

2014 Lake Max Triathlon

Race Date
August 09, 2014

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	Matt York	496	1 M Top	2	8:10.7		0:51.9	2	27:52.8	24.8	0:42.8	2	18:50.6	6:05	56:28.8
2	Ralph Nurse	508	1 M 35-39	17	9:37.5		0:57.9	3	28:12.1	24.5	0:35.7	4	18:58.5	6:07	58:21.7
3	Andrew O'Donnell	401	1 M 25-29	57	10:36.4		1:44.6	1	27:18.3	25.3	0:29.7	7	20:19.2	6:33	1:00:28.2
4	Parker Jones	330	2 M 25-29	42	10:09.3		0:49.8	14	31:19.6	22.0	0:35.1	1	17:37.7	5:41	1:00:31.5
5	Greg Gossart	304	1 M Top	25	9:46.0		1:04.5	5	28:49.4	23.9	1:02.4	10	20:37.4	6:39	1:01:19.7
6	Mike Atkins	229	2 M 35-39	21	9:40.8		1:28.0	4	28:29.9	24.2	0:53.5	15	21:03.9	6:47	1:01:36.1
7	Daniel Brinkman	255	3 M 35-39	41	10:08.9		0:51.9	9	30:05.5	22.9	0:44.3	6	19:56.0	6:26	1:01:46.6
8	Marc Laudeman	348	1 M 55-59	9	8:59.0		1:02.2	13	31:12.7	22.1	0:30.6	26	22:26.7	7:14	1:04:11.2
9	Rich Bollinger	251	1 M 40-44	14	9:25.5		1:31.1	10	30:36.7	22.5	0:56.6	18	21:43.2	7:00	1:04:13.1
10	chris frazier	293	2 M 40-44	7	8:54.0		1:04.1	15	31:40.7	21.8	0:50.4	19	21:56.1	7:05	1:04:25.3
11	Steve Green	305	1 M 45-49	83	11:25.0		0:50.9	7	29:34.0	23.3	0:44.0	22	21:59.8	7:05	1:04:33.7
12	Jeffrey Berger	241	1 M 50-54	36	10:05.0		1:04.6	8	29:56.2	23.1	0:40.8	30	22:55.7	7:24	1:04:42.3
13	Justin Matei	370	1 M 15-19	1	7:36.7		1:22.4	48	34:30.0	20.0	0:22.0	14	21:02.5	6:47	1:04:53.6
14	Braden Tankersley	460	2 M 15-19	48	10:18.7		0:55.7	47	34:24.3	20.1	0:39.1	3	18:52.0	6:05	1:05:09.8
15	Geoff Standfast	503	3 M 40-44	5	8:31.9		0:45.9	18	31:45.4	21.7	0:33.1	52	24:03.7	7:45	1:05:40.0
16	CT Brinkman	254	4 M 40-44	114	12:06.3		1:12.0	12	31:07.6	22.2	1:16.2	8	20:20.4	6:34	1:06:02.5
17	Elizabeth Blackburn	245	1 F Top	19	9:39.5		0:56.5	27	32:43.7	21.1	0:39.8	24	22:07.4	7:08	1:06:06.9
18	Michael Sapper	438	2 M 50-54	75	11:08.9		0:55.9	11	30:43.5	22.5	0:43.2	36	23:17.4	7:31	1:06:48.9
19	Ron Glowczynski	517	2 M 45-49	107	11:56.2		3:03.1	6	29:08.7	23.7	0:38.1	25	22:15.6	7:11	1:07:01.7
20	Doug Morris	389	3 M 50-54	15	9:33.4		1:15.0	17	31:44.4	21.7	0:41.4	48	23:49.5	7:41	1:07:03.7
21	Michael Malloy	367	3 M 45-49	32	10:01.6		0:54.9	25	32:23.5	21.3	0:47.6	43	23:33.5	7:36	1:07:41.1
22	Troy Hess	315	4 M 35-39	52	10:28.6		1:30.2	38	33:54.8	20.4	1:08.7	13	21:02.2	6:47	1:08:04.5
23	Tim Senovic	443	5 M 35-39	8	8:56.3		1:18.9	28	32:55.9	21.0	0:51.2	62	24:37.8	7:56	1:08:40.1
24	Michael Partridge	408	1 M 20-24	45	10:13.9		1:47.6	40	34:05.7	20.2	0:32.5	23	22:01.6	7:06	1:08:41.3
25	Douglas Satorius	439	5 M 40-44	4	8:18.6		1:01.6	50	34:31.1	20.0	0:38.5	55	24:15.6	7:49	1:08:45.4
26	TROY AVERGONZADO	230	6 M 35-39	35	10:04.4		0:49.7	22	32:09.4	21.5	0:49.6	75	25:34.0	8:15	1:09:27.1
27	paul mitoraj	385	6 M 40-44	88	11:30.2		1:33.3	43	34:10.6	20.2	0:56.2	17	21:20.9	6:53	1:09:31.2
28	Steve Meecker	381	3 M 25-29	95	11:40.1		1:46.8	41	34:07.8	20.2	0:58.8	20	21:58.1	7:05	1:10:31.6
29	Donald Hammond	310	4 M 50-54	62	10:43.9		1:40.3	29	33:01.7	20.9	0:43.4	58	24:23.0	7:52	1:10:32.3
30	Terry Lavery	349	4 M 45-49	47	10:17.0		2:01.3	42	34:10.4	20.2	1:08.4	33	23:07.1	7:27	1:10:44.2
31	Angelia Kniesly	339	1 F Top	155	13:11.9		1:33.6	20	32:02.3	21.5	0:57.4	35	23:11.1	7:29	1:10:56.3
32	Ron Bendiks	240	1 M 60-64	94	11:37.3		1:16.1	36	33:38.9	20.5	1:01.0	38	23:25.1	7:33	1:10:58.4
33	Brent Jacobus	322	5 M 50-54	109	11:59.1		1:13.1	31	33:19.2	20.7	0:43.5	47	23:47.6	7:40	1:11:02.5

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<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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
34	Gwen Grimes	306	1 F 20-24	27	9:48.8		0:57.5	62	35:16.6	19.6	0:56.7	54	24:08.0	7:47	1:11:07.6
35	Jacob Hildebrand	316	3 M 15-19	44	10:12.4		1:25.0	114	38:48.4	17.8	0:24.5	9	20:20.4	6:34	1:11:10.7
36	Annie Shea	505	1 F 15-19	16	9:36.3		0:59.6	71	36:08.8	19.1	0:57.9	44	23:33.7	7:36	1:11:16.3
37	Slawomir Janusz	323	7 M 40-44	39	10:08.2		1:25.3	53	34:51.6	19.8	0:56.2	50	23:56.0	7:43	1:11:17.3
38	glenn moehling	387	6 M 50-54	113	12:04.9		2:02.7	24	32:19.9	21.4	0:52.2	51	24:01.5	7:45	1:11:21.2
39	Joshua Smith	450	7 M 35-39	66	10:53.5		1:16.9	32	33:22.9	20.7	0:50.1	67	25:00.5	8:04	1:11:23.9
40	Steve Simms	448	7 M 50-54	223	15:50.6		0:35.5	19	31:55.1	21.6	0:37.6	27	22:28.3	7:15	1:11:27.1
41	Peter Lachmann	344	4 M 25-29	118	12:12.1		2:03.4	23	32:17.3	21.4	1:05.1	49	23:54.3	7:43	1:11:32.2
42	Matt Bolinger	250	2 M 55-59	31	10:00.8		1:23.9	33	33:23.5	20.7	1:19.7	72	25:26.3	8:12	1:11:34.2
43	Steven Lowrance	360	5 M 25-29	24	9:45.5		0:49.4	61	35:15.9	19.6	1:11.6	60	24:34.5	7:55	1:11:36.9
44	Craig Bewick	243	8 M 40-44	23	9:43.7		1:39.4	30	33:16.0	20.7	1:00.9	90	26:06.7	8:25	1:11:46.7
45	Shelly Wyman	493	1 F 45-49	61	10:42.8		1:03.2	37	33:53.0	20.4	0:57.1	77	25:41.0	8:17	1:12:17.1
46	Michael Clancy	263	8 M 50-54	63	10:47.0		2:37.3	64	35:26.6	19.5	0:42.8	31	22:57.9	7:24	1:12:31.6
47	Paul Clancy	264	4 M 15-19	102	11:50.4		1:59.1	112	38:34.3	17.9	0:37.7	5	19:50.8	6:24	1:12:52.3
48	Alicia Davis	269	1 F 30-34	50	10:21.8		1:32.1	79	36:37.6	18.8	1:18.9	37	23:20.6	7:32	1:13:11.0
49	Adam Thoma	462	2 M 20-24	55	10:35.1		1:44.7	82	36:55.3	18.7	0:57.9	32	22:58.4	7:25	1:13:11.4
50	Andrea Lehr	355	1 F 40-44	175	13:40.2		1:30.0	26	32:29.9	21.2	0:57.3	61	24:35.1	7:56	1:13:12.5
51	Susan Richards	424	2 F 40-44	121	12:14.6		1:29.3	54	34:56.9	19.8	0:48.2	45	23:43.7	7:39	1:13:12.7
52	Ken Kesler	335	2 M 60-64	132	12:35.2		0:55.9	16	31:42.2	21.8	1:23.3	110	26:50.6	8:39	1:13:27.2
53	Conor O'Donoghue	402	6 M 25-29	68	10:56.8		1:02.5	65	35:36.7	19.4	0:23.6	74	25:31.9	8:14	1:13:31.5
54	Dean Schmidlapp	440	3 M 55-59	11	9:12.3		0:54.0	59	35:12.4	19.6	0:57.5	126	27:32.3	8:53	1:13:48.5
55	Glenn Maenhout	366	5 M 45-49	91	11:31.8		1:57.2	21	32:08.3	21.5	1:43.8	100	26:31.0	8:33	1:13:52.1
56	Daniel Collins	267	7 M 25-29	105	11:53.5		1:48.4	99	37:53.2	18.2	0:29.4	21	21:58.6	7:05	1:14:03.1
57	Bryan Ford	289	9 M 40-44	179	13:43.4		1:47.0	35	33:34.1	20.6	0:40.0	57	24:20.0	7:51	1:14:04.5
58	Chris Kline	337	9 M 50-54	130	12:32.7		1:38.2	44	34:11.5	20.2	1:17.4	65	24:49.9	8:00	1:14:29.7
59	James Schuller	442	5 M 15-19	46	10:15.2		1:41.9	121	38:58.7	17.7	0:26.3	34	23:10.2	7:28	1:14:32.3
60	Russell Chick	261	8 M 25-29	177	13:42.0		2:08.4	91	37:17.5	18.5	0:39.4	11	20:45.9	6:42	1:14:33.2
61	Paul Wyman	492	6 M 45-49	122	12:16.6		0:51.8	45	34:14.5	20.2	0:42.8	104	26:34.3	8:34	1:14:40.0
62	Darren Dawson	270	7 M 45-49	126	12:26.7		1:23.5	34	33:29.5	20.6	1:35.7	80	25:46.7	8:19	1:14:42.1
63	Michael Moxon	390	10 M 40-44	86	11:27.3		1:06.3	66	35:38.4	19.4	0:54.4	78	25:41.6	8:17	1:14:48.0
64	Sammy Ruppert	436	2 F 15-19	12	9:19.9		1:55.1	126	39:18.5	17.6	0:49.8	42	23:30.2	7:35	1:14:53.5
65	Cheryl Odore	403	1 F 50-54	70	10:57.1		1:45.1	56	35:00.1	19.7	1:06.8	94	26:18.1	8:29	1:15:07.2
66	Trevor Shaffer	444	1 M 30-34	101	11:49.4		1:30.3	46	34:19.6	20.1	0:26.6	117	27:16.8	8:48	1:15:22.7

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67	Mark Vroegop	474	11 M 40-44	51	10:22.9		1:30.3	88	37:04.9	18.6	0:33.5	84	25:53.0	8:21	1:15:24.6
68	sarah hoekema	318	1 F 35-39	127	12:30.3		1:45.3	63	35:18.6	19.5	0:54.1	70	25:05.1	8:05	1:15:33.4
69	Kelly Norton	400	1 F 25-29	20	9:40.7		1:53.5	138	39:55.2	17.3	0:25.2	46	23:47.2	7:40	1:15:41.8
70	Peter Fink	286	6 M 15-19	53	10:33.4		1:53.3	159	41:46.3	16.5	0:33.4	12	20:59.0	6:46	1:15:45.4
71	Sam Young	511	9 M 25-29	152	13:03.8		1:54.3	73	36:20.4	19.0	0:31.2	53	24:05.9	7:46	1:15:55.6
72	Andy Schuller	441	8 M 45-49	71	11:03.6		1:12.7	58	35:11.8	19.6	1:15.8	120	27:23.2	8:50	1:16:07.1
73	Jeffrey Ruppert	434	1 M 12-14	38	10:06.2		1:48.9	124	39:11.7	17.6	0:44.8	56	24:19.3	7:51	1:16:10.9
74	Kathleen Kline	515	2 F 45-49	33	10:02.0		2:23.6	68	35:52.5	19.2	1:46.4	91	26:09.2	8:26	1:16:13.7
75	Caren Standfast	504	2 F 35-39	80	11:21.2		0:58.3	87	37:04.8	18.6	1:15.0	85	25:54.6	8:21	1:16:33.9
76	Lindsay Wheeler	480	2 F 30-34	115	12:06.7		2:38.6	98	37:52.6	18.2	1:10.6	28	22:53.7	7:23	1:16:42.2
77	Megan Kaul	331	3 F 35-39	173	13:37.9		1:08.0	101	38:00.6	18.2	1:06.5	29	22:54.5	7:23	1:16:47.5
78	Mackenzie Berger	242	2 F 20-24	3	8:12.6		2:00.4	77	36:31.3	18.9	1:26.0	149	29:07.2	9:24	1:17:17.5
79	Wesley Fox	292	3 M 20-24	117	12:10.9		1:46.7	84	36:56.9	18.7	0:28.8	87	25:56.0	8:22	1:17:19.3
80	Sarah Lukens	362	3 F 30-34	22	9:41.7		1:07.4	49	34:30.5	20.0	0:46.5	191	31:50.5	10:16	1:17:56.6
81	Scott Johnson	327	12 M 40-44	146	12:56.5		2:29.6	51	34:34.4	20.0	1:27.2	101	26:32.0	8:34	1:17:59.7
82	Katie Yelaska	494	1 F 12-14	6	8:37.4		2:17.9	148	40:36.8	17.0	0:35.3	86	25:55.8	8:22	1:18:03.2
83	Mike Van Heyningen	469	9 M 45-49	168	13:25.3		1:48.9	60	35:13.3	19.6	0:32.8	116	27:15.1	8:47	1:18:15.4
84	Matthew Blum	248	13 M 40-44	69	10:57.1		1:19.7	108	38:26.7	18.0	0:34.6	115	27:05.2	8:44	1:18:23.3
85	Matt Bolland	506	14 M 40-44	188	14:14.2		2:20.3	55	34:57.4	19.7	1:49.3	68	25:03.3	8:05	1:18:24.5
86	Matthew McCurdy	377	15 M 40-44	134	12:35.8		1:22.9	103	38:02.5	18.1	0:36.6	82	25:48.6	8:19	1:18:26.4
87	Dale Shaw	445	4 M 55-59	106	11:53.6		1:48.1	92	37:18.1	18.5	0:44.7	107	26:44.7	8:37	1:18:29.2
88	Megan Levett	356	4 F 30-34	92	11:32.1		0:46.3	95	37:23.9	18.5	0:40.6	132	28:21.9	9:09	1:18:44.8
89	Grant Gorham	302	10 M 25-29	103	11:51.1		1:33.6	39	34:02.6	20.3	1:08.1	166	30:17.1	9:46	1:18:52.5
90	Tim Overmyer	404	3 M 60-64	178	13:43.2		2:33.4	83	36:56.1	18.7	1:16.6	59	24:26.1	7:53	1:18:55.4
91	Randall Williams	484	2 M 30-34	81	11:21.7		2:27.3	113	38:39.6	17.9	0:42.2	88	25:59.7	8:23	1:19:10.5
92	Drew Nikolai	397	4 M 20-24	56	10:35.7		2:16.2	168	42:28.4	16.2	0:26.0	39	23:25.3	7:33	1:19:11.6
93	April Anderson	227	5 F 30-34	34	10:02.2		1:59.4	117	38:55.9	17.7	1:23.5	111	26:52.1	8:40	1:19:13.1
94	Landon Erwin	282	11 M 25-29	73	11:04.5		2:15.3	133	39:42.5	17.4	0:39.6	79	25:44.6	8:18	1:19:26.5
95	Alane Rozelle	433	1 F 55-59	182	14:04.9		1:25.0	72	36:18.5	19.0	0:56.9	105	26:41.3	8:36	1:19:26.6
96	Anne McConville	376	2 F 55-59	120	12:13.1		2:02.2	132	39:35.1	17.4	0:32.6	69	25:05.0	8:05	1:19:28.0
97	Paul Patrick	410	10 M 45-49	246	18:39.3		2:52.0	67	35:40.0	19.3	1:11.8	16	21:06.9	6:48	1:19:30.0
98	Bill Bassett	238	16 M 40-44	89	11:30.6		1:51.4	141	40:00.4	17.3	1:34.0	63	24:41.3	7:58	1:19:37.7
99	lisa blazevich	247	3 F 40-44	93	11:35.3		1:56.4	57	35:05.5	19.7	1:25.7	155	29:37.6	9:33	1:19:40.5

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100	Debbie Palmer	405	3 F 55-59	138	12:40.7		2:21.1	81	36:54.5	18.7	1:33.5	95	26:23.4	8:31	1:19:53.2
101	elaine wangercyn	476	4 F 55-59	171	13:31.6		1:32.3	74	36:21.2	19.0	1:16.8	118	27:17.8	8:48	1:19:59.7
102	Stephanie Rensberger	423	6 F 30-34	194	14:27.5		1:46.4	70	36:05.8	19.1	1:00.5	112	26:56.5	8:41	1:20:16.7
103	Brooke Riester	428	4 F 35-39	72	11:03.9		1:40.0	86	37:00.5	18.6	1:22.4	150	29:14.5	9:26	1:20:21.3
104	Barry Maddox	365	17 M 40-44	145	12:54.6		1:49.7	102	38:00.9	18.2	0:50.9	109	26:48.1	8:39	1:20:24.2
105	Ryan Lebo	353	8 M 35-39	165	13:22.0		1:56.1	96	37:26.2	18.4	0:56.9	106	26:43.2	8:37	1:20:24.4
106	Alicia McClean	375	5 F 55-59	108	11:57.2		1:01.6	123	39:07.4	17.6	0:49.5	129	27:59.3	9:02	1:20:55.0
107	Casey Smitson	452	3 F 20-24	10	9:01.3		1:55.9	161	41:54.2	16.5	0:44.6	121	27:25.8	8:51	1:21:01.8
108	Luke Kucera	343	5 M 20-24	137	12:39.7		2:10.0	137	39:51.2	17.3	1:01.5	73	25:27.4	8:13	1:21:09.8
109	Karen Heim	312	4 F 40-44	154	13:08.7		2:24.1	104	38:03.3	18.1	0:34.6	114	27:04.9	8:44	1:21:15.6
110	Bethany Cockburn	266	5 F 35-39	183	14:06.1		1:43.5	69	36:04.8	19.1	1:49.2	128	27:40.9	8:55	1:21:24.5
111	Sarah Vroegop	475	5 F 40-44	158	13:16.7		1:42.0	116	38:55.8	17.7	0:37.3	113	26:56.5	8:41	1:21:28.3
112	John Macdonald	364	1 M 70-74	198	14:33.7		1:22.8	52	34:47.4	19.8	1:13.3	156	29:41.3	9:35	1:21:38.5
113	Edward Bradley	252	11 M 45-49	60	10:42.7		2:27.7	139	39:59.3	17.3	1:25.9	122	27:26.8	8:51	1:22:02.4
114	Heidi Krumreich	342	7 F 30-34	196	14:32.6		1:30.0	111	38:32.0	17.9	1:15.7	103	26:34.2	8:34	1:22:24.5
115	Taylor Maxey	371	6 M 20-24	147	12:58.0		1:19.6	165	42:22.4	16.3	0:36.1	71	25:21.8	8:11	1:22:37.9
116	John Clancy	262	7 M 15-19	167	13:23.7		3:50.1	122	39:07.3	17.6	0:38.1	83	25:50.9	8:20	1:22:50.1
117	Megan Lebo	352	6 F 35-39	142	12:49.1		2:55.5	97	37:28.5	18.4	2:01.1	127	27:36.4	8:54	1:22:50.6
118	Stephanie Ford	290	8 F 30-34	156	13:12.0		1:38.3	143	40:08.6	17.2	0:34.4	119	27:21.6	8:49	1:22:54.9
119	Joseph Fink	285	10 M 50-54	58	10:38.3		3:06.4	167	42:22.8	16.3	1:10.6	98	26:24.4	8:31	1:23:42.5
120	Diane Germino	297	2 F 50-54	128	12:31.0		2:23.8	128	39:24.2	17.5	0:37.9	141	28:55.3	9:20	1:23:52.2
121	Matt Hunter	320	18 M 40-44	176	13:40.6		2:28.8	142	40:05.4	17.2	1:34.0	89	26:03.7	8:24	1:23:52.5
122	Sonja Fussle	295	9 F 30-34	131	12:34.9		2:55.1	153	41:01.0	16.8	0:59.4	99	26:24.9	8:31	1:23:55.3
123	Jody Fox	291	4 F 20-24	85	11:26.8		1:40.4	107	38:21.0	18.0	0:41.1	190	31:47.4	10:15	1:23:56.7
124	Justin Anderson	228	3 M 30-34	100	11:48.5		2:02.5	85	37:00.3	18.6	1:52.8	181	31:12.8	10:04	1:23:56.9
125	Stephanie Bolakowski	249	6 F 40-44	133	12:35.4		2:17.9	115	38:53.4	17.7	1:23.8	147	29:04.5	9:23	1:24:15.0
126	Molly Shaw	446	2 F 25-29	111	12:00.0		3:16.6	162	41:56.2	16.5	1:04.0	93	26:11.2	8:27	1:24:28.0
127	Sandra Zielinski	495	3 F 50-54	190	14:17.3		2:13.2	89	37:09.7	18.6	1:17.0	160	29:51.3	9:38	1:24:48.5
128	MariJean Sanders	437	3 F 25-29	201	14:38.0		1:49.0	183	44:08.4	15.6	0:47.6	41	23:27.0	7:34	1:24:50.0
129	Kara Marcus	369	7 F 35-39	59	10:39.9		2:29.3	171	42:37.2	16.2	0:39.3	133	28:25.5	9:10	1:24:51.2
130	Matthew Partridge	407	8 M 15-19	185	14:11.9		1:30.7	134	39:45.1	17.4	0:39.0	140	28:54.1	9:19	1:25:00.8
131	Aaron Jones	328	4 M 30-34	160	13:19.2		2:26.6	80	36:42.7	18.8	1:26.3	180	31:10.1	10:03	1:25:04.9
132	Nicole Bassett	239	8 F 35-39	186	14:12.0		3:13.6	169	42:29.3	16.2	0:34.8	66	24:54.7	8:02	1:25:24.4

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<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>
133	William Lavery	350	11 M 50-54	76	11:11.5		2:07.8	94	37:19.3	18.5	1:25.2	212	33:44.7	10:53	1:25:48.5
134	Chris Ricketts	427	19 M 40-44	215	15:12.2		1:42.1	78	36:34.2	18.9	1:29.5	182	31:17.8	10:05	1:26:15.8
135	Cameron Erekson	281	12 M 50-54	116	12:10.4		1:58.2	76	36:27.7	18.9	1:02.4	218	34:45.0	11:13	1:26:23.7
136	Mark Prochaska	419	20 M 40-44	225	15:56.0		2:24.5	174	42:53.9	16.1	0:28.5	64	24:42.7	7:58	1:26:25.6
137	Marilyn Lukac	361	6 F 55-59	233	16:54.3		1:45.4	110	38:27.6	17.9	0:33.4	139	28:46.0	9:17	1:26:26.7
138	Maeve Kline	338	3 F 15-19	30	9:58.0		2:42.7	192	44:31.1	15.5	0:41.6	138	28:36.6	9:14	1:26:30.0
139	Anne Wildermuth	482	3 F 45-49	112	12:00.4		3:02.5	160	41:48.5	16.5	0:45.8	142	29:00.1	9:21	1:26:37.3
140	Laura Helman	313	9 F 35-39	184	14:07.5		1:28.9	136	39:47.4	17.3	1:07.6	164	30:06.1	9:43	1:26:37.5
141	Jim Thompson	465	13 M 50-54	169	13:26.2		4:01.8	152	40:52.8	16.9	2:44.0	76	25:39.7	8:16	1:26:44.5
142	TJ Harhelt	514	12 M 25-29	207	14:50.7		1:44.1	131	39:33.8	17.4	1:10.4	152	29:26.3	9:30	1:26:45.3
143	Milan Rubenstein	510	9 M 35-39	129	12:32.2		3:47.3	179	43:20.4	15.9	0:56.8	92	26:10.6	8:26	1:26:47.3
144	Morgan Drazer	275	7 M 20-24	150	12:59.5		2:28.3	157	41:37.8	16.6	0:44.1	143	29:01.3	9:22	1:26:51.0
145	Ashley Van Sipma	470	4 F 25-29	136	12:37.7		3:21.3	129	39:28.3	17.5	1:08.0	174	30:52.1	9:57	1:27:27.4
146	David Cavanagh	260	21 M 40-44	170	13:26.4		2:48.3	146	40:34.2	17.0	1:11.4	153	29:27.3	9:30	1:27:27.6
147	Rebecca Lecey	354	5 F 25-29	237	17:21.8		1:39.2	90	37:09.8	18.6	0:40.8	170	30:39.0	9:53	1:27:30.6
148	Anne Munson	391	4 F 45-49	119	12:12.1		2:23.2	166	42:22.6	16.3	0:48.1	159	29:45.8	9:36	1:27:31.8
149	DANIEL KOPP	341	5 M 30-34	84	11:26.6		2:36.5	120	38:58.2	17.7	1:10.9	208	33:28.0	10:48	1:27:40.2
150	Xavier Bradley	253	9 M 15-19	18	9:38.8		3:28.4	186	44:16.6	15.6	1:11.5	148	29:07.1	9:24	1:27:42.4
151	Kim Kickert-Bowman	336	7 F 40-44	65	10:52.1		1:44.1	145	40:27.3	17.1	0:56.3	213	33:55.3	10:56	1:27:55.1
152	Chris Wolff	489	14 M 50-54	213	15:06.3		3:14.5	170	42:31.6	16.2	0:35.9	102	26:32.4	8:34	1:28:00.7
153	kevin smith	451	13 M 25-29	235	17:07.2		2:20.7	93	37:19.0	18.5	0:44.1	169	30:30.5	9:50	1:28:01.5
154	Carly Kiran	186	5 F 20-24	125	12:26.3		2:25.2	208	46:18.0	14.9	0:32.2	96	26:23.5	8:31	1:28:05.2
155	Victoria Bain	233	4 F 15-19	54	10:34.5		1:50.1	178	43:19.1	15.9	0:49.6	189	31:43.3	10:14	1:28:16.6
156	David Lawrence	351	10 M 35-39	218	15:24.4		2:33.4	177	43:00.9	16.0	0:40.2	108	26:48.0	8:39	1:28:26.9
157	Thomas Munson	392	12 M 45-49	240	17:33.0		2:14.0	127	39:22.6	17.5	1:21.8	131	28:16.0	9:07	1:28:47.4
158	John Mance	368	15 M 50-54	148	12:59.1		1:38.8	109	38:26.8	18.0	1:32.4	216	34:19.0	11:04	1:28:56.1
159	Sarah Wilson	487	6 F 20-24	139	12:43.1		2:13.1	175	42:56.6	16.1	0:44.1	168	30:24.0	9:48	1:29:00.9
160	Geoff Dillon	273	6 M 30-34	87	11:28.7		3:20.9	202	45:50.7	15.1	0:55.6	125	27:31.1	8:53	1:29:07.0
161	Lyndsey Gorham	303	6 F 25-29	200	14:34.7		1:54.5	149	40:38.7	17.0	0:41.4	183	31:18.8	10:06	1:29:08.1
162	Danielle Wilson	486	8 F 40-44	49	10:20.7		1:34.7	228	49:04.4	14.1	0:40.0	124	27:30.4	8:52	1:29:10.2
163	jeff mitchell	384	22 M 40-44	180	13:51.5		1:24.8	130	39:32.6	17.5	0:59.1	206	33:23.4	10:46	1:29:11.4
164	Laura Hunter	319	9 F 40-44	64	10:49.5		2:36.8	180	43:40.2	15.8	2:02.7	163	30:04.8	9:42	1:29:14.0
165	Max Nikolai	399	10 M 15-19	123	12:16.8		2:44.1	199	45:19.1	15.2	0:41.0	130	28:15.4	9:07	1:29:16.4

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166	Ben Nikolai	395	8 M 20-24	203	14:39.0		2:15.3	204	45:54.2	15.0	0:41.0	81	25:47.6	8:19	1:29:17.1
167	Ireen Pasia-Bacino	409	10 F 40-44	256	57:16.2			224	48:18.5	14.3		210	33:33.1	10:49	1:29:39.3
168	Anne Watson	477	5 F 45-49	211	15:04.8		2:07.2	158	41:46.2	16.5	0:45.7	165	30:11.8	9:44	1:29:55.7
169	Sue Freymiller	294	6 F 45-49	110	11:59.6		2:05.5	172	42:50.3	16.1	0:38.4	199	32:24.9	10:27	1:29:58.7
170	shannon mogilinski	388	7 F 45-49	157	13:14.8		1:49.9	75	36:22.3	19.0	1:36.9	231	36:57.7	11:55	1:30:01.6
171	Yuri Cataldo	259	7 M 30-34	159	13:17.6		2:05.1	156	41:25.1	16.7	1:13.9	198	32:24.9	10:27	1:30:26.6
172	George Spatz	454	23 M 40-44	164	13:21.5		3:17.8	163	42:05.5	16.4	1:29.5	175	30:52.3	9:57	1:31:06.6
173	Suzie Inchauste	512	10 F 35-39	162	13:20.8		2:42.2	191	44:30.3	15.5	1:34.1	145	29:03.0	9:22	1:31:10.4
174	Peter Talbot	459	11 M 15-19	189	14:16.3		1:31.2	200	45:19.1	15.2	0:45.4	158	29:44.6	9:35	1:31:36.6
175	Alan Lowrance	359	5 M 55-59	161	13:20.4		2:48.0	125	39:18.2	17.6	1:02.1	221	35:11.5	11:21	1:31:40.2
176	James Truman	468	16 M 50-54	174	13:39.7		2:19.4	140	40:00.1	17.3	2:18.6	207	33:25.7	10:47	1:31:43.5
177	Terry Clancy	265	8 F 45-49	217	15:17.6		2:08.9	211	46:34.1	14.8	0:48.9	123	27:29.6	8:52	1:32:19.1
178	Liam Vinal	471	12 M 15-19	78	11:16.0		5:20.8	210	46:30.7	14.8	0:46.6	137	28:29.8	9:11	1:32:23.9
179	Penny Ruppert	435	4 F 50-54	195	14:31.2		2:50.5	189	44:25.0	15.5	1:24.4	151	29:16.1	9:26	1:32:27.2
180	Swati Gunale	308	11 F 40-44	257	1:00:51.2			147	40:36.4	17.0		203	33:07.8	10:41	1:32:28.5
181	Catherine Rode	513	5 F 50-54	199	14:33.9		3:28.1	193	44:32.0	15.5	1:33.2	144	29:02.9	9:22	1:33:10.1
182	Jason Tankersley	461	2 M 12-14	192	14:20.9		1:31.9	205	46:01.4	15.0	1:08.0	167	30:17.5	9:46	1:33:19.7
183	Kalista Richardson	425	11 F 35-39	191	14:17.9		1:58.5	154	41:08.1	16.8	1:18.4	220	34:51.1	11:15	1:33:34.0
184	Dan Perun	417	13 M 45-49	210	15:02.4		3:26.3	173	42:53.0	16.1	0:53.4	185	31:21.8	10:07	1:33:36.9
185	Laura Snipes	453	1 F 65-69	214	15:08.3		2:57.0	176	42:56.7	16.1	0:49.6	192	31:50.6	10:16	1:33:42.2
186	Helen Mitrakis	386	12 F 40-44	153	13:06.3		2:27.4	119	38:57.5	17.7	1:28.7	233	38:02.3	12:16	1:34:02.2
187	Carrie Javorka	324	10 F 30-34	234	16:55.5		1:53.7	181	43:48.9	15.8	0:34.4	177	31:03.8	10:01	1:34:16.3
188	Jon Slaughter	449	11 M 35-39	229	16:30.5		2:22.4	151	40:52.6	16.9	0:45.4	214	33:59.8	10:58	1:34:30.7
189	Francis Ellert	279	14 M 45-49	124	12:24.6		3:26.2	209	46:26.1	14.9	1:02.6	184	31:19.8	10:06	1:34:39.3
190	Ed Kelley	333	15 M 45-49	143	12:49.4		2:55.1	219	47:56.2	14.4	0:56.5	162	30:02.5	9:41	1:34:39.7
191	Shawn Aitken	226	14 M 25-29	37	10:05.1		2:11.7	187	44:17.2	15.6	1:47.4	226	36:20.2	11:43	1:34:41.6
192	Justin Fleming	288	12 M 35-39	241	18:01.7		2:41.8	100	37:56.2	18.2	2:39.8	211	33:38.9	10:51	1:34:58.4
193	Susan Vinal	473	9 F 45-49	74	11:07.8		2:59.5	241	51:39.2	13.4	1:05.0	136	28:28.1	9:11	1:35:19.6
194	Brad Wilson	485	24 M 40-44	82	11:22.5		2:13.0	194	44:38.6	15.5	0:46.4	227	36:22.4	11:44	1:35:22.9
195	Elizabeth Ellert	278	1 F 0-11	13	9:22.9		2:39.5	231	49:29.6	13.9	0:53.6	202	33:06.6	10:41	1:35:32.2
196	Mike Bacino	231	25 M 40-44	79	11:16.1		2:32.7	220	48:05.0	14.4	1:32.6	195	32:13.1	10:24	1:35:39.5
197	Jessica John	326	11 F 30-34	77	11:13.5		6:04.7	188	44:23.6	15.5	6:03.8	135	28:27.8	9:11	1:36:13.4
198	Marisa Randle	422	12 F 30-34	204	14:45.9		2:34.8	214	47:03.7	14.7	3:21.4	134	28:27.7	9:11	1:36:13.5

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Place	Name	Bib No	AG Place	Rnk	Swim Time	Pace	Tran 1 Time	Rnk	Bike Time	Rate	Tran 2 Time	Rnk	Run Time	Pace	Total Time
199	Anne Kelley	332	12 F 35-39	29	9:49.4		4:06.0	238	51:13.0	13.5	0:35.3	172	30:45.8	9:55	1:36:29.5
200	Meghan Myers	393	13 F 35-39	43	10:09.3		3:42.7	215	47:10.5	14.6	4:42.0	171	30:45.3	9:55	1:36:29.8
201	Katherine Captain	257	13 F 40-44	104	11:51.6		3:38.7	225	48:25.8	14.3	1:48.1	173	30:45.8	9:55	1:36:30.0
202	Jan Duncker	276	1 F 60-64	96	11:40.6		1:58.3	105	38:16.1	18.0	1:19.0	249	43:17.6	13:58	1:36:31.6
203	Paul Levett	358	4 M 60-64	236	17:11.2		2:31.1	118	38:56.2	17.7	1:35.7	230	36:50.4	11:53	1:37:04.6
204	Laura Germino	298	5 F 15-19	144	12:54.1		3:29.5	239	51:19.3	13.4	0:34.5	146	29:04.4	9:23	1:37:21.8
205	Pierce Ellert	280	3 M 12-14	26	9:48.8		3:14.7	244	52:02.9	13.3	0:36.6	188	31:41.1	10:13	1:37:24.1
206	Kelly May	372	10 F 45-49	163	13:20.8		2:16.9	150	40:52.0	16.9	2:09.6	238	39:21.8	12:42	1:38:01.1
207	Kate Nikolai	398	11 F 45-49	187	14:12.7		2:33.3	216	47:13.6	14.6	0:52.8	209	33:32.2	10:49	1:38:24.6
208	Davonna Gynn	309	14 F 40-44	227	16:23.7		2:43.4	190	44:26.2	15.5	0:46.9	215	34:07.5	11:00	1:38:27.7
209	Brayden York	497	4 M 12-14	67	10:55.8		1:41.6	246	52:24.7	13.2	0:59.9	205	33:18.1	10:45	1:39:20.1
210	Nicole Germino	299	6 F 15-19	97	11:44.2		1:57.2	229	49:17.6	14.0	0:41.7	224	35:41.7	11:31	1:39:22.4
211	Beth Jacobus	321	12 F 45-49	253	21:20.4		2:17.8	164	42:08.9	16.4	1:44.7	193	31:54.7	10:17	1:39:26.5
212	Coleen Fleming	287	14 F 35-39	151	13:02.1		2:54.0	206	46:07.4	15.0	1:25.9	225	36:09.6	11:40	1:39:39.0
213	Madeline Vinal	472	2 F 0-11	28	9:49.4		6:30.4	236	50:41.3	13.6	1:10.0	186	31:32.2	10:10	1:39:43.3
214	Nancy McKinnis	379	7 F 55-59	181	13:57.2		2:30.7	203	45:53.2	15.0	0:41.1	229	36:50.1	11:53	1:39:52.3
215	Dawn Golden	301	6 F 50-54	219	15:24.6		2:25.3	182	43:49.0	15.7	1:53.9	228	36:25.0	11:45	1:39:57.8
216	Avi Persad	416	13 M 35-39	230	16:41.2		2:57.7	195	44:41.6	15.4	1:09.1	219	34:50.1	11:14	1:40:19.7
217	Sheryl Hawkins	311	13 F 30-34	212	15:05.2		2:31.1	144	40:12.7	17.2	2:32.9	240	40:11.5	12:58	1:40:33.4
218	patrick barringer	237	15 M 25-29	252	20:13.1		4:08.1	201	45:23.8	15.2	1:38.2	154	29:28.2	9:30	1:40:51.4
219	Christa Castillo	258	7 F 20-24	202	14:38.9		6:29.7	232	49:31.0	13.9	4:37.2	97	26:24.0	8:31	1:41:40.8
220	Wanda Miller	383	8 F 55-59	205	14:47.1		2:16.2	155	41:09.4	16.8	1:23.6	244	42:09.5	13:36	1:41:45.8
221	David Nikolai	396	16 M 45-49	232	16:46.6		3:17.5	227	49:02.3	14.1	1:08.5	196	32:17.0	10:25	1:42:31.9
222	Randall Rose	431	1 M 65-69	206	14:48.9		4:34.5	226	48:29.0	14.2	1:46.3	200	33:04.9	10:40	1:42:43.6
223	Kathy Ross	432	9 F 55-59	221	15:48.6		5:18.0	106	38:18.4	18.0	1:56.2	245	42:15.7	13:38	1:43:36.9
224	Janice Felger	284	15 F 40-44	247	18:45.8		2:46.2	233	49:53.8	13.8	1:17.4	176	30:57.8	9:59	1:43:41.0
225	Catherine Kiran	507	13 F 45-49	216	15:13.1		2:53.1	247	52:30.2	13.1	0:47.8	197	32:20.7	10:26	1:43:44.9
226	Dennis Rick	518	17 M 50-54	231	16:42.4		1:50.9	184	44:13.2	15.6	1:21.8	239	39:41.9	12:48	1:43:50.2
227	Allison Lynch	363	7 F 25-29	238	17:26.4		3:08.6	234	49:56.0	13.8	1:20.2	194	32:10.0	10:23	1:44:01.2
228	Meg LaMonica	346	14 F 45-49	226	16:16.4		3:34.2	135	39:45.3	17.4	2:59.6	243	42:05.8	13:35	1:44:41.3
229	Karen Sutor	458	10 F 55-59	228	16:28.3		3:34.1	222	48:12.1	14.3	1:10.2	223	35:18.7	11:23	1:44:43.4
230	Christa Risher	429	15 F 45-49	40	10:08.8		1:35.9	256	1:01:46.8	11.2	1:24.6	161	29:53.1	9:38	1:44:49.2
231	Brian Newman	394	26 M 40-44	90	11:31.8		9:52.4	218	47:30.5	14.5	2:46.2	204	33:14.8	10:43	1:44:55.7

2014 Lake Max Triathlon

Race Date
August 09, 2014

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>
232	Jeff Paulik	412	17 M 45-49	239	17:29.3		2:42.4	196	44:49.1	15.4	0:45.5	237	39:13.2	12:39	1:44:59.5
233	Pam Steinberger	456	11 F 55-59	249	19:03.4		2:48.8	235	50:30.6	13.7	0:57.4	187	31:40.7	10:13	1:45:00.9
234	Marin Barnes	236	8 F 20-24	135	12:36.0		2:31.3	212	46:44.5	14.8	0:43.3	247	43:12.4	13:56	1:45:47.5
235	Dan Gumz	307	27 M 40-44	245	18:34.3		4:23.0	213	46:45.8	14.8	3:07.7	201	33:06.3	10:41	1:45:57.1
236	K Jones	329	2 M 70-74	193	14:27.2		2:30.8	185	44:13.8	15.6	0:47.3	252	44:08.4	14:14	1:46:07.5
237	Ginger Buesching	256	16 F 40-44	254	22:15.6		2:40.6	249	55:54.2	12.3	1:52.3	40	23:26.5	7:34	1:46:09.2
238	Sarah Shaw	447	12 F 55-59	250	19:50.1		3:07.6	221	48:08.0	14.3	1:01.9	217	34:25.5	11:06	1:46:33.1
239	Kylie Wolff	490	2 F 12-14	197	14:33.6		5:06.4	255	59:36.9	11.6	0:38.7	157	29:44.5	9:35	1:49:40.1
240	Alexandria Hnatusko	317	9 F 20-24	220	15:26.8		5:43.6	252	56:37.5	12.2	2:32.6	179	31:08.9	10:03	1:51:29.4
241	Hayes Barnes	235	13 M 15-19	141	12:44.2		8:22.7	197	44:50.2	15.4	2:36.9	248	43:13.7	13:56	1:51:47.7
242	Julie Steck	455	2 F 60-64	209	14:58.9		3:33.7	240	51:22.0	13.4	0:50.6	242	41:12.3	13:17	1:51:57.5
243	Claire Thoma	464	10 F 20-24	172	13:32.7		2:30.6	217	47:21.1	14.6	1:03.0	255	47:50.0	15:26	1:52:17.4
244	Elizabeth Roetker	430	7 F 15-19	208	14:57.8		3:10.5	250	56:26.4	12.2	0:54.8	232	37:53.6	12:13	1:53:23.1
245	Donna Helphrey	314	15 F 35-39	149	12:59.4		3:42.7	254	57:03.6	12.1	1:15.1	236	38:26.0	12:24	1:53:26.8
246	Mary Prior	418	16 F 35-39	140	12:43.7		3:57.5	253	57:02.9	12.1	1:17.0	235	38:25.7	12:24	1:53:26.8
247	Diann Parsons	406	3 F 60-64	224	15:50.7		2:40.5	207	46:15.6	14.9	4:02.3	253	46:09.9	14:53	1:54:59.0
248	Cory Barnes	234	16 F 45-49	222	15:49.4		2:41.5	230	49:28.9	13.9	0:49.9	254	46:13.2	14:55	1:55:02.9
249	Maryanne Wolff	491	7 F 50-54	166	13:22.5		3:55.3	257	1:02:17.4	11.1	0:43.5	222	35:13.3	11:22	1:55:32.0
250	William Pauley	411	1 M 75-79	251	19:59.2		3:04.9	223	48:13.3	14.3	1:02.3	251	43:53.2	14:09	1:56:12.9
251	Hope LaMonica	345	8 F 15-19	242	18:03.9		3:47.9	242	51:43.6	13.3	1:53.1	241	40:52.4	13:11	1:56:20.9
252	Bruce Thoma	463	2 M 65-69	243	18:09.2		2:37.0	243	51:43.7	13.3	0:56.7	250	43:23.5	14:00	1:56:50.1
253	Terrence McBride	374	6 M 55-59	244	18:23.6		7:06.7	198	45:12.7	15.3	3:26.4	246	42:53.6	13:50	1:57:03.0
254	Leann Weatherby	478	17 F 40-44	99	11:45.2		3:45.0	237	51:11.4	13.5	1:21.2	256	49:03.1	15:49	1:57:05.9
255	Tom Blackburne	246	16 M 25-29	248	18:47.4		8:28.9	251	56:32.8	12.2	2:32.4	178	31:08.2	10:03	1:57:29.7
256	Caleb Ricketts	426	14 M 15-19	255	23:19.4		4:05.8	248	54:13.0	12.7	1:44.7	234	38:15.6	12:20	2:01:38.5
257	Unknown Partic. 502	502	1 M 0-11									258	2:04:14.7	8:22	2:04:14.7
258	Kristine White	481	14 F 30-34	98	11:44.3		2:13.9	245	52:21.0	13.2	3:38.6	257	59:03.1	19:03	2:09:00.9