

Race Date  
June 28, 2014

2014 Gull Lake Triathlon  
Age Group Results  
Sprint Triathlon

Female Open 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>Tran 1 Time</u> | <u>Rnk</u> | <u>Bike Time</u> | <u>Rate</u> | <u>Tran 2 Time</u> | <u>Rnk</u> | <u>Finish Time</u> | <u>Pace</u> | <u>Total Time</u> |
|--------------|----------------|--------------|---------------|------------|------------|------------------|-------------|--------------------|------------|------------------|-------------|--------------------|------------|--------------------|-------------|-------------------|
| 1            | 8              | sarah willey | 245           | 42         | 1          | 9:05.2           | 32:26       | 0:49.5             | 1          | 28:02.9          | 21.4        | 0:42.8             | 1          | 23:09.6            | 7:28        | 1:01:50.0         |

Male Open 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>Tran 1 Time</u> | <u>Rnk</u> | <u>Bike Time</u> | <u>Rate</u> | <u>Tran 2 Time</u> | <u>Rnk</u> | <u>Finish Time</u> | <u>Pace</u> | <u>Total Time</u> |
|--------------|----------------|---------------------|---------------|------------|------------|------------------|-------------|--------------------|------------|------------------|-------------|--------------------|------------|--------------------|-------------|-------------------|
| 1            | 1              | Jonathan Langworthy | 141           | 32         | 1          | 7:32.4           | 26:54       | 1:02.3             | 1          | 27:40.6          | 21.7        | 0:48.7             | 1          | 18:09.1            | 5:51        | 55:13.1           |

Female Masters 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>Tran 1 Time</u> | <u>Rnk</u> | <u>Bike Time</u> | <u>Rate</u> | <u>Tran 2 Time</u> | <u>Rnk</u> | <u>Finish Time</u> | <u>Pace</u> | <u>Total Time</u> |
|--------------|----------------|-----------------|---------------|------------|------------|------------------|-------------|--------------------|------------|------------------|-------------|--------------------|------------|--------------------|-------------|-------------------|
| 1            | 19             | Kathy Braginton | 34            | 42         | 1          | 11:48.7          | 42:09       | 0:42.1             | 1          | 28:19.9          | 21.2        | 0:28.5             | 1          | 24:26.1            | 7:53        | 1:05:45.3         |

Male Masters 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>Tran 1 Time</u> | <u>Rnk</u> | <u>Bike Time</u> | <u>Rate</u> | <u>Tran 2 Time</u> | <u>Rnk</u> | <u>Finish Time</u> | <u>Pace</u> | <u>Total Time</u> |
|--------------|----------------|---------------|---------------|------------|------------|------------------|-------------|--------------------|------------|------------------|-------------|--------------------|------------|--------------------|-------------|-------------------|
| 1            | 2              | Dan VanSweden | 234           | 50         | 1          | 9:00.1           | 32:09       | 0:56.3             | 1          | 25:55.7          | 23.2        | 0:35.4             | 1          | 18:50.4            | 6:05        | 55:17.9           |

Race Date  
June 28, 2014

2014 Gull Lake Triathlon  
Age Group Results  
Sprint Triathlon

Female 1 to 16

| <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>Tran 1 Time</u> | <u>Rnk</u> | <u>Bike Time</u> | <u>Rate</u> | <u>Tran 2 Time</u> | <u>Rnk</u> | <u>Finish Time</u> | <u>Pace</u> | <u>Total Time</u> |
|--------------|----------------|------------------|---------------|------------|------------|------------------|-------------|--------------------|------------|------------------|-------------|--------------------|------------|--------------------|-------------|-------------------|
| 1            | 94             | Samantha Brandon | 35            | 14         | 1          | 11:21.4          | 40:32       | 1:42.2             | 1          | 36:57.8          | 16.2        | 0:43.5             | 1          | 32:48.8            | 10:35       | 1:23:33.7         |

Male 1 to 16

| <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>Tran 1 Time</u> | <u>Rnk</u> | <u>Bike Time</u> | <u>Rate</u> | <u>Tran 2 Time</u> | <u>Rnk</u> | <u>Finish Time</u> | <u>Pace</u> | <u>Total Time</u> |
|--------------|----------------|---------------|---------------|------------|------------|------------------|-------------|--------------------|------------|------------------|-------------|--------------------|------------|--------------------|-------------|-------------------|
| 1            | 35             | Jack Millmier | 164           | 16         | 3          | 12:09.9          | 43:24       | 1:24.3             | 3          | 33:33.1          | 17.9        | 0:33.7             | 1          | 20:23.2            | 6:35        | 1:08:04.2         |
| 2            | 49             | Michael Tracy | 225           | 15         | 2          | 11:59.3          | 42:48       | 1:49.7             | 1          | 32:16.0          | 18.6        | 0:51.6             | 2          | 25:12.0            | 8:08        | 1:12:08.6         |
| 3            | 51             | Eric Payerle  | 183           | 16         | 1          | 7:33.3           | 26:58       | 1:42.1             | 2          | 33:09.3          | 18.1        | 0:47.7             | 3          | 28:58.8            | 9:21        | 1:12:11.2         |

Female 17 to 19

| <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>Tran 1 Time</u> | <u>Rnk</u> | <u>Bike Time</u> | <u>Rate</u> | <u>Tran 2 Time</u> | <u>Rnk</u> | <u>Finish Time</u> | <u>Pace</u> | <u>Total Time</u> |
|--------------|----------------|---------------|---------------|------------|------------|------------------|-------------|--------------------|------------|------------------|-------------|--------------------|------------|--------------------|-------------|-------------------|
| 1            | 83             | Marie Bridges | 36            | 17         | 1          | 13:55.6          | 49:42       | 2:21.5             | 1          | 37:55.1          | 15.8        | 1:38.7             | 1          | 24:09.5            | 7:47        | 1:20:00.4         |

Male 17 to 19

| <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>Tran 1 Time</u> | <u>Rnk</u> | <u>Bike Time</u> | <u>Rate</u> | <u>Tran 2 Time</u> | <u>Rnk</u> | <u>Finish Time</u> | <u>Pace</u> | <u>Total Time</u> |
|--------------|----------------|--------------|---------------|------------|------------|------------------|-------------|--------------------|------------|------------------|-------------|--------------------|------------|--------------------|-------------|-------------------|
| 1            | 62             | Robert Morse | 168           | 18         | 1          | 14:00.9          | 50:00       | 3:09.0             | 1          | 34:05.2          | 17.6        | 0:59.4             | 1          | 21:40.8            | 6:59        | 1:13:55.3         |

Race Date  
June 28, 2014

2014 Gull Lake Triathlon  
Age Group Results  
Sprint Triathlon

Female 20 to 24

| Place        |                |                  | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Finish ----- |             |            | 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            | 25             | Christina Walter | 238              | 24         | 1          | 11:38.7     | 41:33            | 1:28.3      | 1          | 30:08.0     | 19.9               | 1:32.2      | 1          | 21:37.0     | 6:58        | 1:06:24.2   |
| 2            | 72             | Ashley Hamlin    | 103              | 24         | 2          | 11:42.2     | 41:47            | 1:51.6      | 2          | 34:12.2     | 17.5               | 1:41.9      | 2          | 27:13.3     | 8:47        | 1:16:41.2   |
| 3            | 101            | Haley Adamski    | 3                | 22         | 3          | 12:24.3     | 44:17            | 2:21.5      | 3          | 39:56.0     | 15.0               | 1:29.6      | 3          | 30:54.9     | 9:58        | 1:27:06.3   |

Male 20 to 24

| Place        |                |               | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Finish ----- |             |            | 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            | 3              | Karl Larsen   | 144              | 22         | 1          | 7:39.5      | 27:19            | 0:33.7      | 1          | 27:58.6     | 21.5               | 0:31.1      | 2          | 21:22.6     | 6:54        | 58:05.5     |
| 2            | 11             | Dylan Reiners | 259              | 22         | 2          | 12:55.7     | 46:08            | 1:28.2      | 2          | 29:46.1     | 20.2               | 0:53.6      | 1          | 18:36.5     | 6:00        | 1:03:40.1   |

Female 25 to 29

| Place        |                |                  | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Finish ----- |             |            | 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             | Nicole Obriecht  | 178              | 28         | 1          | 10:56.0     | 39:03            | 1:26.2      | 1          | 32:43.3     | 18.3               | 1:02.7      | 3          | 27:22.7     | 8:50        | 1:13:30.9   |
| 2            | 60             | Lisa Ebenhoeh    | 71               | 27         | 5          | 13:08.8     | 46:54            | 0:50.2      | 2          | 35:25.5     | 16.9               | 0:25.0      | 1          | 23:47.8     | 7:40        | 1:13:37.3   |
| 3            | 89             | Elizabeth Jasiak | 123              | 29         | 4          | 12:45.7     | 45:32            | 1:47.2      | 5          | 39:56.4     | 15.0               | 0:54.3      | 2          | 26:51.1     | 8:40        | 1:22:14.7   |
| 4            | 95             | Allison Dowe     | 69               | 28         | 7          | 16:22.5     | 58:27            | 2:01.7      | 3          | 36:00.5     | 16.7               | 2:11.5      | 4          | 27:28.6     | 8:52        | 1:24:04.8   |
| 5            | 120            | Janaye Keifer    | 131              | 27         | 6          | 15:15.8     | 54:28            | 1:33.2      | 4          | 39:31.3     | 15.2               | 1:02.6      | 6          | 38:21.2     | 12:22       | 1:35:44.1   |
| 6            | 129            | Jennifer Young   | 252              | 29         | 2          | 11:42.4     | 41:47            | 2:05.8      | 7          | 46:34.9     | 12.9               | 1:32.4      | 7          | 44:56.5     | 14:30       | 1:46:52.0   |
| 7            | 130            | Cierra Obioha    | 177              | 27         | 3          | 11:43.4     | 41:51            | 30:08.3     | 6          | 44:45.5     | 13.4               | 0:44.3      | 5          | 28:18.3     | 9:08        | 1:55:39.8   |

Race Date  
June 28, 2014

# 2014 Gull Lake Triathlon

## Age Group Results

### Sprint Triathlon

#### Male 25 to 29

| Place |         |              | ----- Swim ----- |     |     | Tran 1  | ----- Bike ----- |        |     | Tran 2  | ----- Finish ----- |        |     | Total   |      |           |
|-------|---------|--------------|------------------|-----|-----|---------|------------------|--------|-----|---------|--------------------|--------|-----|---------|------|-----------|
| Place | Overall | Name         | Bib No           | Age | Rnk | Time    | Pace             | Time   | Rnk | Time    | Rate               | Time   | Rnk | Time    | Pace | Time      |
| 1     | 7       | Clint Post   | 186              | 28  | 2   | 10:20.2 | 36:54            | 1:19.4 | 2   | 28:59.5 | 20.7               | 0:59.1 | 1   | 19:47.4 | 6:23 | 1:01:25.6 |
| 2     | 16      | Matt Stinson | 216              | 27  | 3   | 12:38.8 | 45:07            | 1:20.5 | 1   | 28:00.7 | 21.4               | 0:47.1 | 3   | 22:29.0 | 7:15 | 1:05:16.1 |
| 3     | 53      | Keith Hammis | 104              | 29  | 1   | 10:12.7 | 36:26            | 3:07.4 | 3   | 36:03.7 | 16.6               | 0:39.4 | 2   | 22:23.8 | 7:13 | 1:12:27.0 |
| 4     | 105     | Jon Good     | 92               | 25  | 4   | 14:11.6 | 50:39            | 2:05.8 | 5   | 41:18.2 | 14.5               | 0:42.2 | 5   | 29:58.5 | 9:40 | 1:28:16.3 |
| 5     | 107     | Chad Murphy  | 171              | 27  | 5   | 15:07.3 | 53:59            | 2:46.6 | 4   | 40:40.1 | 14.8               | 1:12.6 | 4   | 28:56.3 | 9:20 | 1:28:42.9 |

#### Female 30 to 34

| Place |         |                 | ----- Swim ----- |     |     | Tran 1  | ----- Bike ----- |        |     | Tran 2  | ----- Finish ----- |        |     | Total   |      |           |
|-------|---------|-----------------|------------------|-----|-----|---------|------------------|--------|-----|---------|--------------------|--------|-----|---------|------|-----------|
| Place | Overall | Name            | Bib No           | Age | Rnk | Time    | Pace             | Time   | Rnk | Time    | Rate               | Time   | Rnk | Time    | Pace | Time      |
| 1     | 18      | Erin Miller     | 161              | 31  | 2   | 10:19.4 | 36:51            | 1:19.9 | 1   | 30:26.8 | 19.7               | 0:52.0 | 1   | 22:33.3 | 7:16 | 1:05:31.4 |
| 2     | 52      | Laura MacLeod   | 149              | 31  | 1   | 10:16.9 | 36:40            | 1:54.8 | 2   | 33:20.0 | 18.0               | 1:12.0 | 2   | 25:35.0 | 8:15 | 1:12:18.7 |
| 3     | 77      | Deanna Deschler | 66               | 32  | 3   | 11:20.7 | 40:29            | 1:35.3 | 3   | 38:12.9 | 15.7               | 1:34.0 | 3   | 26:05.2 | 8:25 | 1:18:48.1 |

#### Male 30 to 34

| Place |         |                | ----- Swim ----- |     |     | Tran 1  | ----- Bike ----- |        |     | Tran 2  | ----- Finish ----- |        |     | Total   |      |           |
|-------|---------|----------------|------------------|-----|-----|---------|------------------|--------|-----|---------|--------------------|--------|-----|---------|------|-----------|
| Place | Overall | Name           | Bib No           | Age | Rnk | Time    | Pace             | Time   | Rnk | Time    | Rate               | Time   | Rnk | Time    | Pace | Time      |
| 1     | 5       | Brandon Doran  | 68               | 31  | 2   | 8:29.4  | 30:18            | 1:28.1 | 1   | 27:16.3 | 22.0               | 0:44.1 | 2   | 21:50.7 | 7:03 | 59:48.6   |
| 2     | 6       | Chad Terpstra  | 255              | 30  | 1   | 8:25.6  | 30:04            | 1:37.5 | 4   | 29:02.1 | 20.7               | 0:56.9 | 1   | 20:07.4 | 6:29 | 1:00:09.5 |
| 3     | 12      | Tyler Weston   | 242              | 30  | 6   | 11:35.1 | 41:22            | 1:01.9 | 2   | 28:02.9 | 21.4               | 0:59.2 | 3   | 22:02.5 | 7:06 | 1:03:41.6 |
| 4     | 15      | Skyler Tripp   | 227              | 33  | 3   | 9:29.1  | 33:52            | 0:52.2 | 3   | 28:32.0 | 21.0               | 0:48.2 | 7   | 25:27.3 | 8:13 | 1:05:08.8 |
| 5     | 34      | Cody Burch     | 41               | 32  | 5   | 10:40.5 | 38:06            | 0:50.6 | 7   | 32:19.7 | 18.6               | 0:40.4 | 6   | 23:33.0 | 7:36 | 1:08:04.2 |
| 6     | 40      | Mark Laumann   | 145              | 32  | 4   | 9:34.0  | 34:10            | 1:12.0 | 9   | 34:46.2 | 17.3               | 0:45.0 | 5   | 23:07.1 | 7:27 | 1:09:24.3 |
| 7     | 41      | Andrew Geeslin | 86               | 30  | 8   | 11:49.7 | 42:12            | 2:39.7 | 5   | 31:00.9 | 19.4               | 1:48.6 | 4   | 22:05.8 | 7:07 | 1:09:24.7 |

Race Date  
June 28, 2014

# 2014 Gull Lake Triathlon

## Age Group Results

### Sprint Triathlon

#### Male 30 to 34

| Place        |                |              | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Flnish ----- |             |            | 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> |
| 8            | 55             | Jesse Yeager | 250              | 34         | 9          | 12:25.1     | 44:21            | 2:21.0      | 6          | 31:33.2     | 19.0               | 0:32.8      | 9          | 25:56.3     | 8:22        | 1:12:48.4   |
| 9            | 67             | Derek Getman | 88               | 32         | 7          | 11:39.1     | 41:36            | 2:47.8      | 8          | 33:13.7     | 18.1               | 2:23.1      | 8          | 25:43.6     | 8:18        | 1:15:47.3   |

#### Female 35 to 39

| Place        |                |                  | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Flnish ----- |             |            | 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            | 27             | Sarah Floyd      | 79               | 37         | 2          | 11:15.8     | 40:11            | 1:08.9      | 1          | 30:24.6     | 19.7               | 0:51.9      | 1          | 23:22.0     | 7:32        | 1:07:03.2   |
| 2            | 39             | Michelle Kamman  | 128              | 37         | 1          | 9:47.7      | 34:56            | 1:15.0      | 2          | 31:53.7     | 18.8               | 0:43.4      | 3          | 25:36.0     | 8:15        | 1:09:15.8   |
| 3            | 74             | Penelope Muenzer | 169              | 39         | 4          | 13:26.7     | 47:59            | 1:13.3      | 3          | 34:06.5     | 17.6               | 0:50.7      | 5          | 28:38.2     | 9:14        | 1:18:15.4   |
| 4            | 79             | Mandy Damico     | 58               | 36         | 3          | 11:31.3     | 41:08            | 1:47.0      | 4          | 36:19.2     | 16.5               | 1:25.2      | 4          | 28:18.9     | 9:08        | 1:19:21.6   |
| 5            | 97             | Trina Weber      | 239              | 38         | 5          | 14:01.4     | 50:04            | 2:34.5      | 6          | 37:14.6     | 16.1               | 1:33.7      | 6          | 30:19.0     | 9:47        | 1:25:43.2   |
| 6            | 103            | Lisa Allred      | 7                | 37         | 7          | 17:25.3     | 62:12            | 2:19.4      | 7          | 42:04.3     | 14.3               | 1:04.7      | 2          | 24:57.9     | 8:03        | 1:27:51.6   |
| 7            | 113            | Wendy Sisk       | 208              | 39         | 6          | 15:21.7     | 54:49            | 1:59.7      | 5          | 37:05.8     | 16.2               | 1:14.2      | 8          | 35:12.1     | 11:21       | 1:30:53.5   |
| 8            | 127            | Lisa Gingerich   | 91               | 38         | 8          | 20:45.9     | 74:06            | 2:51.5      | 8          | 43:58.1     | 13.6               | 0:46.7      | 7          | 34:39.2     | 11:11       | 1:43:01.4   |

#### Male 35 to 39

| Place        |                |                | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Flnish ----- |             |            | 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             | Scott Floyd    | 80               | 39         | 1          | 8:53.6      | 31:44            | 1:27.7      | 3          | 29:45.3     | 20.2               | 0:35.5      | 4          | 23:30.7     | 7:35        | 1:04:12.8   |
| 2            | 14             | Eugene Haas    | 98               | 38         | 4          | 10:20.6     | 36:54            | 0:53.2      | 4          | 30:01.0     | 20.0               | 0:35.3      | 3          | 22:35.7     | 7:17        | 1:04:25.8   |
| 3            | 17             | Randall Hunt   | 121              | 38         | 5          | 10:26.9     | 37:16            | 1:20.3      | 1          | 28:55.9     | 20.7               | 0:58.1      | 5          | 23:39.6     | 7:38        | 1:05:20.8   |
| 4            | 23             | Mickey Trimner | 226              | 39         | 2          | 9:51.2      | 35:11            | 1:24.1      | 5          | 30:31.2     | 19.7               | 0:39.6      | 6          | 23:46.6     | 7:40        | 1:06:12.7   |
| 5            | 24             | Ryan VanNest   | 233              | 38         | 3          | 10:18.7     | 36:47            |             |            |             |                    |             | 10         | 56:00.0     | 4:16        | 1:06:18.7   |

Race Date  
June 28, 2014

## 2014 Gull Lake Triathlon

### Age Group Results

#### Sprint Triathlon

#### Male 35 to 39

| Place        |                |                 | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Flnish ----- |             |            | 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> |
| 6            | 26             | Michael Rouvina | 196              | 35         | 8          | 12:51.3     | 45:54            | 1:46.9      | 6          | 31:29.1     | 19.1               | 1:21.5      | 1          | 18:58.6     | 6:07        | 1:06:27.4   |
| 7            | 30             | Timothy Baker   | 14               | 37         | 9          | 15:56.4     | 56:54            | 0:43.7      | 2          | 29:05.3     | 20.6               | 0:41.4      | 2          | 20:55.4     | 6:45        | 1:07:22.2   |
| 8            | 46             | Dan Dimich      | 67               | 35         | 6          | 10:27.2     | 37:19            | 1:46.0      | 8          | 32:39.2     | 18.4               | 1:13.7      | 7          | 25:09.6     | 8:07        | 1:11:15.7   |
| 9            | 63             | Mike Vallier    | 230              | 37         | 7          | 12:13.9     | 43:38            | 0:52.9      | 7          | 31:47.7     | 18.9               | 0:54.9      | 8          | 28:13.5     | 9:06        | 1:14:02.9   |
| 10           | 111            | Andrew Edwards  | 72               | 35         | 10         | 18:10.2     | 64:53            | 2:40.4      | 9          | 39:51.8     | 15.1               | 0:45.1      | 9          | 28:40.3     | 9:15        | 1:30:07.8   |

#### Female 40 to 44

| Place        |                |                   | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Flnish ----- |             |            | 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            | 50             | Kimberly Johnson  | 124              | 44         | 3          | 12:33.3     | 44:49            | 1:09.3      | 4          | 33:01.4     | 18.2               | 0:45.3      | 1          | 24:40.2     | 7:57        | 1:12:09.5   |
| 2            | 57             | Tina Keesman      | 130              | 44         | 2          | 11:22.2     | 40:36            | 1:14.9      | 2          | 32:52.2     | 18.3               | 0:44.6      | 3          | 26:46.9     | 8:38        | 1:13:00.8   |
| 3            | 64             | maria tooker      | 224              | 43         | 4          | 12:47.3     | 45:39            | 1:18.5      | 1          | 32:40.7     | 18.4               | 1:09.6      | 2          | 26:27.1     | 8:32        | 1:14:23.2   |
| 4            | 81             | Christina Yavarow | 249              | 43         | 7          | 13:33.3     | 48:24            | 2:14.6      | 3          | 32:58.1     | 18.2               | 1:29.1      | 6          | 29:40.5     | 9:34        | 1:19:55.6   |
| 5            | 84             | Dawn Marciniak    | 155              | 44         | 6          | 13:31.9     | 48:16            | 1:16.7      | 6          | 34:55.1     | 17.2               | 1:21.4      | 5          | 28:57.8     | 9:20        | 1:20:02.9   |
| 6            | 86             | Jenn Omo          | 182              | 43         | 1          | 10:30.6     | 37:30            | 1:36.4      | 7          | 36:17.2     | 16.5               | 0:45.7      | 7          | 31:00.0     | 10:00       | 1:20:09.9   |
| 7            | 90             | annie newman      | 175              | 41         | 10         | 17:04.7     | 60:57            | 1:18.7      | 5          | 34:05.4     | 17.6               | 1:34.1      | 4          | 28:22.8     | 9:09        | 1:22:25.7   |
| 8            | 106            | Penny Ellis       | 73               | 44         | 5          | 13:10.1     | 47:01            | 4:12.7      | 8          | 36:37.7     | 16.4               | 2:33.4      | 8          | 31:42.6     | 10:14       | 1:28:16.5   |
| 9            | 114            | Ursula Marchand   | 153              | 40         | 9          | 16:09.4     | 57:41            | 2:29.3      | 9          | 37:45.2     | 15.9               | 0:44.3      | 11         | 34:47.4     | 11:13       | 1:31:55.6   |
| 10           | 121            | Elise Millmier    | 163              | 43         | 8          | 16:07.3     | 57:34            | 3:33.8      | 11         | 43:10.5     | 13.9               | 0:54.3      | 9          | 33:14.3     | 10:43       | 1:37:00.2   |
| 11           | 125            | Darla Barbarini   | 19               | 44         | 11         | 19:57.9     | 71:15            | 3:21.4      | 10         | 42:15.6     | 14.2               | 2:22.8      | 10         | 33:41.7     | 10:52       | 1:41:39.4   |

Race Date  
June 28, 2014

## 2014 Gull Lake Triathlon

### Age Group Results

#### Sprint Triathlon

#### Male 40 to 44

| Place        |                |                  |               |            | ----- Swim ----- |             | Tran 1      |             | ----- Bike ----- |             |             | Tran 2      |            | ----- Finish ----- |             | 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            | 20             | Ronald Abner     | 2             | 43         | 1                | 9:48.4      | 35:00       | 2:04.9      | 5                | 29:21.5     | 20.4        | 1:00.6      | 6          | 23:35.1            | 7:36        | 1:05:50.5   |
| 2            | 21             | Tim Hansen       | 106           | 43         | 4                | 11:02.3     | 39:24       | 2:07.9      | 3                | 29:03.1     | 20.7        | 0:25.9      | 3          | 23:11.4            | 7:29        | 1:05:50.6   |
| 3            | 22             | John Hobson      | 113           | 40         | 7                | 12:08.9     | 43:20       | 1:03.9      | 4                | 29:08.1     | 20.6        | 0:39.8      | 1          | 23:02.3            | 7:26        | 1:06:03.0   |
| 4            | 31             | Jay Garside      | 84            | 44         | 3                | 10:54.2     | 38:56       | 1:34.0      | 6                | 29:54.2     | 20.1        | 1:37.0      | 5          | 23:29.1            | 7:35        | 1:07:28.5   |
| 5            | 32             | Aaron Zeigler    | 253           | 41         | 2                | 10:35.8     | 37:48       | 3:11.1      | 1                | 28:20.7     | 21.2        | 1:54.5      | 4          | 23:27.1            | 7:34        | 1:07:29.2   |
| 6            | 37             | Scott Miller     | 162           | 43         | 9                | 12:18.0     | 43:56       | 1:15.5      | 2                | 28:43.2     | 20.9        | 0:49.1      | 7          | 25:14.0            | 8:08        | 1:08:19.8   |
| 7            | 42             | Gordon Greenland | 94            | 40         | 5                | 11:06.7     | 39:39       | 2:38.0      | 8                | 31:08.5     | 19.3        | 1:24.4      | 2          | 23:07.3            | 7:27        | 1:09:24.9   |
| 8            | 56             | Ian Klusman      | 137           | 40         | 12               | 12:47.0     | 45:39       | 1:47.5      | 9                | 32:15.9     | 18.6        | 0:43.9      | 8          | 25:22.9            | 8:11        | 1:12:57.2   |
| 9            | 69             | Scott Adrian     | 4             | 43         | 10               | 12:20.1     | 44:03       | 1:44.7      | 11               | 34:05.8     | 17.6        | 0:46.4      | 10         | 27:11.0            | 8:46        | 1:16:08.0   |
| 10           | 70             | Timm Sturgeon    | 219           | 44         | 11               | 12:40.1     | 45:14       | 2:10.7      | 7                | 30:27.6     | 19.7        | 0:36.0      | 12         | 30:30.7            | 9:50        | 1:16:25.1   |
| 11           | 80             | Jeff Khaled      | 133           | 43         | 8                | 12:15.5     | 43:45       | 2:07.8      | 10               | 33:28.9     | 17.9        | 1:16.2      | 11         | 30:26.9            | 9:49        | 1:19:35.3   |
| 12           | 93             | Jason King       | 135           | 42         | 6                | 11:45.0     | 41:58       | 1:41.2      | 12               | 34:59.7     | 17.2        | 1:03.7      | 13         | 33:12.3            | 10:43       | 1:22:41.9   |
| 13           | 98             | John Marchand    | 154           | 44         | 13               | 13:45.3     | 49:06       | 2:39.9      | 13               | 35:00.0     | 17.1        | 0:32.2      | 14         | 33:56.8            | 10:57       | 1:25:54.2   |
| 14           | 112            | Brian Hannigan   | 105           | 40         | 15               | 17:16.5     | 61:40       | 3:19.1      | 14               | 42:23.9     | 14.2        | 1:05.6      | 9          | 26:24.7            | 8:31        | 1:30:29.8   |
| 15           | 128            | Jeff Allred      | 8             | 43         | 14               | 14:59.5     | 53:31       | 5:22.0      | 15               | 45:36.6     | 13.2        | 1:26.9      | 15         | 37:07.3            | 11:58       | 1:44:32.3   |

#### Female 45 to 49

| Place        |                |                    |               |            | ----- Swim ----- |             | Tran 1      |             | ----- Bike ----- |             |             | Tran 2      |            | ----- Finish ----- |             | 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            | 43             | Kim Houtkooper     | 120           | 46         | 2                | 11:52.8     | 42:23       | 1:26.8      | 1                | 31:59.1     | 18.8        | 0:57.2      | 1          | 23:40.1            | 7:38        | 1:09:56.0   |
| 2            | 85             | Michelle Blair     | 28            | 46         | 1                | 11:33.6     | 41:15       | 1:47.6      | 3                | 36:19.4     | 16.5        | 1:04.8      | 3          | 29:21.7            | 9:28        | 1:20:07.1   |
| 3            | 91             | Cathie Magill      | 151           | 48         | 5                | 13:21.6     | 47:41       | 3:00.5      | 4                | 37:47.7     | 15.9        | 2:00.9      | 2          | 26:23.5            | 8:31        | 1:22:34.2   |
| 4            | 100            | Marti Veld         | 235           | 45         | 6                | 16:12.1     | 57:51       | 2:44.8      | 2                | 36:04.5     | 16.6        | 1:30.4      | 4          | 30:15.2            | 9:45        | 1:26:47.0   |
| 5            | 108            | Katharine Boudeman | 31            | 45         | 4                | 13:14.5     | 47:16       | 1:30.5      | 5                | 41:30.9     | 14.5        | 0:34.3      | 5          | 32:23.0            | 10:27       | 1:29:13.2   |
| 6            | 122            | Carolyn Kreiger    | 260           | 46         | 3                | 12:18.7     | 43:56       | 2:43.2      | 6                | 41:38.4     | 14.4        | 1:46.0      | 6          | 41:09.7            | 13:16       | 1:39:36.0   |

Race Date  
June 28, 2014

# 2014 Gull Lake Triathlon

## Age Group Results

### Sprint Triathlon

#### Male 45 to 49

| Place |         |                  | ----- Swim ----- |     |     | Tran 1  | ----- Bike ----- |        |     | Tran 2  | ----- Finish ----- |        |     | Total   |       |           |
|-------|---------|------------------|------------------|-----|-----|---------|------------------|--------|-----|---------|--------------------|--------|-----|---------|-------|-----------|
| Place | Overall | Name             | Bib No           | Age | Rnk | Time    | Pace             | Time   | Rnk | Time    | Rate               | Time   | Rnk | Time    | Pace  | Time      |
| 1     | 4       | Geoff Scott      | 204              | 45  | 1   | 9:12.6  | 32:51            | 1:02.8 | 1   | 25:27.1 | 23.6               | 0:31.6 | 1   | 22:50.2 | 7:22  | 59:04.3   |
| 2     | 28      | Jeff Arnold      | 10               | 48  | 3   | 10:21.4 | 36:58            | 1:02.2 | 2   | 28:51.9 | 20.8               | 1:03.5 | 5   | 25:47.3 | 8:19  | 1:07:06.3 |
| 3     | 29      | Kenneth Stoepker | 217              | 48  | 2   | 10:16.9 | 36:40            | 1:39.8 | 3   | 30:15.2 | 19.8               | 0:46.8 | 3   | 24:09.2 | 7:47  | 1:07:07.9 |
| 4     | 58      | Michael Brown    | 40               | 45  | 8   | 12:21.8 | 44:06            | 1:36.9 | 7   | 34:48.8 | 17.2               | 1:09.5 | 2   | 23:22.5 | 7:32  | 1:13:19.5 |
| 5     | 65      | Kevin Hains      | 100              | 45  | 9   | 12:43.1 | 45:25            | 2:15.4 | 4   | 31:11.6 | 19.2               | 0:53.9 | 9   | 28:14.8 | 9:06  | 1:15:18.8 |
| 6     | 66      | Clint Hough      | 119              | 48  | 6   | 11:41.7 | 41:44            | 2:01.7 | 5   | 33:25.4 | 18.0               | 0:47.8 | 7   | 27:37.5 | 8:55  | 1:15:34.1 |
| 7     | 68      | Bret Wieman      | 244              | 46  | 7   | 12:02.7 | 42:59            | 2:23.8 | 6   | 33:30.0 | 17.9               | 1:20.8 | 6   | 26:43.6 | 8:37  | 1:16:00.9 |
| 8     | 73      | Michael Kuiper   | 139              | 49  | 11  | 13:16.5 | 47:23            | 2:34.5 | 8   | 35:14.9 | 17.0               | 0:54.9 | 4   | 24:48.3 | 8:00  | 1:16:49.1 |
| 9     | 75      | David Haggerty   | 254              | 47  | 4   | 10:26.0 | 37:16            | 1:24.1 | 10  | 37:46.4 | 15.9               | 1:03.3 | 8   | 27:39.4 | 8:55  | 1:18:19.2 |
| 10    | 99      | william moore    | 167              | 45  | 10  | 12:53.9 | 46:01            | 3:14.2 | 9   | 37:35.8 | 16.0               | 1:24.6 | 10  | 31:35.0 | 10:11 | 1:26:43.5 |
| 11    | 115     | PATRICK MCDONAGH | 160              | 47  | 5   | 11:34.3 | 41:19            | 2:59.6 | 11  | 39:46.4 | 15.1               | 0:27.3 | 11  | 37:19.9 | 12:02 | 1:32:07.5 |
| 12    | 123     | Bill Hall        | 101              | 46  | 12  | 15:03.6 | 53:45            | 4:06.3 | 12  | 41:22.6 | 14.5               | 1:25.8 | 13  | 38:26.8 | 12:24 | 1:40:25.1 |
| 13    | 126     | William Conine   | 52               | 47  | 13  | 15:08.2 | 54:03            | 2:59.6 | 13  | 44:14.7 | 13.6               | 1:37.5 | 12  | 37:44.0 | 12:10 | 1:41:44.0 |

#### Female 50 to 54

| Place |         |             | ----- Swim ----- |     |     | Tran 1  | ----- Bike ----- |        |     | Tran 2  | ----- Finish ----- |        |     | Total   |       |           |
|-------|---------|-------------|------------------|-----|-----|---------|------------------|--------|-----|---------|--------------------|--------|-----|---------|-------|-----------|
| Place | Overall | Name        | Bib No           | Age | Rnk | Time    | Pace             | Time   | Rnk | Time    | Rate               | Time   | Rnk | Time    | Pace  | Time      |
| 1     | 88      | Sarah King  | 134              | 52  | 2   | 16:05.7 | 57:26            | 1:13.9 | 1   | 35:28.8 | 16.9               | 1:08.2 | 1   | 27:12.6 | 8:46  | 1:21:09.2 |
| 2     | 118     | Tracy Baker | 13               | 50  | 1   | 15:39.6 | 55:54            | 1:47.3 | 2   | 40:31.6 | 14.8               | 1:45.0 | 2   | 35:06.9 | 11:19 | 1:34:50.4 |

#### Male 50 to 54

| Place |         |      | ----- Swim ----- |     |     | Tran 1 | ----- Bike ----- |      |     | Tran 2 | ----- Finish ----- |      |     | Total |      |      |
|-------|---------|------|------------------|-----|-----|--------|------------------|------|-----|--------|--------------------|------|-----|-------|------|------|
| Place | Overall | Name | Bib No           | Age | Rnk | Time   | Pace             | Time | Rnk | Time   | Rate               | Time | Rnk | Time  | Pace | Time |



Race Date  
June 28, 2014

# 2014 Gull Lake Triathlon

## Age Group Results

### Sprint Triathlon

#### Male 50 to 54

| Place |         |                  | ----- Swim ----- |     |     | Tran 1  | ----- Bike ----- |        |     | Tran 2  | ----- Flnish ----- |        |     | Total   |       |           |
|-------|---------|------------------|------------------|-----|-----|---------|------------------|--------|-----|---------|--------------------|--------|-----|---------|-------|-----------|
| Place | Overall | Name             | Bib No           | Age | Rnk | Time    | Pace             | Time   | Rnk | Time    | Rate               | Time   | Rnk | Time    | Pace  | Time      |
| 1     | 10      | Paul Bushnell    | 44               | 53  | 2   | 10:19.5 | 36:51            | 1:13.6 | 1   | 27:52.4 | 21.5               | 0:45.7 | 1   | 22:26.5 | 7:14  | 1:02:37.7 |
| 2     | 38      | David Neely      | 173              | 50  | 5   | 11:22.1 | 40:36            | 1:18.4 | 2   | 29:56.1 | 20.0               | 1:21.7 | 2   | 24:38.2 | 7:57  | 1:08:36.5 |
| 3     | 44      | Kenneth Woolf    | 248              | 53  | 1   | 9:57.8  | 35:32            | 1:51.7 | 3   | 32:14.2 | 18.6               | 1:12.8 | 3   | 24:46.6 | 7:59  | 1:10:03.1 |
| 4     | 61      | Thomas Lundquist | 147              | 51  | 3   | 10:58.6 | 39:10            | 2:02.0 | 5   | 34:29.3 | 17.4               | 1:06.9 | 4   | 25:15.5 | 8:09  | 1:13:52.3 |
| 5     | 82      | Lanny Potts      | 187              | 52  | 4   | 11:19.7 | 40:25            | 1:47.5 | 4   | 32:35.4 | 18.4               | 1:33.2 | 6   | 32:40.6 | 10:32 | 1:19:56.4 |
| 6     | 87      | David Danko      | 62               | 50  | 6   | 11:59.7 | 42:48            | 1:56.3 | 6   | 37:07.7 | 16.2               | 1:39.6 | 5   | 28:22.4 | 9:09  | 1:21:05.7 |

#### Female 55 to 59

| Place |         |                    | ----- Swim ----- |     |     | Tran 1  | ----- Bike ----- |        |     | Tran 2  | ----- Flnish ----- |        |     | Total   |       |           |
|-------|---------|--------------------|------------------|-----|-----|---------|------------------|--------|-----|---------|--------------------|--------|-----|---------|-------|-----------|
| Place | Overall | Name               | Bib No           | Age | Rnk | Time    | Pace             | Time   | Rnk | Time    | Rate               | Time   | Rnk | Time    | Pace  | Time      |
| 1     | 54      | kathy farrow       | 76               | 57  | 1   | 10:07.5 | 36:08            | 1:34.6 | 1   | 34:25.0 | 17.4               | 0:59.5 | 1   | 25:36.5 | 8:15  | 1:12:43.1 |
| 2     | 92      | Jane McDonagh      | 159              | 56  | 3   | 13:06.4 | 46:47            | 1:39.8 | 3   | 36:54.5 | 16.3               | 0:56.2 | 3   | 30:02.3 | 9:41  | 1:22:39.2 |
| 3     | 96      | Rita Syfert        | 221              | 55  | 7   | 15:36.4 | 55:43            | 1:16.9 | 2   | 35:53.2 | 16.7               | 1:10.9 | 5   | 30:40.1 | 9:54  | 1:24:37.5 |
| 4     | 104     | Kathryn Sellers    | 207              | 58  | 4   | 13:18.9 | 47:30            | 3:19.2 | 5   | 38:37.8 | 15.5               | 2:27.9 | 4   | 30:22.8 | 9:48  | 1:28:06.6 |
| 5     | 110     | Carole Stevens     | 214              | 55  | 6   | 14:42.3 | 52:30            | 3:12.6 | 7   | 41:22.3 | 14.5               | 0:36.2 | 2   | 29:40.4 | 9:34  | 1:29:33.8 |
| 6     | 117     | Jackie McClelland  | 158              | 57  | 2   | 12:41.2 | 45:18            | 2:11.1 | 6   | 39:47.7 | 15.1               | 1:59.2 | 6   | 36:57.2 | 11:55 | 1:33:36.4 |
| 7     | 119     | Carey Schoolmaster | 201              | 56  | 5   | 13:50.2 | 49:24            | 2:40.0 | 4   | 38:18.6 | 15.7               | 2:20.5 | 7   | 37:59.0 | 12:15 | 1:35:08.3 |

#### Male 55 to 59

| Place |         |                | ----- Swim ----- |     |     | Tran 1  | ----- Bike ----- |        |     | Tran 2  | ----- Flnish ----- |        |     | Total   |      |           |
|-------|---------|----------------|------------------|-----|-----|---------|------------------|--------|-----|---------|--------------------|--------|-----|---------|------|-----------|
| Place | Overall | Name           | Bib No           | Age | Rnk | Time    | Pace             | Time   | Rnk | Time    | Rate               | Time   | Rnk | Time    | Pace | Time      |
| 1     | 9       | timothy Farrow | 77               | 57  | 1   | 9:45.3  | 34:49            | 1:46.3 | 1   | 28:44.6 | 20.9               | 0:40.0 | 1   | 21:30.3 | 6:56 | 1:02:26.5 |
| 2     | 36      | brent slezak   | 209              | 59  | 3   | 12:06.9 | 43:13            | 1:31.3 | 4   | 31:21.9 | 19.1               | 0:46.1 | 2   | 22:27.7 | 7:15 | 1:08:13.9 |

Race Date  
June 28, 2014

2014 Gull Lake Triathlon  
Age Group Results  
Sprint Triathlon

Male 55 to 59

| Place        |                |               | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Finish ----- |             |            | 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> |
| 3            | 45             | luis santos   | 197              | 57         | 2          | 11:35.2     | 41:22            | 2:24.9      | 3          | 30:42.8     | 19.5               | 1:13.0      | 3          | 24:34.1     | 7:55        | 1:10:30.0   |
| 4            | 47             | Paul Raynes   | 189              | 57         | 5          | 13:26.9     | 47:59            | 1:15.6      | 2          | 30:02.3     | 20.0               | 1:04.2      | 4          | 25:30.7     | 8:14        | 1:11:19.7   |
| 5            | 71             | Steve Darrell | 63               | 56         | 4          | 12:25.1     | 44:21            | 2:06.3      | 5          | 34:59.3     | 17.2               | 1:09.8      | 5          | 25:56.5     | 8:22        | 1:16:37.0   |

Female 60 to 64

| Place        |                |                    | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Finish ----- |             |            | 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            | 124            | Patricia Bellgraph | 23               | 60         | 1          | 15:01.2     | 53:38            | 3:44.9      | 1          | 42:09.0     | 14.2               | 2:40.1      | 1          | 37:48.5     | 12:12       | 1:41:23.7   |

Male 60 to 64

| Place        |                |             | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Finish ----- |             |            | 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            | 48             | C.J. Basler | 20               | 60         | 1          | 9:47.6      | 34:56            | 2:23.9      | 1          | 32:23.1     | 18.5               | 1:53.2      | 1          | 24:58.3     | 8:03        | 1:11:26.1   |

Female 65 to 69

| Place        |                |             | ----- Swim ----- |            |            | Tran 1      | ----- Bike ----- |             |            | Tran 2      | ----- Finish ----- |             |            | 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            | 131            | Rita LaReau | 142              | 66         | 1          | 20:55.5     | 74:42            | 2:45.6      | 1          | 54:21.7     | 11.0               | 1:05.2      | 1          | 38:25.6     | 12:24       | 1:57:33.6   |

Race Date  
June 28, 2014

2014 Gull Lake Triathlon  
Age Group Results  
Sprint Triathlon

Male 65 to 69

| Place        |                |                |               |            | ----- Swim ----- |             | Tran 1      |             | ----- Bike ----- |             |             | Tran 2      |            | ----- Finish ----- |             | 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            | 33             | Terry Hutchins | 122           | 66         | 1                | 11:39.0     | 41:36       | 1:51.5      | 1                | 30:35.2     | 19.6        | 0:22.1      | 1          | 23:13.8            | 7:29        | 1:07:41.6   |
| 2            | 76             | Ross Biggs     | 27            | 67         | 5                | 16:30.0     | 58:56       | 1:03.7      | 2                | 30:40.3     | 19.6        | 1:18.0      | 3          | 29:10.9            | 9:25        | 1:18:42.9   |
| 3            | 78             | Jim Hornbacher | 118           | 65         | 4                | 15:29.9     | 55:18       | 1:42.0      | 3                | 31:12.5     | 19.2        | 1:23.4      | 2          | 29:09.9            | 9:24        | 1:18:57.7   |
| 4            | 109            | Bob Cook       | 53            | 66         | 2                | 14:50.4     | 52:59       | 2:39.6      | 4                | 38:46.4     | 15.5        | 1:48.2      | 4          | 31:19.9            | 10:06       | 1:29:24.5   |
| 5            | 116            | Allan LaReau   | 143           | 66         | 3                | 15:01.3     | 53:38       | 1:52.5      | 5                | 42:21.3     | 14.2        | 0:45.1      | 5          | 33:10.2            | 10:42       | 1:33:10.4   |

Male 70 and over

| Place        |                |               |               |            | ----- Swim ----- |             | Tran 1      |             | ----- Bike ----- |             |             | Tran 2      |            | ----- Finish ----- |             | 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            | 102            | John Millmier | 165           | 71         | 1                | 22:51.5     | 81:36       | 1:44.4      | 1                | 31:28.0     | 19.1        | 1:57.3      | 1          | 29:22.0            | 9:28        | 1:27:23.2   |