:18.8	19.9	2:18.0	2	48:42.7	7:51	2:46:32.6
3	52	Kurt Davis	73	44									3	3:41:50.0	35:47	3:41:50.0

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The Spirit of Kona Triathlon  
Age Group Results

Olympic

Female 45 to 49

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	50	Gina DeFranco	79	46	1	37:39.9	2:31	6:37.9	1	1:38:40.8	15.2	3:33.3	1	1:07:40.0	10:55	3:34:11.8

Male 45 to 49

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	8	Justin Cazana	31	49	1	24:32.5	1:38	1:34.9	1	1:11:45.5	20.9	0:36.5	1	42:48.0	6:54	2:21:17.3
2	21	Luke Thomas	93	45	2	30:42.5	2:03	2:31.8	3	1:16:44.0	19.5	1:03.0	2	44:02.5	7:06	2:35:03.5
3	28	Anthony Cavallucci	63	48	4	32:49.3	2:11	2:55.9	2	1:15:48.8	19.8	2:50.0	3	51:38.1	8:20	2:46:02.0
4	37	Andy Puckett	119	48	3	31:27.9	2:06	2:59.9	5	1:27:58.4	17.1	2:06.5	4	54:18.6	8:46	2:58:51.2
5	45	Brian Kniegge	81	48	5	43:11.0	2:53	2:57.5	4	1:22:59.5	18.1	1:40.3	5	1:02:46.6	10:08	3:13:34.8

Male 50 to 54

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	11	Nathan Lawyer	91	51	2	29:09.6	1:57	3:10.0	1	1:07:31.2	22.2	1:21.5	2	42:35.6	6:52	2:23:47.7
2	17	Joseph Hicks	35	52	3	31:35.1	2:06	3:15.9	3	1:10:59.7	21.1	0:55.6	1	41:26.1	6:41	2:28:12.3
3	18	Chris Wilds	46	53	1	28:39.1	1:55	2:39.8	2	1:10:46.8	21.2	0:58.7	3	47:31.6	7:40	2:30:35.8
4	29	Rommel Sia	114	54	4	34:56.4	2:20	2:32.4	4	1:15:55.7	19.8	2:32.6	4	50:11.6	8:06	2:46:08.5
5	47	curtis driver	61	51	5	37:23.6	2:30	11:54.1	5	1:28:08.3	17.0	4:21.0	6	1:04:16.0	10:22	3:26:02.8
6	49	Christopher Wells	123	51	6	44:16.2	2:57	8:23.7	6	1:35:48.2	15.7	2:52.3	5	57:15.1	9:14	3:28:35.3

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Age Group Results  
Olympic

Female 55 to 59

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	54	Sue Damstetter	49	58	1	55:10.5	3:41	3:19.6	1	1:54:35.5	13.1	3:26.5	1	1:09:14.9	11:10	4:05:46.8

Male 55 to 59

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	7	Larry Brede	72	55	1	24:30.8	1:38	1:20.3	2	1:09:15.6	21.7	0:48.3	1	42:34.6	6:52	2:18:29.3
2	13	Doug Ross	34	57	2	27:29.0	1:50	5:03.5	1	1:08:56.5	21.8	0:55.5	2	43:51.1	7:04	2:26:15.5
3	32	David Hinkle	24	57	3	36:19.8	2:25	2:46.4	3	1:20:01.9	18.7	1:58.8	3	47:50.3	7:43	2:48:57.0
4	48	John Magnuson	52	56	4	41:22.8	2:46	5:38.7	4	1:39:20.2	15.1	2:25.0	4	58:37.1	9:27	3:27:23.6

Male 65 to 69

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	25	Martin Bailey	3	65	1	32:08.4	2:09	1:55.4	1	1:15:15.8	19.9	1:28.3	1	51:56.1	8:23	2:42:43.8
2	55	Daniel Goade	67	65	2	52:28.9	3:30	11:04.6	2	1:40:29.5	14.9	5:15.1	2	1:18:05.4	12:36	4:07:23.4

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The Spirit of Kona Triathlon  
Age Group Results  
**Olympic Athena**

Female 99 and Under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	1	Kelley Harrell	29	33	1	43:00.5	2:52	6:49.9	1	1:44:36.2	14.3	4:50.5	1	1:12:50.9	11:45	3:52:07.9

Male 99 and Under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	2	Rene Hernandez	54	36									1	4:31:02.8	43:43	4:31:02.8

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The Spirit of Kona Triathlon  
Age Group Results  
**Olympic Clydesdale**

Male 99 and Under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Swim Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	1	Jacob Retchko	45	37	1	39:31.4	2:38						1	2:41:41.9	26:05	3:21:13.3

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The Spirit of Kona Triathlon  
Age Group Results  
**Olympic Co-Ed Relay**

Female 99 and Under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	1	Kristi Jeffers	68	30	1	30:16.2	2:01	0:56.6	1	1:35:58.1	15.6	0:45.5	1	51:06.0	8:15	2:59:02.2