

2016 3 for 3 Triathlon

Overall Results**Adult Swim**

Place	Name	Bib	Age	Swim		Trans 1		Bike		Trans 2		Run		Total Time				
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk		Time	Pace		
1	Greg Howard	603	34	8	3:44.7		9	0:55.7	1	24:15.3	24.7	7	0:29.8	3	17:30.7	7:00	46:56.2	
2	Andrew Oberlie	600	15	1	2:51.0		5	0:46.4	2	24:37.9	24.4	25	0:48.5	9	19:20.5	7:44	48:24.3	
3	Heather Schuh	547	40	15	4:29.3		1	0:32.1	3	24:53.9	24.1	9	0:30.7	6	18:41.7	7:28	49:07.7	
4	Paul Cannon	497	19	5	3:42.4		12	1:10.1	14	28:54.5	20.8	5	0:29.2	1	16:35.4	6:38	50:51.6	
5	Brendan Galloway	508	21	3	3:29.5		16	1:35.3	13	28:39.7	20.9	4	0:28.4	2	16:44.0	6:42	50:56.9	
6	Tamara Shuler	549	55	17	4:33.9		4	0:45.9	6	26:38.2	22.5	35	1:01.3	7	18:48.2	7:31	51:47.5	
7	Christine Pajewski	538	24	6	3:43.2		2	0:35.2	4	25:56.4	23.1	32	0:56.9	13	21:12.0	8:29	52:23.7	
8	Mandy Wallick	561	30	20	4:36.0		11	1:04.6	9	27:00.8	22.2	22	0:44.3	8	19:03.5	7:37	52:29.2	
9	Jason Whitmer	563	39	10	4:16.2		8	0:54.1	5	26:38.1	22.5	1	0:22.3	11	20:51.2	8:20	53:01.9	
10	Mike Schumacher	548	38	4	3:32.2		6	0:49.5	7	26:43.4	22.5	12	0:35.1	31	24:39.5	9:52	56:19.7	
11	Matt Brach	494	18	49	6:16.9		29	1:53.7	18	29:26.8	20.4	29	0:52.1	5	18:24.7	7:22	56:54.2	
12	Mike Stephens	551	50	26	4:52.6		17	1:35.3	8	26:58.8	22.2	31	0:56.5	24	23:13.1	9:17	57:36.3	
13	John Hatfield	516	20	9	4:11.8		15	1:33.8	28	33:11.1	18.1	18	0:40.2	4	18:07.9	7:15	57:44.8	
14	Alyse Bruszewski	495	30	18	4:33.9		7	0:49.8	21	29:52.3	20.1	30	0:55.6	23	23:03.8	9:13	59:15.4	
15	Ryan Wallick	560	31	14	4:26.4		32	1:59.3	22	29:56.4	20.0	19	0:43.0	17	22:15.2	8:54	59:20.3	
16	Ryan Woodruff	564	39	35	5:33.2		3	0:42.4	23	30:00.0	20.0	2	0:22.8	27	23:52.1	9:33	1:00:30.5	
17	Edward Erickson	505	66	53	6:30.1		39	2:10.0	10	27:34.1	21.8	44	1:20.5	22	23:03.7	9:13	1:00:38.4	
18	Alisha Fransted	507	34	23	4:48.4		40	2:11.0	15	29:20.5	20.5	40	1:12.5	25	23:19.3	9:20	1:00:51.7	
19	Mike Gingerich	511	45	32	5:23.5		14	1:26.2	26	32:23.8	18.5	10	0:31.3	14	21:12.6	8:29	1:00:57.4	
20	Tim Kennedy	523	54	25	4:50.7		28	1:53.6	20	29:41.1	20.2	45	1:21.4	26	23:24.9	9:22	1:01:11.7	
21	Christopher Lawson-Rulli	524	31	13	4:20.0		35	2:02.3	16	29:21.6	20.4	41	1:12.6	29	24:15.8	9:42	1:01:12.3	
22	Robert Strebe	552	46	31	5:16.6		33	1:59.8	24	31:49.1	18.9	33	0:59.4	21	22:54.8	9:10	1:02:59.7	
23	Chris Price	602	31	28	5:01.0		27	1:53.5	11	28:08.7	21.3	47	1:28.2	41	26:34.9	10:38	1:03:06.3	
24	Meredith Coartney	498	39	46	6:03.0		23	1:46.9	12	28:15.2	21.2	50	1:37.7	37	25:49.9	10:20	1:03:32.7	
25	Diana Jones	521	51	40	5:52.2		20	1:39.9	19	29:37.6	20.3	46	1:22.6	35	25:10.4	10:04	1:03:42.7	
26	Benjamin Wdowik	562	18	30	5:09.5		42	2:14.8	40	35:53.2	16.7			12	20:53.8	8:21	1:04:11.3	
27	Katherine Lisoni	528	39	39	5:43.7			37:16.5					0:29.9	0:03	20	22:45.2	9:06	1:06:15.3
28	Lisa Nelson	535	36	59	7:18.2		48	2:41.9	29	33:22.6	18.0	13	0:36.1	18	22:21.2	8:56	1:06:20.0	
29	Amy Geyer	510	29	12	4:18.5		44	2:18.5	38	35:20.0	17.0	6	0:29.5	28	23:57.6	9:35	1:06:24.1	
30	Isaac Torres	557	48	55	6:40.3		25	1:50.2	34	34:32.5	17.4	53	1:52.7	19	22:38.1	9:03	1:07:33.8	
31	Sean Szuba	554	42	21	4:42.6		26	1:51.7	25	31:51.6	18.8	24	0:48.0	51	29:19.7	11:44	1:08:33.6	
32	Saulo Delgado	502	30	41	5:52.4		19	1:39.8	32	33:35.9	17.9	34	1:00.2	40	26:33.9	10:37	1:08:42.2	
33	Tara Lundy	529	37	33	5:27.7		13	1:25.2	37	35:10.4	17.1	20	0:43.8	38	26:12.8	10:29	1:08:59.9	

2016 3 for 3 Triathlon

Overall Results

Adult Swim

Place	Name	Bib	Age	Swim		Trans 1		Bike		Trans 2			Run		Total Time		
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time		Pace	Rnk
34	Colleen Dosch	503	19	48	6:09.6	53	2:58.9	47	39:58.1	15.0	3	0:26.9	10	19:47.0	7:55	1:09:20.5	
35	Ben Rudenga	545	33	22	4:45.5	61	4:34.7	30	33:24.8	18.0	59	2:17.8	32	24:46.0	9:54	1:09:48.8	
36	Danny Eggleston	504	39	44	5:55.2	18	1:37.4	27	32:54.0	18.2	38	1:09.8	48	28:39.6	11:28	1:10:16.0	
37	Kristi Rudenga	604	34	29	5:07.3	62	4:41.3	31	33:26.3	17.9	58	2:15.3	33	24:46.1	9:54	1:10:16.3	
38	Kathleen O'Brien	536	18	16	4:29.9	49	2:45.2	48	40:19.9	14.9	11	0:31.7	16	22:15.0	8:54	1:10:21.7	
39	Scott Taylor	555	50	47	6:04.9	43	2:16.7	33	34:09.9	17.6	16	0:39.3	47	28:30.9	11:24	1:11:41.7	
40	Fred Hemsath	517	73	63	14:48.0	10	0:59.3	17	29:22.4	20.4	54	1:53.7	36	25:14.2	10:06	1:12:17.6	
41	Brigid Esposito	506	38	56	6:42.9	54	3:00.0	43	37:52.4	15.8	21	0:43.8	30	24:29.7	9:48	1:12:48.8	
42	Chris Como	499	22	38	5:41.5		2:51.5					38:32.3	3:51	39	26:19.0	10:32	1:13:24.3
43	Arielle Schmitt	546	32	37	5:40.7	24	1:48.1	36	34:51.2	17.2	26	0:48.8	53	30:35.1	12:14	1:13:43.9	
44	Shamar Griffin	512	30	58	7:10.1	30	1:56.0	53	41:16.8	14.5	39	1:11.0	15	22:12.4	8:53	1:13:46.3	
45	Zoe Gatzimos	509	18	19	4:34.9	46	2:29.3	44	38:34.8	15.6	36	1:07.7	44	27:16.2	10:54	1:14:02.9	
46	Christopher Vandeveire	559	29	43	5:54.9	38	2:09.7	46	39:15.0	15.3	17	0:40.0	42	26:39.4	10:40	1:14:39.0	
47	Stacey Richez	542	42	36	5:34.8	57	3:45.1	39	35:26.8	16.9	57	2:13.6	49	28:46.9	11:30	1:15:47.2	
48	Sarah Mattingly	597	26	24	4:50.3	31	1:59.1	45	39:00.5	15.4			55	30:45.9	12:18	1:16:35.8	
49	Kasey Buckles	496	38	52	6:25.1	55	3:07.2	52	40:41.8	14.7	56	2:10.9	34	24:48.5	9:55	1:17:13.5	
50	Beth Hanawalt	515	21	45	6:03.0	21	1:42.9	54	42:18.4	14.2	37	1:08.3	43	27:16.0	10:54	1:18:28.6	
51	Lydia Rosado	544	32	42	5:53.0	58	4:04.8	51	40:33.4	14.8	51	1:38.0	46	27:18.4	10:55	1:19:27.6	
52	Chad Spencer	550	35	51	6:22.5	59	4:06.4	49	40:30.6	14.8	52	1:40.8	45	27:17.0	10:55	1:19:57.3	
53	Eric Groves	514	48	50	6:18.5	52	2:54.1	35	34:47.6	17.2	48	1:30.1	61	36:47.3	14:43	1:22:17.6	
54	Steve Hora	518	58	57	7:03.0	37	2:09.7	50	40:31.7	14.8	27	0:49.2	59	32:31.2	13:00	1:23:04.8	
55	Rachel Baxter	492	30	11	4:17.1	45	2:21.3	57	46:19.2	13.0	43	1:13.5	58	31:40.6	12:40	1:25:51.7	
56	Heather Johnson	520	37	27	4:54.1	56	3:32.5	58	47:14.3	12.7	55	1:57.4	50	28:58.4	11:35	1:26:36.7	
57	Nicolle Corporon	500	32	7	3:44.3	36	2:07.0	55	45:04.0	13.3	49	1:37.1	60	35:04.9	14:02	1:27:37.3	
58	Dru Mack	530	25	61	8:07.2	22	1:44.3	59	48:11.0	12.5	28	0:49.3	56	31:10.2	12:28	1:30:02.0	
59	Caitlin Pribble	540	32	64	49:58.6	64		41	37:24.1	16.0			63	42:51.1	17:08	1:30:20.0	
60	Steven Mathew	531	17	2	3:11.1	34	2:02.2	62	54:39.1	11.0	14	0:37.8	54	30:42.8	12:17	1:31:13.0	
61	Kathryn Pribble	541	62	65	50:53.2	65		42	37:25.1	16.0			62	42:44.5	17:06	1:31:13.7	
62	Jason House	519	28	62	8:09.8	41	2:13.7	63	54:40.8	11.0	15	0:39.1	52	29:39.1	11:52	1:35:22.5	
63	Talisha Griffin	513	27	54	6:38.0	50	2:46.0	61	53:46.5	11.2	23	0:47.3	57	31:39.5	12:40	1:35:37.3	
64	Kathleen Sweeney	553	46	34	5:32.8	47	2:34.6	56	45:27.1	13.2	60	3:03.5	64	43:21.1	17:20	1:39:59.1	
65	Emily Ripperger	543	39	60	7:23.7	60	4:25.0	60	52:22.6	11.5	42	1:13.1	65	1:01:07.5	24:27	2:06:31.9	

2016 3 for 3 Triathlon

Overall Results**Adult Kayak**

Place	Name	Bib	Age	----- Swim -----		----- Trans 1 -----		----- Bike -----		----- Trans 2 -----			----- Run -----		Total Time		
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time		Pace	Rnk
1	Lucas Scarberry	487	16	3	3:21.0		5	0:49.6	9	34:25.4	17.4	6	0:35.4	1	17:03.0	6:49	56:14.4
2	Tamara Boswell	463	28	6	3:33.1		4	0:44.0	1	30:06.6	19.9	4	0:34.8	4	21:36.4	8:38	56:34.9
3	Dan Scarberry	486	46	1	3:12.7		3	0:43.1	8	33:56.5	17.7	10	1:05.8	3	21:20.5	8:32	1:00:18.6
4	Karen Vinson	490	48	5	3:32.7		1	0:39.1	5	32:23.5	18.5	2	0:32.8	8	23:16.1	9:18	1:00:24.2
5	Brian Vinson	489	58	17	4:12.5		15	1:39.8	4	32:22.1	18.5	5	0:35.1	7	23:15.9	9:18	1:02:05.4
6	Sarah Enck	472	27	8	3:37.6		20	2:11.6	7	33:23.0	18.0	9	0:56.6	5	22:13.5	8:53	1:02:22.3
7	Robert Dillavou	470	51	11	3:55.9		12	1:23.6	3	31:44.6	18.9	17	1:43.3	10	24:32.3	9:49	1:03:19.7
8	Michele Leclercq	479	48	10	3:45.2		14	1:38.4	2	31:24.7	19.1	13	1:21.4	13	25:58.1	10:23	1:04:07.8
9	Laurie McKelvey	532	54	4	3:26.2		6	0:52.5	18	38:28.2	15.6	16	1:41.2	2	21:13.6	8:29	1:05:41.7
10	Richard Crowder	466	47	2	3:16.5		24	2:52.4	6	32:48.0	18.3	15	1:40.6	15	26:44.1	10:42	1:07:21.6
11	Benji Ganus	473	18	9	3:38.0		7	0:52.8	16	38:08.6	15.7	19	1:52.1	6	23:13.7	9:17	1:07:45.2
12	Adrienne Lyles	480	44	7	3:36.5		11	1:22.0	10	35:50.1	16.7	8	0:54.0	14	26:09.6	10:28	1:07:52.2
13	Ruth Deluca	469	33											26	1:08:54.6	27:34	1:08:54.6
14	Susan Beebe	462	58	14	4:04.4		18	1:58.1	17	38:15.6	15.7	7	0:46.8	16	27:28.1	10:59	1:12:33.0
15	Debra Ohime	481	60	16	4:11.8		17	1:54.2	12	36:31.5	16.4	3	0:34.2	18	30:40.1	12:16	1:13:51.8
16	Martha Randall	485	63	20	4:23.8		13	1:35.5	15	37:25.5	16.0	18	1:51.0	17	29:18.9	11:43	1:14:34.7
17	Kathy Hardcastle	474	38	12	3:56.0		22	2:16.4	22	41:24.2	14.5	23	1:59.6	11	25:24.0	10:10	1:15:00.2
18	Lori Donath	471	31	21	4:24.0		10	1:12.9	24	45:40.6	13.1	1	0:29.1	9	24:14.1	9:42	1:16:00.7
19	Lisa Tolliver	488	54	13	3:59.9		8	1:01.6	11	36:07.1	16.6	20	1:53.0	22	33:06.9	13:14	1:16:08.5
20	Rebecca Cushman	468	34	15	4:11.0		19	2:11.3	13	36:55.9	16.3	24	2:01.6	20	30:49.9	12:20	1:16:09.7
21	Jennifer Cushman	467	38	23	4:31.8		21	2:13.8	14	36:57.6	16.2	22	1:57.2	19	30:49.7	12:20	1:16:30.1
22	Rima Afifi	460	23											27	1:17:40.4	31:04	1:17:40.4
23	John Carter	465	51	25	8:57.4		25	3:58.5	21	40:24.0	14.9	25	2:53.6	12	25:26.7	10:10	1:21:40.2
24	Lindsay Boyer	464	31	18	4:12.8		16	1:49.7	19	39:11.2	15.3	11	1:18.9	24	36:42.6	14:41	1:23:15.2
25	Virginia Montero-Smith	598	53	19	4:19.4		9	1:12.2	23	44:03.2	13.6	12	1:20.9	21	32:48.4	13:07	1:23:44.1
26	Linda Jamieson	476	57	22	4:29.8		23	2:31.2	20	40:01.3	15.0	14	1:24.4	23	36:36.6	14:38	1:25:03.3
27	Valerie Anderson	461	28	24	4:39.5		2	0:42.4	25	48:50.2	12.3	21	1:54.8	25	37:14.3	14:54	1:33:21.2