

Race Date
May 01, 2022

LST - Sprint Tri
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	Tyler Stover	357	36	1	10:46.2	2:42	0:32.6	1	23:24.6	18.5	0:51.8	2	20:05.8	6:41	55:41.2
2	2	Bill Dusting	334	62	2	13:50.2	3:28	1:07.1	2	24:20.1	17.8	1:02.5	1	18:58.0	6:18	59:18.2
3	3	Kyle Brady	327	36	3	14:27.5	3:37	1:30.5	3	26:56.4	16.1	1:13.9	3	22:22.7	7:26	1:06:31.2

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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	19	Louis Sarkes	352	28	1	15:04.9	3:46	3:27.5	1	43:09.3	10.0	2:29.0	1	22:37.2	7:31	1:26:48.1

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	6	Eric Haeussler	339	33	1	16:41.5	4:10	2:05.3	1	25:29.3	17.0	0:47.2	1	25:27.7	8:28	1:10:31.2
2	27	Jason Wong	364	34	2	23:09.3	5:47	3:09.3	2	31:13.2	13.9	4:10.2	2	39:41.1	13:11	1:41:23.3

Male 35 to 39

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	Tyler Stover	357	36	1	10:46.2	2:42	0:32.6	1	23:24.6	18.5	0:51.8	1	20:05.8	6:41	55:41.2
2	3	Kyle Brady	327	36	2	14:27.5	3:37	1:30.5	2	26:56.4	16.1	1:13.9	2	22:22.7	7:26	1:06:31.2
3	4	Kent Yamane	365	36	4	14:57.4	3:44	1:26.9	3	28:17.5	15.3	1:00.4	3	23:09.9	7:42	1:08:52.3
4	10	Lance Taylor	358	36	5	16:19.5	4:05	2:39.1	5	28:27.4	15.2	2:26.0	4	24:15.5	8:04	1:14:07.7
5	11	Yoav Magid	137	38	3	14:55.9	3:44	2:36.2	4	28:18.1	15.3	0:56.9	6	28:05.5	9:20	1:14:52.7
6	15	Angel Vlaev	360	37	6	57:41.4	14:25		6	30:55.0	14.0		5	25:50.1	8:35	1:22:14.9

Male 40 to 44

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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Male 40 to 44

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	7	Ian Armstrong	323	42	1	15:07.7	3:47	0:54.5	2	29:58.2	14.4	0:45.1	1	24:02.4	7:59	1:10:48.1
2	17	Devin Powell	149	41	2	21:46.4	5:27	1:53.1	1	29:24.8	14.7	0:41.7	2	30:18.6	10:04	1:24:04.8

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	13	David Pachla	346	45	1	15:54.1	3:59	4:36.3	1	29:54.0	14.5	1:41.7	1	28:52.5	9:36	1:20:58.8

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	31	Eric Allen	321	54	2	27:12.9	6:48	5:04.3	2	39:15.7	11.0	3:29.8	1	30:45.4	10:13	1:45:48.3

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	2	Bill Dusting	334	62	1	13:50.2	3:28	1:07.1	1	24:20.1	17.8	1:02.5	1	18:58.0	6:18	59:18.2
2	5	Bill Barrett	324	62	2	14:22.2	3:36	1:00.9	2	27:22.5	15.8	0:50.7	2	26:16.7	8:44	1:09:53.2
3	14	Perry Falk	335	63	3	15:50.1	3:58	1:37.3	3	32:30.6	13.3	1:37.2	3	30:03.0	9:59	1:21:38.3

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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	22	Pat McNeill	330	76	1	17:29.6	4:22	3:31.6	1	33:41.2	12.8	1:26.7	1	36:16.9	12:03	1:32:26.1

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LST - Sprint Tri
Age Group Results

Sprint Tri

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	8	Diana Diaz De Leon	332	42	3	17:01.4	4:15	0:38.8	1	28:51.1	15.0	0:54.2	1	24:27.8	8:08	1:11:53.5
2	9	Ashley Burke	328	26	1	13:32.8	3:23	0:51.2	2	30:39.5	14.1	1:00.7	3	26:44.8	8:53	1:12:49.2
3	12	Nikki Oliveri	345	34	2	14:46.2	3:42	1:02.2	3	33:28.3	12.9	0:54.7	2	24:54.1	8:16	1:15:05.7

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Sprint Tri

Female 20 to 24

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	26	Ashley Rosilez	351	20	1	15:25.6	3:51	2:48.2	1	41:41.7	10.4	1:24.9	1	35:49.9	11:54	1:37:10.4

Female 25 to 29

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	9	Ashley Burke	328	26	1	13:32.8	3:23	0:51.2	1	30:39.5	14.1	1:00.7	1	26:44.8	8:53	1:12:49.2
2	29	Karina Cooke	331	28	2	23:45.1	5:56	4:57.9	2	37:33.6	11.5	4:33.4	2	32:34.6	10:49	1:43:24.8

Female 30 to 34

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	12	Nikki Oliveri	345	34	1	14:46.2	3:42	1:02.2	1	33:28.3	12.9	0:54.7	1	24:54.1	8:16	1:15:05.7
2	25	Dani Jones	340	32	2	24:14.7	6:04	2:18.0	2	34:39.7	12.5	1:02.6	2	34:12.3	11:22	1:36:27.5
3	34	Kunman Li	341	33	3	24:22.9	6:06	1:27.6	3	37:17.3	11.6	2:56.4	3	54:27.6	18:06	2:00:32.1

Female 35 to 39

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	23	Kathryn Sellner	353	37	1	19:18.5	4:50	2:23.7	1	36:28.2	11.9	2:02.2	1	32:15.7	10:43	1:32:28.5

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Female 40 to 44

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall	Rnk				Time	Pace		Rnk	Time		Rate	Rnk		Time	Pace	Time
1	8	Diana Diaz De Leon	332	42	1	17:01.4	4:15	0:38.8	1	28:51.1	15.0	0:54.2	1	24:27.8	8:08	1:11:53.5
2	20	April Sjoboen Guimaraes	354	41	2	21:48.6	5:27	3:07.2	2	33:18.8	13.0	1:21.3	2	29:15.3	9:43	1:28:51.4
3	24	Marcela Bonneau	326	44	3	22:14.1	5:34	1:53.7	3	37:47.0	11.4	2:52.3	3	30:58.3	10:17	1:35:45.5

Female 45 to 49

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall	Rnk				Time	Pace		Rnk	Time		Rate	Rnk		Time	Pace	Time
1	21	Kelsey Gray	338	47	1	18:18.4	4:35	2:44.8	1	33:55.5	12.8	1:37.4	1	32:55.1	10:56	1:29:31.4

Female 50 to 54

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall	Rnk				Time	Pace		Rnk	Time		Rate	Rnk		Time	Pace	Time
1	16	Erin Golec	337	50	2	54:21.7	13:35		2	33:15.5	13.0		1	29:47.3	9:54	1:22:44.7
2	33	Janelle Bohl	325	51	1	29:24.9	7:21	4:49.8	1	16:07.6	26.8	37:39.2	2	29:58.5	9:58	1:58:00.2

Female 60 to 64

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall	Rnk				Time	Pace		Rnk	Time		Rate	Rnk		Time	Pace	Time
1	18	Beverly Zalan	366	64	2	18:20.4	4:35	2:14.8	1	33:04.4	13.1	1:51.5	1	29:21.4	9:45	1:24:52.7
2	28	Tracey Willfong	362	61	1	17:54.8	4:29	3:04.3	3	40:02.0	10.8	1:04.5	3	40:07.9	13:20	1:42:13.7
3	30	Pamela Lombardo	343	63	3	19:10.4	4:48	7:03.4	2	38:54.3	11.1	3:22.0	2	35:20.6	11:45	1:43:50.8

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LST - Sprint Tri
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Sprint Tri

Female 65 to 69

<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	32	Cheryl Durstein-Decker	333	69	1	18:37.7	4:39	2:21.0	1	41:05.4	10.5	3:22.9	1	47:22.2	15:44	1:52:49.4