

# 2013 Lake Central Triathlon

## Overall Results

### Sprint Triathlon

Race Date  
May 11, 2013

Place	Name	Bib No	AG Place	Swim		Tran 1		Bike		Tran 2	Run		Total		
				Rnk	Time	Pace	Time	Rnk	Time		Rate	Time		Rnk	Time
1	Shane Harmon	907	1 M Top	1	4:47.4	25:11	0:29.8	4	31:59.4	21.4	0:28.2	2	18:01.4	6:56	55:46.2
2	Ralph Nurse	902	1 M 30-39	20	6:13.5	32:43	0:55.8	1	30:25.5	22.5	0:21.6	3	18:17.5	7:02	56:13.9
3	Don Anderson	916	1 M 40-49	10	5:42.7	30:00	0:56.3	2	31:06.5	22.0	0:53.9	7	19:11.9	7:23	57:51.3
4	michael killeen	918	2 M 30-39	8	5:36.2	29:28	0:44.6	3	31:43.2	21.6	0:37.8	9	19:35.0	7:32	58:16.8
5	John VanderPol	920	3 M 30-39	22	6:23.8	33:36	0:28.3	6	32:42.6	20.9	0:42.5	6	18:29.6	7:07	58:46.8
6	David Bilek	909	1 M 20-29	14	5:56.2	31:14	1:05.6	5	32:03.1	21.3	0:49.6	8	19:17.4	7:25	59:11.9
7	Patrick Reynolds	962	2 M 40-49	41	7:28.7	39:18	1:00.9	7	33:13.7	20.6	0:37.0	17	21:14.3	8:10	1:03:34.6
8	Brad Wisowaty	925	2 M 20-29	17	6:02.8	31:45	1:20.7	13	35:51.2	19.1	0:33.2	11	19:46.8	7:36	1:03:34.7
9	Stephen Gabrys	903	1 M 50-99	2	5:11.0	27:17	0:32.9	8	33:56.3	20.2	1:06.6	26	22:54.1	8:48	1:03:40.9
10	Daniel Krecik	955	3 M 40-49	32	7:02.7	37:01	0:33.1	10	34:21.8	19.9	0:35.1	19	21:49.1	8:23	1:04:21.8
11	John Boyle	926	4 M 40-49	12	5:53.6	30:58	1:22.7	9	34:01.3	20.1	0:52.2	21	22:22.7	8:36	1:04:32.5
12	Samantha Sutherland	910	1 F Top	29	6:55.7	36:24	0:31.1	14	35:59.9	19.0	0:16.5	15	21:07.8	8:07	1:04:51.0
13	Zack Bryan	945	3 M 20-29	16	6:01.4	31:40	1:34.3	21	37:37.1	18.2	1:04.0	10	19:40.5	7:34	1:05:57.3
14	Mario Castaneda	917	4 M 30-39	7	5:33.3	29:13	1:00.8	32	40:27.2	16.9	0:48.7	5	18:26.2	7:05	1:06:16.2
15	Joseph Daniele	928	2 M 50-99	15	5:58.7	31:24	1:35.4	23	38:09.5	17.9	0:29.4	13	20:17.1	7:48	1:06:30.1
16	Jon Beal	927	3 M 50-99	37	7:11.0	37:48	0:21.9	11	35:19.6	19.4	0:27.6	31	23:23.6	9:00	1:06:43.7
17	John DiDonato	929	5 M 30-39	24	6:27.6	33:57	1:56.1	26	39:13.6	17.4	2:07.5	1	17:43.3	6:49	1:07:28.1
18	Casey Martin	939	1 M 1-19	27	6:29.2	34:07	0:49.7	25	38:56.0	17.6	0:42.1	14	20:44.7	7:58	1:07:41.7
19	Meaghan Good	905	1 F 20-29	28	6:36.0	34:44	0:54.3	16	36:11.6	18.9	0:55.0	32	23:35.2	9:04	1:08:12.1
20	Matt Govert	912	6 M 30-39	9	5:37.8	29:34	2:03.5	17	36:59.4	18.5	1:08.3	25	22:40.5	8:43	1:08:29.5
21	Elaine McCracken	914	1 F 50-99	6	5:29.6	28:52	0:39.8	15	36:01.8	19.0	0:36.6	41	25:43.3	9:53	1:08:31.1
22	Scott Schmal	965	7 M 30-39	25	6:28.2	34:02	2:24.8	18	37:05.0	18.4	1:02.4	20	21:57.0	8:27	1:08:57.4
23	Michael Zabrecky	951	4 M 50-99	61	9:43.5	51:08	0:27.1	12	35:43.7	19.2	0:31.7	30	23:10.2	8:55	1:09:36.2
24	Andy Huber	908	4 M 20-29	13	5:54.8	31:03	2:08.7	30	40:07.2	17.1	0:31.7	16	21:12.9	8:09	1:09:55.3
25	David Rainford	932	5 M 50-99	43	7:29.2	39:23	1:55.4	28	39:35.7	17.3	1:11.1	12	19:48.5	7:37	1:09:59.9
26	Richard Ach	922	6 M 50-99	19	6:09.4	32:22	2:15.7	20	37:31.9	18.2	1:09.3	35	24:03.5	9:15	1:11:09.8
27	Mike Martin	941	5 M 40-49	38	7:20.1	38:36	1:43.1	22	38:02.7	18.0	1:15.0	27	23:00.1	8:51	1:11:21.0
28	George Blush	904	8 M 30-39	5	5:22.3	28:15	2:30.1	29	39:55.2	17.1	2:07.6	28	23:04.9	8:52	1:13:00.1
29	john kenney	940	7 M 50-99	34	7:07.0	37:27	1:36.5	27	39:26.1	17.3	1:38.1	36	24:14.0	9:19	1:14:01.7
30	Kristi Figg	964	1 F 40-49	55	8:49.5	46:24	2:22.4	31	40:20.5	17.0		22	22:36.4	8:42	1:14:08.8
31	Steve Krause	913	8 M 50-99	21	6:15.5	32:54	1:32.4	36	42:11.8	16.2	0:37.4	33	23:40.0	9:06	1:14:17.1
32	Michael Martin	942	5 M 20-29	51	8:03.8	42:22	1:06.9	33	40:45.5	16.8	1:28.3	29	23:09.7	8:54	1:14:34.2
33	Linda Vivona	921	2 F 50-99	26	6:28.5	34:02	0:51.5	19	37:31.6	18.2	0:45.2	50	29:09.1	11:13	1:14:45.9

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Place	Name	Bib No	AG Place	Swim		Tran 1		Bike		Tran 2		Run		Total Time	
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time		Pace
34	Mike Gillette	952	9 M 30-39	4	5:17.4	27:48	1:52.0	38	42:55.2	15.9	0:32.4	37	24:19.8	9:21	1:14:56.8
35	Kimberly Hurley	937	2 F 40-49	18	6:06.0	32:06	1:02.1	39	43:10.9	15.8	0:40.9	40	25:37.6	9:51	1:16:37.5
36	Lorie Lohse	919	3 F 50-99	33	7:05.8	37:17	0:55.8	35	40:57.8	16.7	0:57.4	45	26:58.8	10:22	1:16:55.6
37	Brian Stahulak	944	10 M 30-39	39	7:21.3	38:41	1:30.1	24	38:30.5	17.8	0:56.3	48	28:37.7	11:00	1:16:55.9
38	David Cullom	943	6 M 40-49	53	8:19.8	43:46	1:58.7	34	40:57.1	16.7	1:53.6	43	26:28.6	10:11	1:19:37.8
39	Jacob Knol	968	2 M 1-19	50	8:02.8	42:17	2:33.5	41	43:41.9	15.7	0:24.4	39	25:15.0	9:43	1:19:57.6
40	Kathryn Beck	930	2 F 20-29	35	7:07.7	37:27	2:40.3	37	42:49.7	16.0	1:28.7	42	25:54.0	9:58	1:20:00.4
41	Cole Easterday	953	3 M 1-19	47	7:35.7	39:55	2:36.2	57	50:56.3	13.4	0:32.4	4	18:24.0	7:05	1:20:04.6
42	Michael Rosenwinkel	923	11 M 30-39	46	7:34.3	39:49	2:49.3	51	48:47.9	14.0	0:34.1	23	22:38.3	8:42	1:22:23.9
43	Julia Minton	931	1 F 1-19	48	7:47.6	40:58	2:50.7	52	48:48.9	14.0	0:31.8	24	22:38.6	8:42	1:22:37.6
44	Joseph Smith	958	6 M 20-29	42	7:28.8	39:18	2:00.4	42	43:42.5	15.7	0:56.0	49	28:39.6	11:01	1:22:47.3
45	Emma Millard	969	2 F 1-19	44	7:31.1	39:34	2:06.4	59	52:24.3	13.1	0:25.5	18	21:40.3	8:20	1:24:07.6
46	Abby Bood	924	1 F 30-39	3	5:12.4	27:22	3:30.3	55	49:59.3	13.7	1:17.8	38	24:49.0	9:33	1:24:48.8
47	Felica Schuster	967	4 F 50-99	59	9:21.0	49:13	2:43.8	46	45:43.2	15.0	0:41.0	44	26:41.2	10:16	1:25:10.2
48	Nathan Bilhorn	948	12 M 30-39	40	7:25.4	39:02	3:16.7	56	50:27.3	13.6	0:38.0	34	23:56.4	9:12	1:25:43.8
49	Jean Dohmeier	938	5 F 50-99	60	9:33.6	50:16	1:13.4	40	43:26.9	15.7	1:22.0	53	30:22.9	11:41	1:25:58.8
50	Joshua Wierzba	947	7 M 20-29	45	7:33.8	39:44	3:17.3	49	47:54.6	14.3	0:38.9	46	27:42.4	10:39	1:27:07.0
51	Sylvia Lafitte	959	3 F 40-49	62	9:54.0	52:06	2:42.9	45	45:39.4	15.0	1:25.3	51	29:26.3	11:19	1:29:07.9
52	Jeannette Reed	934	4 F 40-49	36	7:08.2	37:33	1:58.0	47	46:59.8	14.6	1:21.3	55	32:11.5	12:23	1:29:38.8
53	Jerilynn Vinicky Kalwasinski	956	2 F 30-39	52	8:07.2	42:43	1:11.2	48	47:10.2	14.5	0:39.0	59	33:21.6	12:50	1:30:29.2
54	Cyndi Turnquist	906	3 F 30-39	11	5:53.0	30:58	1:51.8	58	51:47.9	13.2	0:59.8	54	32:09.9	12:22	1:32:42.4
55	Randy Chavez	935	13 M 30-39	57	9:07.4	47:59	5:56.9	53	49:05.5	13.9	1:10.7	47	27:53.6	10:43	1:33:14.1
56	Kerry Martin	946	5 F 40-49	49	8:01.3	42:12	0:48.4	43	44:31.5	15.4	1:27.9	63	40:14.6	15:28	1:35:03.7
57	Randolph Wisowaty	936	9 M 50-99	58	9:14.4	48:36	2:54.3	50	48:31.7	14.1	2:04.7	57	32:41.7	12:34	1:35:26.8
58	Jeff Bona	915	8 M 20-29	23	6:24.8	33:41	3:02.0	62	57:59.6	11.8	0:59.3	56	32:17.0	12:25	1:40:42.7
59	Sara Dalton	966	4 F 30-39	54	8:39.5	45:32	3:43.8	54	49:48.0	13.7	3:04.8	61	36:16.8	13:57	1:41:32.9
60	Pete Sawochka	950	7 M 40-49	63	12:23.2	65:11	5:55.9	44	45:28.7	15.0	2:51.6	60	35:49.7	13:47	1:42:29.1
61	Lea Bell	954	6 F 40-49	56	9:05.8	47:48	4:31.9	61	55:40.4	12.3	1:28.5	58	33:17.9	12:48	1:44:04.5
62	Nakea Barksdale	963	5 F 30-39	65	14:52.3	78:15	3:06.9	63	1:00:46.4	11.3	0:51.5	52	29:45.9	11:27	1:49:23.0
63	Risë Ratney	961	6 F 50-99	64	13:28.9	70:53	2:45.5	60	53:21.9	12.8	2:35.6	62	37:57.5	14:36	1:50:09.4
64	John Bona	911	9 M 20-29	30	6:56.7	36:29	2:51.1	64	1:02:23.8	11.0	1:02.7	64	40:24.6	15:32	1:53:38.9
65	Sharon Mallory	960	7 F 40-49	31	7:01.6	36:56	2:33.2	65	1:04:34.5	10.6	0:36.5	65	42:10.1	16:13	1:56:55.9