

2019 GBT LONG COURSE TRI

Race Date
July 14, 2019

Overall Results

LONG TRI

Place	Name	Bib No	AG Place	Swim		T1		Bike		T2		Run		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
1	Scott Mahan	144	1:M 20-24	1	24:47.0	1:26.5	3	56:53.4	0:45.3	1	25:32.4	1:49:24.7		
2	Aaron Hebel	167	1:M 35-39	3	25:15.0	1:26.8	2	56:13.0	0:47.6	4	30:15.7	1:53:58.2		
3	Elliot Feng	155	1:M 25-29	2	25:13.0	1:27.3	6	1:00:00.3	0:40.9	2	29:29.8	1:56:51.5		
4	Maxwell Stapel-Kalat	138	1:M 15-19	7	28:53.0	1:26.8	5	59:44.4	0:33.6	7	31:36.9	2:02:14.8		
5	Sal DIIMATTEO	208	1:M 55-59	5	27:45.0	1:27.2	4	59:44.1	0:56.3	13	34:03.2	2:03:55.9		
6	Kirk Gilligan	182	1:M 45-49	15	33:08.8	58:44.7			1:14.7	14	34:13.3	2:07:21.6		
7	Eric Heindl	200	1:M 50-54	75	1:36:22.6		9	1:03:54.8	37:45.5			2:11:37.8		
8	scott whittington	145	2:M 20-24	6	28:11.0	1:26.5	16	1:07:27.2	1:10.8	16	34:16.8	2:12:32.4		
9	Michael Wright	41	1:M 40-44	24	35:14.4	1:04.1	7	1:01:12.9	0:56.3	19	35:17.6	2:13:45.6		
10	marguerite harris	240	1:F 50-54	8	31:04.2	1:28.3	14	1:07:11.4	0:48.6	23	36:48.1	2:17:20.8		
11	Sarah Sun	220	1:F 20-24	76	1:44:07.2		12	1:06:19.3	1:44:17.6			2:18:21.9		
12	Rex Holmes	158	2:M 25-29	77	1:44:13.4		17	1:08:02.7		20	35:49.3	2:18:45.1		
13	Luiz Vilera	175	2:M 40-44	78	1:44:50.8		10	1:04:39.9		18	35:00.6	2:18:53.7		
14	Spenser Gabin	160	3:M 25-29	44	40:49.8	3:21.1	8	1:02:47.8	1:32.4	6	31:31.5	2:20:02.7		
15	Jana Sadler	224	1:F 25-29	9	31:04.7	2:19.5	51	1:13:33.9	1:14.0	8	32:13.2	2:20:25.4		
16	Rusty Heyman	185	2:M 45-49	79	1:45:58.1		18	1:08:07.6	42:55.9			2:21:46.9		
17	Kyle Stangland	154	4:M 25-29	18	33:58.8	4:40.6	21	1:08:31.7	2:30.7	9	32:16.0	2:21:57.9		
18	David Jarrat	189	3:M 45-49	81	1:49:26.4		19	1:08:18.3	38:47.5			2:23:31.4		
19	Caroline Martau	231	1:F 40-44	80	1:47:44.2		48	1:12:52.4		27	37:21.4	2:23:52.6		
20	Lauren Zwang	226	2:F 25-29	20	34:11.6	2:15.2	30	1:10:20.9	1:41.1	24	36:56.6	2:25:25.5		
21	Jonathan Pinkerton	191	4:M 45-49	29	37:15.1	2:31.2	62	1:15:12.6	1:11.7	3	30:09.9	2:26:20.6		
22	Ai Kaisho	216	2:F 20-24	33	37:42.7	1:35.0	68	1:16:14.9	0:38.9	5	30:17.3	2:26:28.9		
23	Jonathan Davis	192	5:M 45-49	31	37:19.4	1:42.4	26	1:09:43.7	1:10.3	22	36:43.3	2:26:39.3		
24	Benjamin Albrecht	150	5:M 25-29	23	35:10.5	3:27.9	32	1:10:27.9	1:44.1	25	37:00.9	2:27:51.6		
25	John Koskinen	149	6:M 25-29	82	1:50:20.5		29	1:10:01.2	1:01:11.4			2:29:33.9		
26	Mark Hildner	213	1:M 60-64	11	31:34.8	2:05.6	36	1:11:24.0	1:24.2	55	43:08.8	2:29:37.6		
27	Tony Begum	201	2:M 50-54	34	37:49.1	1:12:32.6			2:01.5	29	37:32.3	2:29:55.6		
28	Rini Jablonski	217	3:F 20-24	25	36:04.7	1:48.7	45	1:12:25.4	0:40.5	36	38:56.3	2:29:55.8		
29	David Nigh	210	2:M 55-59	30	37:17.7	2:19.4	25	1:09:39.4	1:35.1	38	39:10.6	2:30:02.4		
30	Jared Sinn	156	7:M 25-29	32	37:34.8				1:17:04.3	21	35:49.5	2:30:28.6		
31	Emily Jarvis	234	2:F 40-44	13	32:48.9	2:46.8	73	1:18:23.9	1:36.8	17	35:00.5	2:30:37.1		
32	Madison Mitchell	222	3:F 25-29	12	31:48.5	3:33.8	40	1:11:48.3	1:56.6	49	41:33.4	2:30:40.8		
33	Alberto Castaneda	174	2:M 35-39	85	1:51:15.3		23	1:09:24.5	42:40.6			2:30:41.1		

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				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
34	Eddie Castro	172	3:M 35-39	55	42:35.3	1:42.7	11	1:06:14.3	1:25.2	37	39:02.1	2:30:59.9		
35	Andrea Wells	239	2:F 50-54	83	1:50:25.4		42	1:11:56.6	45:03.0			2:31:32.1		
36	Tiffany Birkett	237	1:F 45-49	84	1:50:56.8		31	1:10:23.7	44:37.3			2:31:46.2		
37	Brennan Shanks	159	8:M 25-29	48	41:39.8	4:09.6	38	1:11:35.2	1:54.6	10	32:56.2	2:32:15.5		
38	Emily Ferro	225	4:F 25-29	22	34:55.2	1:59.7	49	1:13:01.6	1:35.2	48	40:56.9	2:32:28.7		
39	Land McCarley	168	4:M 35-39	36	37:59.1	1:19.8	13	1:06:56.6	2:04.5	61	44:48.9	2:33:09.1		
40	SCOTT CUMMINGS	198	3:M 50-54	27	36:25.9	2:57.6	53	1:14:07.0	1:29.0	33	38:13.8	2:33:13.5		
41	Rick Cortez	8	3:M 20-24	61	47:50.3	2:52.9	20	1:08:19.1	1:14.1	11	33:03.6	2:33:20.2		
42	David Woods	209	3:M 55-59	41	39:48.8	2:55.7	33	1:10:48.5	1:19.6	35	38:38.5	2:33:31.3		
43	john oakes	194	6:M 45-49	50	41:54.7	2:56.4	61	1:15:06.6	1:36.1	12	33:21.1	2:34:55.1		
44	KC Bly	179	3:M 40-44	53	42:07.3	3:04.5	28	1:09:46.1	1:41.9	34	38:31.6	2:35:11.5		
45	Evan Kistler	137	2:M 15-19	17	33:58.7	3:19.7	67	1:16:04.7	2:23.0	43	40:08.5	2:35:54.8		
46	Timothy Lyons	203	4:M 50-54	19	34:00.8	4:55.0	55	1:14:30.3	1:51.9	47	40:50.2	2:36:08.5		
47	Margaret Learmonth	232	3:F 40-44	16	33:19.9	3:06.9	41	1:11:55.0	1:31.5	69	46:46.2	2:36:39.7		
48	Richard Hummel	214	2:M 60-64	56	43:25.2	1:33.2	22	1:09:12.5	1:50.1	46	40:41.2	2:36:42.3		
49	Rafael Martau	178	4:M 40-44	28	36:56.7	2:25.9	50	1:13:01.9	1:24.1	56	43:08.8	2:36:57.6		
50	RAMTIN RIAHI	188	7:M 45-49	54	42:33.1	3:33.6	66	1:15:44.7	1:23.0	15	34:15.1	2:37:29.8		
51	Nicholas McCabe	141	4:M 20-24	57	44:16.8	2:00.1	24	1:09:34.7	1:40.8	45	40:18.3	2:37:50.8		
52	Bentley McKean	139	5:M 20-24	88	1:59:17.2		70	1:17:12.3	52:51.0			2:38:05.6		
53	Nick Covey	140	6:M 20-24	43	40:48.5	1:58.8	44	1:12:21.8	1:37.9	50	41:41.9	2:38:29.2		
54	Jeffrey Rinkov	204	5:M 50-54	37	38:16.4	3:16.8	37	1:11:24.1	2:39.6	58	43:36.4	2:39:13.5		
55	Roland Valdez	183	8:M 45-49	87	1:56:55.9		35	1:11:20.9	50:00.5			2:39:32.8		
56	Jeff Nelson	161	1:M 30-34	86	1:54:17.6		65	1:15:43.5	47:29.0			2:39:36.7		
57	Heather Heilman	244	1:F 60-64	49	41:51.2	1:54.9	69	1:16:43.7	1:07.2	32	38:10.1	2:39:47.4		
58	Bradley Hunt	196	6:M 50-54	4	26:45.0		1	30:39.4	1:16:00.8	31	38:07.9	2:39:48.4		
59	Satomi Turner	242	3:F 50-54	47	41:23.8	1:32.0	64	1:15:42.7	1:36.2	42	39:44.3	2:39:59.1		
60	Kelsey Ward	227	5:F 25-29	14	32:50.3	5:00.1	76	1:19:02.3	1:52.6	51	41:42.1	2:40:27.5		
61	Gabriel Rowe	142	7:M 20-24	64	48:33.9	2:12.8	39	1:11:36.0	0:46.7	28	37:23.2	2:40:32.7		
62	Karl Weis	211	4:M 55-59	52	42:02.2	2:29.5	34	1:10:58.6	1:33.5	59	43:48.6	2:40:52.6		
63	Chuck Dembo	207	5:M 55-59	89	2:01:06.1		72	1:17:51.2	43:28.4			2:41:19.4		
64	Michael Kokosenski	162	2:M 30-34	58	44:30.5	4:39.8	52	1:13:43.1	1:58.8	30	37:50.8	2:42:43.1		
65	Mira Mastoras	87	4:F 20-24	42	40:25.5	1:37.6	43	1:12:14.2	2:21.6	68	46:13.3	2:42:52.4		
66	Matthew Ward	157	9:M 25-29	38	38:31.1	5:15.4	54	1:14:27.3	2:27.1	60	43:51.8	2:44:32.7		

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67	Carolyn Watling	223	6:F 25-29	21	34:31.2	3:21.2	80	1:20:39.6	0:56.0	67	46:08.3	2:45:36.4		
68	Peter Rowe	153	10:M 25-29	69	49:58.3	2:00.3	47	1:12:35.8	1:26.8	44	40:14.5	2:46:15.9		
69	Brent Boyce	215	3:M 60-64	46	41:07.6	2:45.6	46	1:12:31.2	2:40.7	72	47:13.3	2:46:18.5		
70	Rachel Karle	221	5:F 20-24	35	37:50.6	2:02.2	82	1:22:17.8	0:41.8	57	43:28.7	2:46:21.2		
71	Robert Taylor	170	5:M 35-39	40	39:14.6	3:51.7	60	1:14:51.5	2:33.2	64	46:02.0	2:46:33.2		
72	Daniel Webster	309	6:M 55-59	59	45:12.4	2:36.1	27	1:09:44.6	2:06.6	70	46:57.7	2:46:37.6		
73	Jody Kleiger	236	2:F 45-49	45	41:02.8	5:31.3	74	1:18:31.2	2:22.2	41	39:37.1	2:47:04.9		
74	Michael Hollerich	314	9:M 45-49	73	1:05:30.9	36:32.0			22:38.8	54	42:59.8	2:47:41.7		
75	Carleigh Moore	228	1:F 30-34	39	39:12.8	1:25.8	75	1:18:54.6	2:39.5	62	45:57.0	2:48:09.9		
76	Christian Bensch	181	5:M 40-44	68	49:49.6	2:15.7	59	1:14:51.1	1:53.5	52	42:06.5	2:50:56.7		
77	Michael Sterns	212	4:M 60-64	10	31:05.3	1:27.2	79	1:19:39.0	2:29.0	78	57:49.4	2:52:30.2		
78	Marc Kupfer	165	3:M 30-34	72	54:44.2	4:01.0	58	1:14:50.9	1:44.3	26	37:19.6	2:52:40.2		
79	Carl Schroeder	151	11:M 25-29	91	2:10:32.9		63	1:15:39.8		63	45:59.1	2:52:54.4		
80	Ross Szabo	176	6:M 40-44	63	48:01.4	1:23:22.8			1:50.1	53	42:23.4	2:55:37.8		
81	Maaik Rutten	230	1:F 35-39	65	48:58.7	3:34.9	56	1:14:40.5	1:43.0	71	47:07.5	2:56:04.8		
82	Barbara Burgess	243	1:F 55-59	60	46:59.6	5:18.3	57	1:14:47.5	2:42.1	73	48:00.5	2:57:48.2		
83	Sonja Cochran	238	4:F 50-54	51	41:58.2	3:26.0	85	1:25:45.3	1:35.7	66	46:05.2	2:58:50.6		
84	Robert Tibbs	202	7:M 50-54	70	52:06.2	5:24.4	77	1:19:06.0	4:34.9	39	39:20.5	3:00:32.2		
85	Darrick Kurihara	187	10:M 45-49	90	2:10:01.1		83	1:22:44.3	58:28.3			3:01:05.1		
86	Eric Fauskin	206	7:M 55-59	66	49:23.6	6:01.7	71	1:17:24.7	3:46.6	65	46:04.7	3:02:41.5		
87	Mitchell Tibbs	147	8:M 20-24	26	36:18.5	24:10.0	78	1:19:06.1	4:33.7	40	39:25.9	3:03:34.4		
88	TJ Morrison	184	11:M 45-49	93	2:13:18.9		86	1:28:42.5		79	57:57.9	3:06:22.7		
89	Adam Hickman	166	4:M 30-34	92	2:10:47.7		15	1:07:22.3	1:04:49.1			3:12:06.4		
90	Derrick Brown	186	12:M 45-49	67	49:45.9	3:22.8	87	1:31:43.8	2:02.4	74	48:56.3	3:15:51.4		
91	Stephen Clancy	205	8:M 50-54	71	53:10.3	3:19.2	81	1:21:10.2	1:58.7	76	56:25.7	3:16:04.4		
92	Penny Popp	246	1:F 65-69	95	2:26:38.2		84	1:24:54.8	1:03:09.9			3:22:11.7		
93	Kelsie Kan	218	6:F 20-24	62	47:53.1	3:03.0	88	1:33:44.2	1:27.1	77	56:39.9	3:22:47.5		
94	Tiffany Day	229	2:F 35-39	94	2:26:02.7		90	1:42:06.8	1:04:35.8			3:23:30.1		
95	Marc Wanagas	169	6:M 35-39	74	1:22:37.5	7:03.1	89	1:35:03.4	1:34.6	75	52:31.6	3:58:50.5		