

Race Date
July 31, 2022

GBT Sprint
Age Group Results
Sprint Tri

Male Overall Winners

<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	Ed Sweeney	336	41	1	12:31.8	3:08	1:22.0	3	23:27.3	20.5	0:51.9	1	14:25.6	6:25	52:38.8
2	2	Nathan Ogan	340	43	3	13:04.5	3:16	0:57.6	1	22:18.4	21.5	1:00.0	2	16:14.5	7:13	53:35.1
3	4	Eric Heindl	201	54	2	12:46.8	3:12	1:06.6	2	23:27.0	20.5	0:36.6	3	16:36.0	7:23	54:33.2

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Male 11 to 14

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	45	Brayton Sax	143	14	3	16:20.4	4:05	3:12.7	1	31:31.0	15.2	0:46.3	1	17:27.8	7:46	1:09:18.3
2	50	Adam Gelman	355	13	1	13:27.9	3:22	3:29.2	2	32:56.5	14.6	0:37.1	3	21:11.7	9:25	1:11:42.7
3	61	Max Gelman	356	11	2	13:34.3	3:24	3:26.3	3	37:41.6	12.7	0:51.7	2	19:30.4	8:40	1:15:04.5

Male 15 to 19

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	47	Christian Mills	144	16	2	18:10.4	4:33	2:12.7	1	27:16.3	17.6	0:29.4	1	21:16.7	9:27	1:09:25.7
2	69	Charles Laxague	147	19	1	16:42.2	4:11	4:49.9	2	28:05.0	17.1	3:01.5	2	23:57.6	10:39	1:16:36.4
3	100	Louie Barba	145	16	3	25:10.5	6:18	0:34.0	3	32:14.1	14.9	1:34.8	3	25:38.1	11:24	1:25:11.7

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	51	Marc Lee	150	22	1	14:54.1	3:44	3:31.4	2	29:30.5	16.3	1:21.0	2	22:34.1	10:02	1:11:51.3
2	66	Justin Wang	148	21	2	22:39.4	5:40	5:00.0	1	25:39.0	18.7	1:00.0	1	21:37.0	9:36	1:15:55.5

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	59	Andrew Meese	153	27	2	20:15.4	5:04	2:10.7	3	28:54.4	16.6	2:20.8	6	20:40.6	9:11	1:14:22.2

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Male 25 to 29

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
2	62	Jacob Winters	154	28	3	20:24.5	5:06	5:51.4	2	28:02.8	17.1	0:45.9	4	20:07.0	8:56	1:15:11.8
3	77	Donald Yu	155	28	4	23:51.4	5:58	3:56.5	4	29:11.5	16.4	0:47.6	5	20:13.2	8:59	1:18:00.4
4	81	Tom Hanigan	152	26	5	27:10.5	6:48	5:00.0	1	27:42.0	17.3	3:53.0	1	15:29.7	6:53	1:19:15.2
5	87	Richard Zamora	157	29	6	28:06.3	7:02	5:00.0	5	30:29.9	15.7	0:41.7	2	16:58.2	7:33	1:21:16.2
6	135	Fernando Mazas	156	28	1	16:17.3	4:04	2:12.5	6	1:16:20.4	6.29	2:00.0	3	19:33.7	8:42	1:56:24.1

Male 30 to 34

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	20	Chase Mansmann	159	31	2	15:44.8	3:56	1:32.6	2	26:51.2	17.9	1:00.0	2	16:00.6	7:07	1:01:09.3
2	28	Jordan Bleecker	162	31	3	16:40.2	4:10	1:28.2	1	26:48.4	17.9	1:15.3	3	18:10.1	8:05	1:04:22.3
3	36	Nathaniel Delano	167	34	6	21:08.9	5:17	5:00.0	6	31:05.2	15.4	0:41.8	1	9:28.3	4:13	1:07:24.2
4	54	Tyler Owens	164	33	1	15:01.3	3:45	1:43.0	5	30:17.1	15.8	1:27.1	6	23:58.5	10:39	1:12:27.3
5	76	Kevin Flaherty	166	34	5	17:05.3	4:16	5:21.3	7	32:25.5	14.8	1:33.9	4	21:14.6	9:27	1:17:40.7
6	80	Matt Blois	161	31	4	16:43.8	4:11	3:09.4	3	29:40.1	16.2	0:49.1	8	27:43.1	12:19	1:18:05.7
7	105	Alexander Paras	170	34	8	22:37.9	5:39	5:00.0	8	34:00.9	14.1	2:48.2	5	22:08.4	9:50	1:26:35.6
8	115	Jason Wong	165	34	9	34:34.6	8:39	1:00.0	4	30:12.8	15.9	2:47.2	7	24:14.2	10:46	1:32:48.8

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	10	Jacob Venzor	171	35	2	16:03.3	4:01	1:51.6	1	23:55.8	20.1	0:36.4	1	15:20.9	6:49	57:48.2
2	21	Kyle Unfus	331	39	1	15:31.2	3:53	1:31.0	4	24:46.3	19.4	0:39.9	4	18:45.6	8:20	1:01:14.3

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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
3	26	George Olive	358	36	4	17:18.9	4:20	2:56.4	3	24:10.0	19.9	0:50.7	3	18:38.7	8:17	1:03:54.9
4	32	Jonathan Chapman	332	39	3	16:52.4	4:13	2:35.1	2	23:56.6	20.0	1:49.4	6	21:06.1	9:23	1:06:19.8
5	35	Daniel Maguire	173	36	5	18:12.2	4:33	3:54.6	5	26:17.8	18.3	0:39.1	2	17:58.7	7:59	1:07:02.5
6	63	Coty Shipe	175	38	6	23:17.5	5:49	2:04.2	6	28:28.7	16.9	0:57.3	5	20:34.0	9:08	1:15:21.8
7	74	Corey Zetterberg	174	38				53:04.9					7	24:23.2	10:50	1:17:28.1

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	1	Ed Sweeney	336	41	2	12:31.8	3:08	1:22.0	2	23:27.3	20.5	0:51.9	1	14:25.6	6:25	52:38.8
2	2	Nathan Ogan	340	43	3	13:04.5	3:16	0:57.6	1	22:18.4	21.5	1:00.0	2	16:14.5	7:13	53:35.1
3	11	Ian Armstrong	337	42	4	14:44.2	3:41	0:55.0	5	25:00.0	19.2	0:34.8	4	16:45.3	7:27	57:59.4
4	13	Juan J Sanchez	339	42	1	11:36.5	2:54	5:00.0	3	23:44.7	20.2	1:38.8	3	16:38.7	7:24	58:38.8
5	30	Marco Garcia	341	44	5	15:36.1	3:54	4:19.0	4	24:39.5	19.5	1:51.4	5	19:09.5	8:31	1:05:35.8
6	78	Max Beers	335	41	7	20:07.7	5:02	2:16.9	6	27:21.5	17.5	1:00.0	6	27:14.8	12:07	1:18:01.1
7	106	Spencer Rudin	333	40	6	19:20.6	4:50	3:45.1	7	29:37.9	16.2	1:40.5	7	32:27.4	14:26	1:26:51.6

Male 45 to 49

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	7	Ricky Ho	351	47	1	12:29.6	3:07	5:00.0	2	25:50.1	18.6	0:43.7	1	13:27.4	5:59	57:30.9
2	22	Sam Sosa	344	45	3	16:40.9	4:10	0:00.0	3	25:50.6	18.6	1:45.8	3	18:24.7	8:11	1:02:42.1
3	39	Dan Gelman	354	45	5	17:52.2	4:28	2:15.2	5	29:21.7	16.3	1:00.0	2	17:14.3	7:40	1:07:43.6

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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>
4	43	Joergen Bach	191	47	8	20:06.5	5:02	2:18.7	1	24:30.2	19.6	0:51.6	4	21:07.1	9:23	1:08:54.2
5	48	Moze Cowper	192	47	4	17:27.7	4:22	1:28.2	4	25:58.8	18.5	1:40.8	6	23:52.0	10:36	1:10:27.6
6	79	Jeffrey Rohde	194	49	2	15:33.8	3:53	3:39.6	7	30:06.2	15.9	2:14.1	7	26:27.6	11:46	1:18:01.5
7	82	Kenneth Allen	342	45	6	17:54.5	4:29	5:00.0	8	32:44.6	14.7	1:27.6	5	22:14.6	9:53	1:19:21.4
8	112	Ryan Sapp	343	45	7	18:44.4	4:41	10:30.4	6	29:23.2	16.3	2:44.4	8	28:43.8	12:46	1:30:06.4

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	4	Eric Heindl	201	54	1	12:46.8	3:12	1:06.6	1	23:27.0	20.5	0:36.6	1	16:36.0	7:23	54:33.2
2	44	Jim Canales	200	54	2	17:18.4	4:20	5:00.0	2	24:09.8	19.9	2:00.0	3	20:35.5	9:09	1:09:03.8
3	56	Tai Williams	197	52	3	22:42.2	5:41	2:46.1	3	27:49.3	17.3	1:35.7	2	18:45.8	8:20	1:13:39.2
4	101	Andrew Mansmann	198	52	5	26:51.1	6:43	5:00.0	4	28:40.1	16.7	1:00.0	4	23:54.0	10:37	1:25:25.3
5	132	Jean-Charles Laxague	195	50	4	24:10.8	6:03	6:58.6	5	41:28.5	11.6	4:12.8	5	35:23.0	15:44	1:52:13.8

Male 55 to 59

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	53	Ernesto Paredes	202	56	1	15:11.2	3:48	5:00.0	1	29:32.3	16.2	1:00.0	1	21:37.8	9:37	1:12:21.4

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Male 60 to 64

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	Bob Wilson	204	60	7	38:19.7	9:35		1	22:44.6	21.1		4	19:13.3	8:33	56:09.2
2	12	David Kaufman	209	63	4	16:17.1	4:04	0:37.9	2	22:56.6	20.9	0:52.8	1	17:15.8	7:40	58:00.4
3	17	Bob Deloe	205	61	3	15:37.7	3:54	2:10.2	3	23:59.7	20.0	1:34.6	2	17:31.4	7:47	1:00:53.8
4	18	Bill Barrett	207	62	2	14:31.7	3:38	1:12.1	4	25:24.1	18.9	0:59.9	3	18:48.7	8:22	1:00:56.6
5	25	Kirk Johnson	210	63	1	13:25.5	3:21	2:40.0	5	25:37.3	18.7	0:49.2	5	21:14.2	9:26	1:03:46.3
6	75	George Osullivan	206	62	5	16:42.7	4:11	2:43.9	7	30:43.4	15.6	1:26.0	7	26:01.0	11:34	1:17:37.2
7	107	Jim Blois	208	62	6	23:17.6	5:49	5:00.0	6	30:39.3	15.7	3:25.9	6	24:39.7	10:58	1:27:02.6

Male 65 to 69

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	15	Bruce Bornhurst	212	66	1	13:49.5	3:27	1:31.9	1	24:31.6	19.6	1:05.1	1	19:08.4	8:30	1:00:06.6
2	46	Richard Feinberg	213	67	2	14:20.5	3:35	2:10.2	3	29:44.2	16.1	1:29.2	2	21:37.4	9:37	1:09:21.8
3	65	Mike Rider	216	69	3	16:26.9	4:07	3:23.2	2	29:21.1	16.4	2:09.2	3	24:34.4	10:55	1:15:54.8
4	123	David Chemel	215	69	4	28:52.5	7:13	5:00.0	4	36:38.4	13.1	1:00.0	4	27:09.3	12:04	1:38:40.3

Male 70 to 74

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	71	Rick Owens	217	70	1	16:46.6	4:12	5:58.6	1	30:23.9	15.8	0:51.9	1	22:54.3	10:11	1:16:55.5
2	125	Larry Crossley	218	71	2	25:13.3	6:18	5:00.0	2	35:54.5	13.4	3:46.7	2	33:28.8	14:53	1:43:23.5

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Male 75 to 79

<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	52	William McMillen	222	75	1	16:30.5	4:08	2:49.8	2	30:27.2	15.8	2:29.5	1	19:51.5	8:50	1:12:08.6
2	55	David Cook	220	75	2	17:09.9	4:17	2:22.7	1	28:48.0	16.7	0:39.1	2	23:48.6	10:35	1:12:48.5
3	129	Richard Davies	221	75	3	24:46.5	6:12	8:00.0	3	37:12.6	12.9	1:59.3	3	36:36.6	16:16	1:48:35.2

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Female Overall Winners Winners

<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	3	Devin Spencer	243	30	1	9:02.9	2:16	5:00.0	1	22:46.8	21.1	1:02.6	1	16:37.1	7:23	54:29.7
2	5	Nina Florek	230	21	3	12:31.4	3:08	0:44.0	3	25:11.0	19.1	0:31.8	3	17:10.8	7:38	56:09.2
3	8	Kelcey Collins	251	33	2	10:07.1	2:32	5:00.0	2	24:26.8	19.6	0:55.4	2	17:08.4	7:37	57:37.8

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Female 11 to 14

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	40	Eme Williams	225	14	3	19:39.1	4:55	2:47.8	1	27:50.7	17.2	1:32.0	1	15:57.4	7:06	1:07:47.1
2	41	Anneliese Watrous	223	13	2	17:20.7	4:20	1:32.7	3	31:28.7	15.2	0:39.8	2	17:23.7	7:44	1:08:25.8
3	92	Ivanna Barba	224	14	1	16:54.2	4:14	5:50.3	2	30:35.7	15.7	0:32.2	3	28:42.0	12:45	1:22:34.6

Female 15 to 19

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	130	Sophia Laxague	226	16	1	21:09.8	5:17	6:58.6	1	41:28.5	11.6	4:13.8	1	35:21.3	15:43	1:49:12.1

Female 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	5	Nina Florek	230	21	1	12:31.4	3:08	0:44.0	1	25:11.0	19.1	0:31.8	1	17:10.8	7:38	56:09.2
2	24	Therese Bach	232	22	3	16:22.3	4:06	2:12.4	2	26:11.1	18.3	0:23.4	2	18:33.5	8:15	1:03:42.8
3	98	Kelly Penrose	231	22	4	20:35.6	5:09	4:11.9	3	33:15.1	14.4	0:59.4	3	25:13.4	11:13	1:24:15.7
4	99	Avalon Gook	233	23	2	15:11.2	3:48	3:21.1	4	37:57.7	12.6	0:49.3	4	27:00.5	12:00	1:24:19.9

Female 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	23	Jessica Park	239	28	3	14:59.3	3:45	1:29.2	2	27:37.2	17.4	1:10.5	1	18:20.5	8:09	1:03:36.8

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Female 25 to 29

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
2	31	Molly Kaplan	234	25	1	13:36.8	3:24	5:00.0	1	26:11.9	18.3	2:00.0	2	19:00.6	8:27	1:05:49.3
3	58	Kathryn Culhane	241	29	4	16:25.8	4:06	4:22.2	3	30:05.6	15.9	1:09.1	4	21:55.3	9:45	1:13:58.3
4	64	Erin Brodbeck	238	27	5	18:33.1	4:38	3:11.1	4	32:51.4	14.6	1:02.6	3	19:58.1	8:53	1:15:36.5
5	70	Miranda Bidwell	237	27	2	14:29.6	3:37	5:00.0	6	33:04.8	14.5	1:18.8	6	22:54.9	10:11	1:16:48.2
6	111	Kathleen Hart	236	27	7	24:28.6	6:07	4:23.6	7	33:51.2	14.2	1:22.3	7	25:10.9	11:12	1:29:16.9
7	116	Megan Newsome	235	26	8	31:34.5	7:54	5:00.0	5	33:00.9	14.5	1:00.0	5	22:44.0	10:06	1:33:19.6
8	118	Elizabeth Thompson	240	28	6	20:47.4	5:12	5:00.0	8	35:38.1	13.5	2:49.8	8	29:26.1	13:05	1:33:41.6

Female 30 to 34

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	3	Devin Spencer	243	30	1	9:02.9	2:16	5:00.0	1	22:46.8	21.1	1:02.6	1	16:37.1	7:23	54:29.7
2	8	Kelcey Collins	251	33	2	10:07.1	2:32	5:00.0	2	24:26.8	19.6	0:55.4	2	17:08.4	7:37	57:37.8
3	72	Gaia Sonatina	247	32	3	17:45.3	4:26	7:04.2	3	29:00.9	16.5	0:41.1	4	22:27.9	9:59	1:16:59.6
4	85	Alexa Zimbalist	244	30	4	19:37.3	4:54	4:59.3	6	33:58.5	14.1	1:11.4	3	20:49.2	9:15	1:20:35.9
5	119	Kun Man Li	250	33	7	31:23.2	7:51	5:00.0	5	33:19.7	14.4	1:00.0	5	23:14.3	10:20	1:33:57.3
6	122	Linh Truong	253	34	5	28:28.1	7:07	6:05.3	7	35:29.3	13.5	1:00.0	6	26:34.8	11:49	1:37:37.6
7	124	Samantha Oglesby	248	32	8	31:34.6	7:54	5:00.0	4	32:59.1	14.6	2:11.9	8	30:56.4	13:45	1:42:42.1
8	133	Monica Lam	246	32	6	30:39.7	7:40	9:43.1	8	39:48.8	12.1	3:18.5	7	30:38.8	13:37	1:54:09.1

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

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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	14	Tracy Mehta	263	38	1	9:27.1	2:22	5:00.0	3	26:22.8	18.2	0:51.9	1	17:24.2	7:44	59:06.1
2	33	Christine Raimer	262	38	2	15:16.9	3:49	5:00.0	2	26:22.2	18.2	1:36.7	2	18:20.1	8:09	1:06:36.1
3	57	Kristen Holbrook	261	37	7	23:28.7	5:52	1:29.7	1	24:50.2	19.3	1:40.0	3	22:12.0	9:52	1:13:40.8
4	88	Anna Becker	255	35	3	16:30.9	4:08	5:19.3	5	33:46.5	14.2	1:42.8	4	24:10.7	10:45	1:21:30.3
5	89	Katherine Winnewisser	257	36	9	57:42.9	14:26						6	24:38.8	10:57	1:21:43.9
6	93	Oksana Obolkina	265	39	6	21:19.4	5:20	5:00.0	4	27:32.3	17.4	3:00.0	8	25:48.4	11:28	1:22:40.1
7	103	Megan Jordan	264	38	5	20:41.2	5:10	3:54.8	6	34:32.6	13.9	2:18.9	5	24:23.6	10:51	1:25:51.3
8	126	Whitney Lawrence	258	36	4	20:29.4	5:07	3:49.1	7	52:57.8	9.06	1:49.2	7	25:09.4	11:11	1:44:15.1

Female 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	Brittany Watrous	280	44	2	16:42.8	4:11	0:59.3	1	25:21.5	18.9	0:52.4	1	17:11.1	7:38	1:01:07.4
2	49	Christina Ekonomi	279	43	1	15:13.2	3:48	5:00.0	2	28:01.3	17.1	1:09.6	3	21:05.4	9:22	1:10:29.7
3	60	Marcela Bonneau	281	44	3	20:54.4	5:14	2:03.3	5	30:19.6	15.8	1:43.9	2	19:49.3	8:49	1:14:50.6
4	91	Aeysha Miller	268	40	6	22:03.3	5:31	3:17.1	3	28:58.9	16.6	0:51.7	7	27:07.0	12:03	1:22:18.2
5	94	Sharon Pena	271	41	5	21:39.9	5:25	3:06.3	6	32:35.6	14.7	1:48.3	4	23:37.4	10:30	1:22:47.7
6	102	Cara Winnewisser	274	42	4	21:15.5	5:19	2:50.3	4	29:26.2	16.3	1:26.1	8	30:35.5	13:36	1:25:33.8
7	113	Kathryn Kennedy	275	42	7	24:54.1	6:14	5:23.7	8	32:49.4	14.6	2:20.9	6	25:30.6	11:20	1:30:58.9
8	114	Carrie-Anne Surtees	273	42	8	24:54.1	6:14	5:30.7	7	32:43.7	14.7	2:20.6	5	25:29.7	11:20	1:30:59.1
9	131	Naomi Grebe	270	41	9	33:42.5	8:26	6:45.2	9	36:57.4	13.0	2:01.3	9	32:20.4	14:22	1:51:46.9

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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	37	Lucrecia Malarkey	352	47	2	15:30.4	3:53	5:00.0	1	25:39.9	18.7	1:00.0	1	20:23.2	9:04	1:07:33.5
2	42	Rebekah Celver	282	45	1	12:45.8	3:11	4:00.0	2	28:47.5	16.7	1:41.8	2	21:29.3	9:33	1:08:44.5
3	90	Stephanie Rickabaugh	283	45	4	20:43.6	5:11	5:00.0	4	31:45.9	15.1	0:48.0	3	23:47.7	10:35	1:22:05.4
4	108	Louisa Cammidge	287	49	3	16:43.9	4:11	5:00.0	5	37:31.5	12.8	1:31.7	4	26:20.3	11:42	1:27:07.6
5	110	Leona Colegrove	289	49	5	23:57.3	5:59	5:29.1	3	30:49.3	15.6	1:05.2	5	26:46.2	11:54	1:28:07.4
6	136	Christina Patricio	288	49	6	40:13.6	10:03	5:00.0	7	1:07:56.7	7.06	2:26.3	6	40:02.5	17:48	2:35:39.3
7	137	Anne Patricio	285	46	7	40:26.9	10:07	5:00.0	6	1:07:36.3	7.10	2:32.1	7	40:04.2	17:49	2:35:39.7

Female 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	9	Buffie Williams	292	51	2	12:52.6	3:13	2:30.6	1	24:09.5	19.9	0:40.7	3	17:28.1	7:46	57:41.7
2	16	Whitney Bruice	297	52	1	12:42.6	3:11	1:23.3	2	27:08.0	17.7	1:02.9	4	18:17.5	8:08	1:00:34.4
3	29	Desa Mandarino	294	52	3	17:24.3	4:21	1:00.0	4	28:37.1	16.8	0:44.0	2	16:52.8	7:30	1:04:38.3
4	34	Heather Reed	296	52	4	18:33.9	4:38	1:27.2	5	29:07.1	16.5	1:14.0	1	16:39.7	7:24	1:07:02.1
5	67	Kathleen Rogers	298	53	7	24:14.3	6:04	3:09.9	3	28:19.8	16.9	1:19.7	5	19:02.5	8:28	1:16:06.4
6	104	Adrienne Haddad	290	50	5	21:23.4	5:21	3:21.1	6	31:21.6	15.3	1:05.6	7	29:13.5	12:59	1:26:25.4
7	117	Rochelle Combe	291	50	6	22:27.3	5:37	5:40.9	8	35:58.8	13.3	1:30.2	6	28:00.1	12:27	1:33:37.6
8	121	Lisa Krause	295	52	8	24:33.4	6:08	0:29.9	9	40:39.2	11.8	0:52.8	8	30:32.8	13:35	1:37:08.2

Female 55 to 59

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>

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Female 55 to 59

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	84	Lisa Spencer	300	56	1	18:22.3	4:36	3:32.9	4	34:02.0	14.1	1:08.2	1	23:06.3	10:16	1:20:11.9
2	86	Georgia Sturgeon	302	56	3	19:49.9	4:57	2:53.3	3	31:46.0	15.1	1:29.3	2	24:47.2	11:01	1:20:45.9
3	96	Suzanne Subject	135	59	2	18:54.5	4:44	2:40.9	1	28:28.1	16.9	1:59.0	5	31:38.5	14:04	1:23:41.1
4	97	Christine McCallum	303	58	4	24:30.3	6:08	2:15.4	2	29:46.4	16.1	1:32.5	3	25:37.8	11:23	1:23:42.6
5	127	Sherry Luiz	299	56	5	32:42.3	8:11	5:00.0	5	37:48.3	12.7	1:11.1	4	29:27.9	13:06	1:46:09.7

Female 60 to 64

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	38	Sue Lewis	304	60	2	15:30.7	3:53	2:52.6	1	27:48.4	17.3	1:18.8	1	20:04.9	8:56	1:07:35.6
2	68	Gisele Lennox	305	61	1	14:41.7	3:40	5:00.0	3	32:45.0	14.7	1:02.2	2	22:56.5	10:12	1:16:25.5
3	95	Pamela Lombardo	306	63	3	20:48.5	5:12	5:03.9	2	31:34.8	15.2	2:11.9	3	23:27.6	10:26	1:23:06.9

Female 65 to 69

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	27	Valerie Ritchie	309	67	1	16:57.3	4:14	1:31.8	1	25:33.5	18.8	1:07.6	1	18:56.8	8:25	1:04:07.2
2	73	Pauline Schneekloth	307	65	2	18:40.8	4:40	2:36.8	4	32:03.6	15.0	1:27.8	2	22:30.3	10:00	1:17:19.5
3	83	Jane McClenahan	310	68	3	19:48.5	4:57	2:18.3	3	31:58.2	15.0	1:57.4	3	23:47.2	10:34	1:19:49.8
4	109	Peggy Stevens	308	66	4	21:52.1	5:28	3:11.9	2	30:13.3	15.9	1:59.8	4	30:28.5	13:33	1:27:45.9

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Female 70 to 74

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	128	Ellen Lohneiss	311	70	1	20:34.5	5:09	9:23.7	2	39:10.3	12.3	2:14.0	1	35:50.9	15:56	1:47:13.6
2	134	Emelia Ebendick	312	70	2	32:49.1	8:12	4:00.0	1	37:45.5	12.7	3:20.9	2	37:43.0	16:46	1:55:38.5

Female 75 to 79

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	120	Lee Chemel	313	79	1	25:00.2	6:15	5:48.9	1	36:36.0	13.1	2:00.4	1	26:15.3	11:40	1:35:40.9