

Race Date
May 10, 2014

2014 Lake Central 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>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	13	Samantha Sutherland	311	41	1	7:54.5		0:49.3	1	35:27.0	19.3	0:23.7	1	22:18.2	8:35	1:06:52.7

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>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	1	Ralph Nurse	359	37	1	7:40.9		0:56.9	1	29:33.5	23.1	0:28.8	1	17:18.6	6:39	55:58.7

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Female 20 to 29

Place		Name	Bib No	Age	Swim		Tran 1 Time	Bike		Tran 2 Time	Run		Total Time		
Place	Overall				Rnk	Time		Pace	Rnk		Time	Rate		Rnk	Time
1	21	Tiana Jungels	322	28	1	7:44.2	1:46.2	1	37:39.3	18.2	0:39.7	1	23:00.6	8:51	1:10:50.0
2	36	Kathryn Beck	321	25	2	9:15.6	1:40.1	2	40:20.1	17.0	1:37.1	2	27:05.7	10:25	1:19:58.6

Male 20 to 29

Place		Name	Bib No	Age	Swim		Tran 1 Time	Bike		Tran 2 Time	Run		Total Time		
Place	Overall				Rnk	Time		Pace	Rnk		Time	Rate		Rnk	Time
1	6	Zack Bryan	333	24	2	7:29.3	0:51.1	1	33:59.3	20.1	0:23.0	1	19:30.7	7:30	1:02:13.4
2	18	Casey Martin	371	20	3	8:35.9	0:58.3	2	37:11.4	18.4	0:26.2	2	22:32.5	8:40	1:09:44.3
3	19	Troy Pawlak	301	25	1	5:52.6	2:16.7	3	37:49.2	18.1	0:44.2	3	23:33.2	9:03	1:10:15.9

Female 30 to 39

Place		Name	Bib No	Age	Swim		Tran 1 Time	Bike		Tran 2 Time	Run		Total Time		
Place	Overall				Rnk	Time		Pace	Rnk		Time	Rate		Rnk	Time
1	47	Missy DiDonato	343	38	1	9:32.7	3:54.7	4	45:42.4	15.0	0:40.5	2	27:44.9	10:40	1:27:35.2
2	48	Dawn Bell	356	39	3	10:12.7	3:06.8	2	44:45.2	15.3	2:30.0	3	27:48.2	10:42	1:28:22.9
3	50	Jerilynn Kalwasinski	331	37	4	10:35.6	2:17.0	3	45:20.0	15.1	0:46.2	5	30:49.7	11:51	1:29:48.5
4	51	Jennifer Scanland	335	38	2	9:38.0	2:10.4	1	41:27.3	16.5	0:53.0	7	36:03.8	13:52	1:30:12.5
5	60	Monica Loubriel	345	38	6	13:20.2	3:04.5	6	50:36.5	13.5	1:12.2	4	29:07.6	11:12	1:37:21.0
6	62	Kelly Kras	346	39	5	10:40.8	4:56.8	7	55:15.1	12.4	2:16.7	1	26:09.8	10:03	1:39:19.2
7	66	Nakea Barksdale	368	38	7	16:16.7	3:09.3	5	50:06.0	13.7	1:04.2	6	30:51.6	11:52	1:41:27.8

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Male 30 to 39

Place		Name	Bib No	Age	Swim		Tran 1		Bike		Tran 2		Run		Total	
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	2	John Polomchak	317	32	3	6:20.3		1:56.2	3	31:36.2	21.6	0:31.8	1	17:45.7	6:50	58:10.2
2	3	David Bilek	312	30	8	7:32.0		1:09.3	2	30:23.3	22.5	0:42.6	3	18:37.6	7:10	58:24.8
3	4	Jeff Moscinski	313	31	4	6:38.5		1:38.6	4	32:04.9	21.3	0:30.0	2	18:05.5	6:57	58:57.5
4	5	michael killeen	328	38	6	7:24.4		1:01.7	1	30:06.4	22.7	0:56.0	5	20:01.3	7:42	59:29.8
5	11	PATRICK MANRIQUE	315	36	5	6:51.2		2:05.1	6	34:41.9	19.7	1:02.1	9	22:00.2	8:28	1:06:40.5
6	12	Bill Dickinson	319	37	10	8:40.8		1:01.6	5	34:40.5	19.7	0:44.7	8	21:33.0	8:17	1:06:40.6
7	16	John DiDonato	326	38	9	7:49.2		2:06.8	7	37:04.1	18.5	1:26.3	7	20:51.3	8:01	1:09:17.7
8	17	Mike Gillette	306	38	2	6:12.9		2:07.8	8	38:22.9	17.8	0:46.8	10	22:06.1	8:30	1:09:36.5
9	23	Kevin Wallace	329	39	7	7:29.4		3:18.0	10	39:51.9	17.2	0:43.7	6	20:21.9	7:50	1:11:44.9
10	24	Zac Sartori	340	32	11	10:27.2		2:49.8	11	40:40.1	16.8	0:26.1	4	18:49.7	7:14	1:13:12.9
11	30	Peter Rokosz	304	33	1	5:47.4		1:33.3	12	41:03.9	16.7	0:24.8	12	27:44.3	10:40	1:16:33.7
12	37	Jonathan Lewis	363	32	12	11:44.3		3:22.7	9	38:35.6	17.7	1:55.3	11	24:31.6	9:26	1:20:09.5
13	58	Will Loubriel	347	34	13	13:35.5		2:38.3	13	48:21.4	14.1	0:41.9	13	30:35.5	11:46	1:35:52.6

Female 40 to 49

Place		Name	Bib No	Age	Swim		Tran 1		Bike		Tran 2		Run		Total	
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	29	Alicia Hardesty	320	40	2	7:53.9		1:39.8	3	41:54.5	16.3	0:26.1	2	24:20.6	9:22	1:16:14.9
2	38	Kimberly Hurley	314	49	1	7:46.2		1:45.8	2	39:49.5	17.2	1:20.4	8	30:32.4	11:45	1:21:14.3
3	40	Liz Futch	332	48	6	9:23.1		2:11.0	4	44:19.3	15.4	1:03.4	3	25:28.5	9:48	1:22:25.3
4	41	Jennifer Dobowolski	351	41	7	11:02.0		2:11.7	5	45:38.5	15.0	0:36.5	1	24:07.3	9:17	1:23:36.0
5	44	Sylvia Lafitte	348	47	8	11:51.3		1:56.1	6	46:26.7	14.7	0:18.2	4	26:08.3	10:03	1:26:40.6
6	45	Jeanette Reed	370	41	5	9:06.8		1:37.3	1	39:47.2	17.2	1:39.8	9	34:39.9	13:20	1:26:51.0
7	53	Maria Tapia	352	44	9	12:46.6		2:12.4	7	46:32.9	14.7	0:58.6	6	29:36.6	11:23	1:32:07.1
8	54	Tracy Lee	354	40	4	9:00.7		2:41.5	8	50:31.5	13.5	0:44.0	7	30:12.1	11:37	1:33:09.8

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Female 40 to 49

Place		Name	Bib No	Age	----- Swim -----		Tran 1	----- Bike -----			Tran 2	----- Run -----		Total	
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		Time
9	61	Jane Norman	323	49	3	8:58.4	5:06.9	9	50:54.2	13.4	3:06.7	5	29:26.7	11:19	1:37:32.9

Male 40 to 49

Place		Name	Bib No	Age	----- Swim -----		Tran 1	----- Bike -----			Tran 2	----- Run -----		Total	
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		Time
1	8	Jason Buxbaum	357	43	9	9:50.6	2:00.0	1	30:04.7	22.7	0:41.6	1	20:25.8	7:51	1:03:02.7
2	10	Kevin Baker	305	44	1	6:15.8	1:33.6	4	35:11.3	19.4	0:54.6	3	21:17.5	8:11	1:05:12.8
3	14	Danny Gronendyke	369	45	3	7:42.4	2:50.4	2	33:55.3	20.2	1:27.8	4	22:15.6	8:33	1:08:11.5
4	20	Sean Conley	362	44	2	7:12.1	1:56.9	5	35:29.3	19.3	0:58.4	7	24:46.0	9:32	1:10:22.7
5	26	Mike Martin	372	47	8	9:45.6	1:25.2	8	38:49.7	17.6	1:04.2	5	22:53.2	8:48	1:13:57.9
6	28	David Cullom	338	46	7	9:25.9	1:59.2	6	36:12.9	18.9	1:36.2	8	26:03.1	10:01	1:15:17.3
7	33	Erwin McKone	360	44	13	12:03.8	2:50.2	7	37:42.9	18.1	1:26.0	6	24:15.0	9:20	1:18:17.9
8	34	Arlen Salley	330	43	4	7:48.7	2:02.8	3	34:50.7	19.6	1:57.8	12	31:42.4	12:12	1:18:22.4
9	35	Joseph Dudy	341	44	6	9:20.2	3:12.2	11	44:10.6	15.5	1:23.5	2	21:04.9	8:06	1:19:11.4
10	42	Steve Poole	353	42	5	8:31.0	3:16.5	9	40:18.5	17.0	0:52.5	11	30:40.4	11:48	1:23:38.9
11	43	Nathan Burleson	358	43	11	10:17.6	2:54.1	10	42:45.4	16.0	1:25.6	10	26:52.9	10:20	1:24:15.6
12	46	Scott Bell	342	49	12	11:26.1	2:35.4	12	45:05.3	15.2	1:26.1	9	26:19.0	10:07	1:26:51.9
13	55	Jacques Hawkins	318	43	10	10:15.9	2:26.2	13	47:21.1	14.4	0:55.1	13	33:50.1	13:01	1:34:48.4

Female 50 and over

Place		Name	Bib No	Age	----- Swim -----		Tran 1	----- Bike -----			Tran 2	----- Run -----		Total	
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		Time
1	31	Linda Vivona	325	56	1	8:21.7	2:22.6	1	37:02.7	18.5	1:05.1	3	28:03.9	10:47	1:16:56.0

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Female 50 and over

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
2	32	Jayne Willis	327	50	2	8:23.7		2:45.3	2	40:06.2	17.1	1:21.7	1	25:17.8	9:43	1:17:54.7
3	39	Lorie Lohse	316	53	5	8:57.9		1:23.2	3	41:25.7	16.5	0:43.8	4	29:06.2	11:12	1:21:36.8
4	57	Joyce Stedt	361	57	7	11:01.4		3:06.3	5	51:16.9	13.3	2:00.5	2	27:40.8	10:38	1:35:05.9
5	59	Ann Robertson	324	54	4	8:42.7		5:04.7	4	50:55.1	13.4	3:05.4	5	29:20.9	11:17	1:37:08.8
6	64	Kim Mettache	349	50	3	8:35.3		3:27.0	6	53:02.4	12.9	0:26.8	7	34:25.0	13:14	1:39:56.5
7	65	Jeanne Kinner	373	52	6	10:49.2		3:06.9	7	53:40.9	12.7	0:43.7	6	32:10.4	12:22	1:40:31.1

Male 50 and over

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	7	Stephen Gabrys	303	51	1	6:32.3		0:55.8	2	31:32.3	21.7	0:38.5	4	22:55.9	8:49	1:02:34.8
2	9	Ed Schuster	339	54	4	8:21.0		1:55.5	1	31:25.7	21.8	1:05.6	3	21:29.0	8:16	1:04:16.8
3	15	Joseph Daniele	334	53	2	7:42.4		2:12.7	4	37:07.8	18.4	1:17.7	2	20:14.6	7:47	1:08:35.2
4	22	Ron Bocian	344	55	7	9:59.4		2:19.6	5	38:14.5	17.9	0:55.9	1	19:21.8	7:27	1:10:51.2
5	25	Richard Ach	307	52	5	9:04.8		2:02.5	3	35:14.7	19.4	1:43.1	7	25:17.0	9:43	1:13:22.1
6	27	Steve Krause	336	53	3	7:52.1		2:01.1	6	41:10.9	16.6	0:35.5	5	23:05.5	8:53	1:14:45.1
7	49	Garcia Bill	350	53	10	14:24.7		3:48.9	9	44:31.6	15.4	1:19.8	6	25:01.5	9:37	1:29:06.5
8	52	Glenn Benjamin	337	59	9	10:47.4		3:21.7	7	42:13.7	16.2	1:30.5	9	32:41.0	12:34	1:30:34.3
9	56	Andrew Stedt	374	52	6	9:32.0		4:16.8	10	51:21.7	13.3	1:58.2	8	27:42.1	10:39	1:34:50.8
10	63	Anthony Ballay	309	58	8	10:43.1		3:39.4	8	44:13.6	15.5	1:30.9	10	39:46.2	15:18	1:39:53.2