

Race Date
May 10, 2014

2014 Lake Central Triathlon

Overall Results

Sprint Triathlon

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Pace</u>	<u>Tran 1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Rate</u>	<u>Tran 2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	Ralph Nurse	359	1 M Top	14	7:40.9		0:56.9	1	29:33.5	23.1	0:28.8	1	17:18.6	6:39	55:58.7
2	John Polomchak	317	1 M 30-39	5	6:20.3		1:56.2	7	31:36.2	21.6	0:31.8	2	17:45.7	6:50	58:10.2
3	David Bilek	312	2 M 30-39	13	7:32.0		1:09.3	4	30:23.3	22.5	0:42.6	4	18:37.6	7:10	58:24.8
4	Jeff Moscinski	313	3 M 30-39	7	6:38.5		1:38.6	8	32:04.9	21.3	0:30.0	3	18:05.5	6:57	58:57.5
5	michael killeen	328	4 M 30-39	10	7:24.4		1:01.7	3	30:06.4	22.7	0:56.0	8	20:01.3	7:42	59:29.8
6	Zack Bryan	333	1 M 20-29	11	7:29.3		0:51.1	10	33:59.3	20.1	0:23.0	7	19:30.7	7:30	1:02:13.4
7	Stephen Gabrys	303	1 M 50-99	6	6:32.3		0:55.8	6	31:32.3	21.7	0:38.5	23	22:55.9	8:49	1:02:34.8
8	Jason Buxbaum	357	1 M 40-49	45	9:50.6		2:00.0	2	30:04.7	22.7	0:41.6	11	20:25.8	7:51	1:03:02.7
9	Ed Schuster	339	2 M 50-99	24	8:21.0		1:55.5	5	31:25.7	21.8	1:05.6	15	21:29.0	8:16	1:04:16.8
10	Kevin Baker	305	2 M 40-49	4	6:15.8		1:33.6	14	35:11.3	19.4	0:54.6	14	21:17.5	8:11	1:05:12.8
11	PATRICK MANRIQUE	315	5 M 30-39	8	6:51.2		2:05.1	12	34:41.9	19.7	1:02.1	17	22:00.2	8:28	1:06:40.5
12	Bill Dickinson	319	6 M 30-39	30	8:40.8		1:01.6	11	34:40.5	19.7	0:44.7	16	21:33.0	8:17	1:06:40.6
13	Samantha Sutherland	311	1 F Top	23	7:54.5		0:49.3	16	35:27.0	19.3	0:23.7	20	22:18.2	8:35	1:06:52.7
14	Danny Gronendyke	369	3 M 40-49	16	7:42.4		2:50.4	9	33:55.3	20.2	1:27.8	19	22:15.6	8:33	1:08:11.5
15	Joseph Daniele	334	3 M 50-99	15	7:42.4		2:12.7	21	37:07.8	18.4	1:17.7	9	20:14.6	7:47	1:08:35.2
16	John DiDonato	326	7 M 30-39	20	7:49.2		2:06.8	20	37:04.1	18.5	1:26.3	12	20:51.3	8:01	1:09:17.7
17	Mike Gillette	306	8 M 30-39	3	6:12.9		2:07.8	27	38:22.9	17.8	0:46.8	18	22:06.1	8:30	1:09:36.5
18	Casey Martin	371	2 M 20-29	29	8:35.9		0:58.3	22	37:11.4	18.4	0:26.2	21	22:32.5	8:40	1:09:44.3
19	Troy Pawlak	301	3 M 20-29	2	5:52.6		2:16.7	25	37:49.2	18.1	0:44.2	26	23:33.2	9:03	1:10:15.9
20	Sean Conley	362	4 M 40-49	9	7:12.1		1:56.9	17	35:29.3	19.3	0:58.4	31	24:46.0	9:32	1:10:22.7
21	Tiana Jungels	322	1 F 20-29	17	7:44.2		1:46.2	23	37:39.3	18.2	0:39.7	24	23:00.6	8:51	1:10:50.0
22	Ron Bocian	344	4 M 50-99	46	9:59.4		2:19.6	26	38:14.5	17.9	0:55.9	6	19:21.8	7:27	1:10:51.2
23	Kevin Wallace	329	9 M 30-39	12	7:29.4		3:18.0	32	39:51.9	17.2	0:43.7	10	20:21.9	7:50	1:11:44.9
24	Zac Sartori	340	10 M 30-39	50	10:27.2		2:49.8	36	40:40.1	16.8	0:26.1	5	18:49.7	7:14	1:13:12.9
25	Richard Ach	307	5 M 50-99	35	9:04.8		2:02.5	15	35:14.7	19.4	1:43.1	33	25:17.0	9:43	1:13:22.1
26	Mike Martin	372	5 M 40-49	44	9:45.6		1:25.2	29	38:49.7	17.6	1:04.2	22	22:53.2	8:48	1:13:57.9
27	Steve Krause	336	6 M 50-99	21	7:52.1		2:01.1	38	41:10.9	16.6	0:35.5	25	23:05.5	8:53	1:14:45.1
28	David Cullom	338	6 M 40-49	40	9:25.9		1:59.2	18	36:12.9	18.9	1:36.2	36	26:03.1	10:01	1:15:17.3
29	Alicia Hardesty	320	1 F 40-49	22	7:53.9		1:39.8	41	41:54.5	16.3	0:26.1	29	24:20.6	9:22	1:16:14.9
30	Peter Rokosz	304	11 M 30-39	1	5:47.4		1:33.3	37	41:03.9	16.7	0:24.8	44	27:44.3	10:40	1:16:33.7
31	Linda Vivona	325	1 F 50-99	25	8:21.7		2:22.6	19	37:02.7	18.5	1:05.1	47	28:03.9	10:47	1:16:56.0
32	Jayne Willis	327	2 F 50-99	26	8:23.7		2:45.3	33	40:06.2	17.1	1:21.7	34	25:17.8	9:43	1:17:54.7
33	Erwin McKone	360	7 M 40-49	61	12:03.8		2:50.2	24	37:42.9	18.1	1:26.0	28	24:15.0	9:20	1:18:17.9

2014 Lake Central Triathlon

Overall Results**Sprint Triathlon**

Race Date
May 10, 2014

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	Arlen Salley	330	8 M 40-49	19	7:48.7		2:02.8	13	34:50.7	19.6	1:57.8	59	31:42.4	12:12	1:18:22.4
35	Joseph Dudy	341	9 M 40-49	38	9:20.2		3:12.2	44	44:10.6	15.5	1:23.5	13	21:04.9	8:06	1:19:11.4
36	Kathryn Beck	321	2 F 20-29	37	9:15.6		1:40.1	35	40:20.1	17.0	1:37.1	41	27:05.7	10:25	1:19:58.6
37	Jonathan Lewis	363	12 M 30-39	59	11:44.3		3:22.7	28	38:35.6	17.7	1:55.3	30	24:31.6	9:26	1:20:09.5
38	Kimberly Hurley	314	2 F 40-49	18	7:46.2		1:45.8	31	39:49.5	17.2	1:20.4	54	30:32.4	11:45	1:21:14.3
39	Lorie Lohse	316	3 F 50-99	32	8:57.9		1:23.2	39	41:25.7	16.5	0:43.8	48	29:06.2	11:12	1:21:36.8
40	Liz Futch	332	3 F 40-49	39	9:23.1		2:11.0	46	44:19.3	15.4	1:03.4	35	25:28.5	9:48	1:22:25.3
41	Jennifer Dobowolski	351	4 F 40-49	57	11:02.0		2:11.7	51	45:38.5	15.0	0:36.5	27	24:07.3	9:17	1:23:36.0
42	Steve Poole	353	10 M 40-49	27	8:31.0		3:16.5	34	40:18.5	17.0	0:52.5	56	30:40.4	11:48	1:23:38.9
43	Nathan Burleson	358	11 M 40-49	49	10:17.6		2:54.1	43	42:45.4	16.0	1:25.6	40	26:52.9	10:20	1:24:15.6
44	Sylvia Lafitte	348	5 F 40-49	60	11:51.3		1:56.1	53	46:26.7	14.7	0:18.2	37	26:08.3	10:03	1:26:40.6
45	Jeanette Reed	370	6 F 40-49	36	9:06.8		1:37.3	30	39:47.2	17.2	1:39.8	64	34:39.9	13:20	1:26:51.0
46	Scott Bell	342	12 M 40-49	58	11:26.1		2:35.4	49	45:05.3	15.2	1:26.1	39	26:19.0	10:07	1:26:51.9
47	Missy DiDonato	343	1 F 30-39	42	9:32.7		3:54.7	52	45:42.4	15.0	0:40.5	45	27:44.9	10:40	1:27:35.2
48	Dawn Bell	356	2 F 30-39	47	10:12.7		3:06.8	48	44:45.2	15.3	2:30.0	46	27:48.2	10:42	1:28:22.9
49	Garcia Bill	350	7 M 50-99	65	14:24.7		3:48.9	47	44:31.6	15.4	1:19.8	32	25:01.5	9:37	1:29:06.5
50	Jerilynn Kalwasinski	331	3 F 30-39	51	10:35.6		2:17.0	50	45:20.0	15.1	0:46.2	57	30:49.7	11:51	1:29:48.5
51	Jennifer Scanland	335	4 F 30-39	43	9:38.0		2:10.4	40	41:27.3	16.5	0:53.0	65	36:03.8	13:52	1:30:12.5
52	Glenn Benjamin	337	8 M 50-99	54	10:47.4		3:21.7	42	42:13.7	16.2	1:30.5	61	32:41.0	12:34	1:30:34.3
53	Maria Tapia	352	7 F 40-49	62	12:46.6		2:12.4	54	46:32.9	14.7	0:58.6	52	29:36.6	11:23	1:32:07.1
54	Tracy Lee	354	8 F 40-49	34	9:00.7		2:41.5	58	50:31.5	13.5	0:44.0	53	30:12.1	11:37	1:33:09.8
55	Jacques Hawkins	318	13 M 40-49	48	10:15.9		2:26.2	55	47:21.1	14.4	0:55.1	62	33:50.1	13:01	1:34:48.4
56	Andrew Stedt	374	9 M 50-99	41	9:32.0		4:16.8	63	51:21.7	13.3	1:58.2	43	27:42.1	10:39	1:34:50.8
57	Joyce Stedt	361	4 F 50-99	56	11:01.4		3:06.3	62	51:16.9	13.3	2:00.5	42	27:40.8	10:38	1:35:05.9
58	Will Loubriel	347	13 M 30-39	64	13:35.5		2:38.3	56	48:21.4	14.1	0:41.9	55	30:35.5	11:46	1:35:52.6
59	Ann Robertson	324	5 F 50-99	31	8:42.7		5:04.7	61	50:55.1	13.4	3:05.4	50	29:20.9	11:17	1:37:08.8
60	Monica Loubriel	345	5 F 30-39	63	13:20.2		3:04.5	59	50:36.5	13.5	1:12.2	49	29:07.6	11:12	1:37:21.0
61	Jane Norman	323	9 F 40-49	33	8:58.4		5:06.9	60	50:54.2	13.4	3:06.7	51	29:26.7	11:19	1:37:32.9
62	Kelly Kras	346	6 F 30-39	52	10:40.8		4:56.8	66	55:15.1	12.4	2:16.7	38	26:09.8	10:03	1:39:19.2
63	Anthony Ballay	309	10 M 50-99	53	10:43.1		3:39.4	45	44:13.6	15.5	1:30.9	66	39:46.2	15:18	1:39:53.2
64	Kim Mettache	349	6 F 50-99	28	8:35.3		3:27.0	64	53:02.4	12.9	0:26.8	63	34:25.0	13:14	1:39:56.5
65	Jeanne Kinner	373	7 F 50-99	55	10:49.2		3:06.9	65	53:40.9	12.7	0:43.7	60	32:10.4	12:22	1:40:31.1
66	Nakea Barksdale	368	7 F 30-39	66	16:16.7		3:09.3	57	50:06.0	13.7	1:04.2	58	30:51.6	11:52	1:41:27.8

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Overall Results

Team Relay

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>		<u>Tran 1</u>		<u>Bike</u>			<u>Tran 2</u>		<u>Run</u>		<u>Total</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	Allstars	308	1 M Top	1	7:28.6		0:56.4	1	32:40.2	20.9	0:10.5	1	17:41.6	6:48	58:57.3
2	The Ivy Girls	355	1 F Top	2	14:56.4		0:55.0	2	1:01:14.5	11.2	0:11.0	2	25:28.2	9:48	1:42:45.1