

Race Date  
May 17, 2015

2015 Silver Lake Duathlon  
Age Group Results

**Open**

Female Open Winners

Place					Run 1			T-1			Bike			T-2			Run 2			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	4	Janelle Renschler	375	39	1	22:19.2	7:26	1	0:30.8		1	33:39.8	21.4	1	0:31.3		1	24:16.6	8:05	1:21:17.7

Male Open Winners

Place					Run 1			T-1			Bike			T-2			Run 2			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Chris Kunst	326	37	1	21:39.6	7:13	1	0:27.2		1	30:31.3	23.6	1	0:24.4		1	22:27.6	7:29	1:15:30.1

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Male 1 to 14

Place				Run 1			T-1			Bike			T-2			Run 2			Total	
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	32	Colin Flanagan	313	14	1	25:41.5	8:34	1	0:46.8		1	52:10.2	13.8	1	0:35.0		1	29:54.2	9:58	1:49:07.7

Female 15 to 18

Place				Run 1			T-1			Bike			T-2			Run 2			Total	
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	16	Kara Seffernick	344	16	1	22:50.6	7:37	2	1:12.9		1	41:59.2	17.1	1	0:32.0		1	26:19.1	8:46	1:32:53.8

Male 15 to 18

Place				Run 1			T-1			Bike			T-2			Run 2			Total	
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	2	Daniel Goodman	320	18	1	18:50.4	6:17	1	0:19.1		1	38:23.9	18.8	1	0:13.4		1	19:05.2	6:22	1:16:52.0
2	24	Jack Jones	325	16	2	20:53.9	6:58	2	1:17.8		3	51:09.1	14.1	3	0:48.6		2	24:03.6	8:01	1:38:13.0
3	35	Adam Marimen	377	15	3	29:53.2	9:58	3	1:20.3		2	49:26.4	14.6	2	0:41.4		3	29:30.9	9:50	1:50:52.2

Female 25 to 29

Place				Run 1			T-1			Bike			T-2			Run 2			Total	
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	27	Elissa Martin	332	26	1	27:36.6	9:12	1	0:48.3		1	44:09.1	16.3	1	0:43.3		1	29:32.7	9:51	1:42:50.0

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Male 25 to 29

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	8	Simon Meska	334	25	1	22:12.7	7:24	1	0:46.3		1	35:52.2	20.1	1	0:30.5		1	25:03.2	8:21	1:24:24.9

Female 30 to 34

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	30	Danielle Gainer	316	31	1	27:53.6	9:18	1	1:14.8		1	42:42.0	16.9	2	1:18.3		1	34:22.9	11:27	1:47:31.6
2	50	Amy Ladd	328	34	2	39:38.3	13:13	2	1:37.1		2	49:22.2	14.6	1	1:17.1		2	44:58.4	14:59	2:16:53.1

Male 30 to 34

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	6	Graham Polando	338	32	1	21:51.4	7:17	3	1:20.2		1	36:25.6	19.8	3	0:50.0		1	22:11.3	7:24	1:22:38.5
2	12	Brian Wawok	346	33	2	24:13.6	8:04	1	0:54.6		2	37:12.7	19.4	1	0:38.8		2	24:22.6	8:07	1:27:22.3
3	45	Casey Phelan	336	34	3	30:48.7	10:16	2	1:04.3		3	51:33.3	14.0	2	0:43.8		3	36:55.5	12:18	2:01:05.6

Female 35 to 39

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	22	Jennifer Kwiecinski	380	38	1	26:55.3	8:58	3	1:04.4		1	39:06.3	18.4	7	1:28.2		1	27:30.3	9:10	1:36:04.5
2	25	Melissa Kunst	327	39	3	27:19.6	9:06	4	1:07.0		3	43:55.5	16.4	1	0:58.4		2	28:28.2	9:29	1:41:48.7
3	26	Michelle Beastall	303	39	4	27:55.1	9:18	1	1:01.0		2	43:03.2	16.7	4	1:08.0		3	29:27.6	9:49	1:42:34.9

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Male 35 to 39

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	3	Scott Flanagan	314	38	1	21:34.2	7:11	2	0:33.0		1	34:28.4	20.9	1	0:27.0		1	22:10.3	7:23	1:19:12.9
2	7	Lorenzo Favela Jr.	311	38	2	22:10.4	7:23	3	0:39.9		2	36:42.4	19.6	2	0:36.4		2	23:41.8	7:54	1:23:50.9
3	10	Bill Dickinson	309	38	4	23:54.8	7:58	1	0:27.2		3	37:15.8	19.3	3	0:36.8		4	24:17.9	8:06	1:26:32.5

Female 40 to 44

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	48	Wendy Pickering	337	43	1	36:33.8	12:11	1	1:17.3		1	48:37.2	14.8	1	1:13.4		1	37:03.8	12:21	2:04:45.5

Male 40 to 44

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	33	Todd DeVries	308	43	2	29:07.8	9:42	3	1:35.7		1	43:22.6	16.6	3	1:25.3		2	33:40.0	11:13	1:49:11.4
2	36	Michael Sutter	373	44	1	25:14.2	8:25	1	0:24.7		3	56:45.3	12.7	2	0:41.9		1	28:27.0	9:29	1:51:33.1
3	41	Adam Merimen	376	44	3	30:45.2	10:15	2	0:41.1		2	49:13.8	14.6	1	0:41.0		3	36:08.4	12:03	1:57:29.5

Female 45 to 49

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	5	Kimberly Gialdini	317	46	1	22:22.1	7:27	1	0:53.8		1	34:16.9	21.0	1	0:50.7		1	23:43.9	7:54	1:22:07.4
2	31	Michele LeClercq	330	48	2	28:55.6	9:38	2	1:30.3		2	45:13.2	15.9	2	0:56.5		2	32:13.7	10:44	1:48:49.3

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Male 45 to 49

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	9	Kristopher Moody	335	47	1	23:00.1	7:40	1	0:24.6		1	34:55.6	20.6	1	0:18.1		1	26:10.3	8:43	1:24:48.7
2	15	Robert Alt	301	47	2	23:45.6	7:55	2	0:43.4		3	39:12.5	18.4	2	0:45.5		3	27:00.2	9:00	1:31:27.2
3	17	Kevin Morgan	379	47	3	25:10.8	8:23	5	1:30.6		2	37:34.0	19.2	5	1:29.6		4	27:50.9	9:17	1:33:35.9

Female 50 to 54

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	47	ginger schander	343	51	1	33:33.6	11:11	1	0:44.6		1	54:36.3	13.2	1	0:43.4		1	34:17.3	11:26	2:03:55.2

Male 50 to 54

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	23	Kirk Martin	381	50	1	25:11.7	8:24	2	0:53.1		1	39:05.3	18.4	3	0:48.5		2	30:08.4	10:03	1:36:07.0
2	29	Bob Rutherford	342	54	2	28:11.5	9:24	3	1:04.2		3	45:50.4	15.7	2	0:44.1		1	29:05.7	9:42	1:44:55.9
3	34	Andrew Boyd	305	51	3	31:29.2	10:30	1	0:51.7		2	45:03.7	16.0	1	0:35.5		3	32:12.0	10:44	1:50:12.1

Female 55 to 59

Place			Run 1					T-1			Bike			T-2			Run 2			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Rate	Rnk	Time	Pace	Time
1	49	teri stockstill	345	56	1	31:45.8	10:35	1	1:18.8		1	55:20.7	13.0	1	1:29.2		1	34:56.5	11:39	2:04:51.0

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Male 55 to 59

Place					----- Run 1 -----		----- T-1 -----				----- Bike -----		----- T-2 -----				----- Run 2 -----		----- Total -----	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	11	Bob Hammond	321	57	2	24:16.1	8:05	4	1:07.7		1	36:21.3	19.8	3	0:46.6		1	24:18.7	8:06	1:26:50.4
2	14	Nicholas Goetz	319	59	1	23:50.1	7:57	1	0:51.4		2	38:25.4	18.7	1	0:34.6		2	26:33.8	8:51	1:30:15.3
3	39	Scott Lower	331	57	3	30:25.2	10:08	2	0:55.5		4	50:19.7	14.3	2	0:38.4		3	32:55.5	10:58	1:55:14.3

Male 60 to 64

Place					----- Run 1 -----		----- T-1 -----				----- Bike -----		----- T-2 -----				----- Run 2 -----		----- Total -----	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	18	Ron Bendiks	378	61	1	26:40.2	8:53	1	1:00.2		1	37:13.4	19.3	1	1:01.9		1	28:07.3	9:22	1:34:03.0