

## 2017 3 for 3 Triathlon

Overall Results

## Adult Swim

Place	Name	Age	Gnd	----- Swim -----		----- Trans 1 -----		----- Bike -----		----- Trans 2 -----		----- Run -----		Total Time			
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk		Time	Pace	Rnk
1	Greg Howard	35	M	5	3:46.6		1	0:34.2	2	22:55.8	26.2	12	0:34.1	1	17:51.3	7:08	45:42.0
2	Jonathan Millard	24	M	4	3:46.0		14	1:14.1	3	23:17.8	25.8	8	0:32.2	16	20:34.0	8:14	49:24.1
3	Mandy Wallick	31	F	12	4:22.2		2	0:44.0	4	25:07.0	23.9	32	0:47.2	6	19:15.8	7:42	50:16.2
4	Ariel Langley	26	F	16	4:30.2		4	0:47.9	5	25:08.9	23.9	39	0:53.5	9	19:42.2	7:53	51:02.7
5	Tamara Shuler	56	F	10	4:20.0		5	0:48.8	7	26:06.9	23.0	38	0:53.0	8	19:27.8	7:47	51:36.5
6	Walker Schalk	15	M	7	4:15.5		23	1:27.4	11	27:44.5	21.6	14	0:35.3	2	18:04.5	7:14	52:07.2
7	Jordan Gasaway	24	M	34	5:01.7		8	0:58.7	8	26:47.4	22.4	30	0:45.2	5	19:02.9	7:37	52:35.9
8	Scott Flagle	31	M	15	4:30.0		15	1:15.1	15	29:25.6	20.4	13	0:35.3	4	18:26.2	7:22	54:12.2
9	Peter Timler	41	M	43	5:23.3		42	2:05.6	12	28:51.0	20.8	6	0:31.7	3	18:21.1	7:20	55:12.7
10	Michael Stephens	51	M	30	4:56.2		19	1:19.5	9	26:52.0	22.3	33	0:47.4	28	22:25.3	8:58	56:20.4
11	Mike Whitaker	39	M	13	4:25.9		7	0:57.1	10	27:08.3	22.1	24	0:41.0	35	23:34.6	9:26	56:46.9
12	Christopher Lawson-Rulli	32	M	3	3:45.4		11	1:08.3	13	28:57.3	20.7	22	0:40.2	26	22:22.6	8:57	56:53.8
13	Sam Reid	14	M	25	4:44.0		36	1:58.5	18	29:38.8	20.2	11	0:33.8	13	20:12.2	8:05	57:07.3
14	Ryan Wallick	32	M	9	4:18.8		12	1:09.1	19	29:40.1	20.2	53	1:07.0	20	21:51.4	8:44	58:06.4
15	Peter Gaffney	34	M	48	5:45.8		35	1:55.1	16	29:35.5	20.3	16	0:36.1	17	20:42.3	8:17	58:34.8
16	Pete Riley	49	M	6	3:55.1		32	1:50.8	28	31:11.9	19.2	7	0:32.1	27	22:24.2	8:58	59:54.1
17	Dan Stoll	31	M	31	4:58.6		31	1:44.1	27	30:54.7	19.4	9	0:32.7	22	21:57.5	8:47	1:00:07.6
18	Tim Corn	45	M	39	5:13.7		26	1:33.9	6	26:01.1	23.1	66	2:03.4	42	25:16.7	10:06	1:00:08.8
19	Mollie O'Blenis	24	F	1	3:31.1		10	1:05.8	23	30:23.0	19.7	2	0:26.7	38	24:51.6	9:56	1:00:18.2
20	Eric Matz	47	M	20	4:34.7		46	2:16.4	21	30:06.9	19.9	37	0:51.2	31	23:18.7	9:19	1:01:07.9
21	Amy Thibault	39	F	2	3:34.9		13	1:09.4	45	33:34.7	17.9	19	0:38.8	29	22:56.3	9:10	1:01:54.1
22	Pete Conley	16	M	17	4:31.6		57	2:37.6	46	33:40.9	17.8	49	0:59.7	12	20:08.5	8:03	1:01:58.3
23	Gregory Kohn	34	M	46	5:29.3		53	2:26.9	42	32:52.9	18.3	52	1:03.5	15	20:23.7	8:09	1:02:16.3
24	Maria Miller	23	F	23	4:37.0		18	1:18.7	36	32:24.0	18.5	3	0:27.9	33	23:30.1	9:24	1:02:17.7
25	Niu Yuanhao	25	M	28	4:49.5		37	1:58.7	51	35:16.1	17.0	18	0:38.3	10	19:43.7	7:53	1:02:26.3
26	David Perez	51	M	41	5:17.5		3	0:44.8	20	29:59.2	20.0	40	0:53.7	45	25:46.8	10:18	1:02:42.0
27	Amanda McGann	22	F	29	4:55.5		41	2:04.2	35	32:00.5	18.8	63	1:44.0	25	22:14.2	8:54	1:02:58.4
28	Curt Sinclair	30	M	27	4:48.9		22	1:24.2	25	30:32.6	19.7	29	0:42.2	43	25:31.9	10:12	1:02:59.8
29	Isabel Hanisch	28	F	47	5:34.3		34	1:54.2	48	33:44.7	17.8	15	0:35.4	18	21:26.0	8:34	1:03:14.6
30	Madelyn Lee	22	F	24	4:40.9		40	2:01.3	57	36:55.4	16.3	1	0:22.9	7	19:20.2	7:44	1:03:20.7
31	Quinn Murphy	17	F	35	5:03.3		47	2:16.6	38	32:29.7	18.5	4	0:28.0	30	23:06.7	9:14	1:03:24.3
32	Katherine Lisoni	40	F	45	5:25.3		21	1:20.4	50	34:07.8	17.6	10	0:33.1	23	22:08.1	8:51	1:03:34.7
33	Fred Hemsath	74	M	33	5:00.7		9	0:59.7	14	29:01.2	20.7	61	1:39.8	49	26:55.6	10:46	1:03:37.0

\* - Penalty

Race Date  
September 24, 2017

# 2017 3 for 3 Triathlon

## Overall Results

### Adult Swim

Place	Name	Age	Gnd	Swim		Trans 1		Bike		Trans 2		Run		Total Time		
				Rnk	Time	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time		Pace	Rnk
34	Ben Rudenga	34	M	21	4:35.1	58	2:38.7	30	31:22.7	19.1	64	1:45.3	32	23:26.9	9:22	1:03:48.7
35	Theodore Mueller	26	M	14	4:28.5	27	1:39.8	31	31:30.5	19.0	62	1:44.0	40	25:01.5	10:00	1:04:24.3
36	Donald Howard	36	M	57	6:21.6	29	1:41.5	49	34:01.4	17.6	27	0:42.0	19	21:41.4	8:40	1:04:27.9
37	Sean Szuba	43	M	22	4:35.6	33	1:51.8	17	29:35.7	20.3	58	1:26.1	51	27:23.2	10:57	1:04:52.4
38	Lisa Nelson	37	F	52	6:10.4	62	3:13.5	40	32:45.4	18.3	20	0:39.3	24	22:12.6	8:53	1:05:01.2
39	Ryan Woodruff	40	M	58	6:22.8	6	0:55.4	29	31:18.5	19.2	5	0:29.9	46	25:56.5	10:22	1:05:03.1
40	Meredith Lee	24	F	26	4:45.2	39	2:00.7	37	32:24.1	18.5	41	0:54.8	41	25:02.3	10:01	1:05:07.1
41	Shannan Brown	36	F	32	4:59.8	45	2:13.9	26	30:48.0	19.5	17	0:38.1	48	26:30.7	10:36	1:05:10.5
42	William Breen	65	M	50	5:49.2	63	3:17.2	32	31:36.8	19.0	56	1:20.4	39	24:54.6	9:58	1:06:58.2
43	Chloe Strong	28	F	63	7:01.3	59	2:44.8	44	33:33.3	17.9	67	2:05.9	21	21:54.3	8:46	1:07:19.6
44	Julie Kaufman	39	F	36	5:05.4	30	1:43.5	39	32:42.4	18.3	28	0:42.1	50	27:08.9	10:51	1:07:22.3
45	Thibault Terry	59	M	11	4:21.3	25	1:32.8	43	32:56.1	18.2	50	1:01.0	52	27:33.0	11:01	1:07:24.2
46	Suzanne Neidhart	25	F	42	5:22.0	24	1:30.6	24	30:23.0	19.7	25	0:41.0	55	29:42.3	11:53	1:07:38.9
47	Jessica Lawson-Rulli	30	F	19	4:34.0	20	1:19.7	59	37:26.2	16.0	23	0:40.2	36	23:38.9	9:27	1:07:39.0
48	Haleigh Ehmsen	23	F	37	5:09.6	28	1:40.0	63	40:04.9	15.0	31	0:46.5	14	20:20.6	8:08	1:08:01.6
49	Mona Sharp	54	F	53	6:11.6	54	2:34.1	41	32:51.1	18.3	45	0:58.6	44	25:44.7	10:18	1:08:20.1
50	Eric McMinoway	40	M	8	4:17.7	17	1:15.9	34	31:58.4	18.8	59	1:26.8	56	30:01.4	12:00	1:09:00.2
51	Charlie Brown	71	M	54	6:12.4	16	1:15.3	22	30:17.4	19.8	55	1:16.9	58	30:14.5	12:06	1:09:16.5
52	Edward Moskal	60	M	56	6:19.1	60	2:59.3	52	35:24.5	16.9	51	1:02.9	37	24:10.2	9:40	1:09:56.0
53	Mimi Chen	21	F	51	6:06.6	50	2:21.8	54	36:12.8	16.6	35	0:50.8	47	26:27.9	10:35	1:11:59.9
54	Robert Strebe	47	M	18	4:32.1	48	2:17.7	1	15:17.6	39.3	54	1:15.0	54	29:04.7	11:38	1:12:27.1 *
55	Richard Wallace	48	M	60	6:40.6	43	2:09.1	65	46:17.1	13.0	36	0:51.1	11	19:45.7	7:54	1:15:43.6
56	Stacey Richez	43	F	38	5:12.5	68	4:27.7	33	31:56.9	18.8	68	2:45.2	61	31:35.6	12:38	1:15:57.9
57	Marilyn Ross	52	F	62	6:55.9	61	3:08.9	56	36:46.1	16.3	47	0:59.0	53	29:00.9	11:36	1:16:50.8
58	Celia Geark	60	F	59	6:30.5	52	2:24.1	53	36:08.7	16.6	46	0:59.0	59	31:04.9	12:26	1:17:07.2
59	Nancy Fisher	61	F	55	6:19.1	55	2:35.5	61	38:21.6	15.6	21	0:39.7	60	31:12.2	12:29	1:19:08.1
60	Rachael McCahill	24	F	44	5:24.0	38	2:00.1	64	41:15.5	14.5	42	0:54.9	62	31:52.9	12:45	1:21:27.4
61	Vincent Norkus	48	M	49	5:45.9	67	3:33.5	55	36:45.8	16.3	65	1:48.4	63	34:13.3	13:41	1:22:06.9
62	Lorynn Crownover	27	F	40	5:15.4	66	3:26.1	60	37:35.5	16.0	48	0:59.3	66	36:06.7	14:26	1:23:23.0
63	Sarah Teague	31	F	68	22:52.9	51	2:23.5	47	33:44.1	17.8	43	0:55.2	34	23:32.4	9:25	1:23:28.1
64	Polly Hoover	43	F	66	8:34.7	49	2:21.2	58	37:05.7	16.2	44	0:58.5	68	39:09.6	15:40	1:28:09.7
65	Larry Crone	56	M	61	6:50.5	56	2:35.7	66	47:10.3	12.7	57	1:24.3	64	34:26.1	13:46	1:32:26.9
66	Travis Teague	33	M	67	22:37.6	64	3:17.4	62	38:44.0	15.5	26	0:41.8	57	30:05.6	12:02	1:35:26.4

\* - Penalty

## 2017 3 for 3 Triathlon

Overall Results**Adult Swim**

Place	Name	Age	Gnd	----- Swim -----		----- Trans 1 -----		----- Bike -----		----- Trans 2 -----		----- Run -----		Total Time								
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk		Time	Pace						
67	Cristine Cramer	34	F	65	8:06.9			65	3:21.7			67	48:37.0	12.3	60	1:30.0			67	37:17.5	14:55	1:38:53.1
68	Melissa Vought	36	F	64	7:22.8			44	2:11.6			68	55:25.4	10.8	34	0:49.5			65	34:38.0	13:51	1:40:27.3

**Adult Kayak**

Place	Name	Age	Gnd	----- Kayak -----		----- Trans 1 -----		----- Bike -----		----- Trans 2 -----		----- Run -----		Total Time								
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk		Time	Pace						
1	Elmer Schlabach	28	M	1	2:55.5			1	0:28.5			1	25:45.1	23.3	1	0:23.2			1	16:26.3	6:34	45:58.6
2	Todd Rothi	54	M	4	3:16.8			5	0:50.9			2	26:32.8	22.6	4	0:44.6			3	19:23.5	7:45	50:48.6
3	Patty Kokesh	30	F	18	4:25.6			3	0:35.3			6	31:13.0	19.2	9	0:59.9			7	22:03.1	8:49	59:16.9
4	Ryan Kokesh	30	M	7	3:38.1			10	1:29.7			9	33:53.2	17.7	2	0:32.5			6	19:54.1	7:58	59:27.6
5	Pam Rothi	53	F	5	3:21.5			2	0:32.7			4	30:04.2	20.0	7	0:57.3			9	24:34.6	9:50	59:30.3
6	Danny Eggleston	40	M	3	3:09.8			7	1:03.3			3	28:32.8	21.0	14	1:13.6			12	26:02.2	10:25	1:00:01.7
7	Eric Bomkamp	35	M	6	3:25.5			9	1:12.2			7	32:22.0	18.5	3	0:40.2			15	27:07.7	10:51	1:04:47.6
8	Doug Weingart	55	M	8	3:43.0			17	2:42.2			5	30:15.9	19.8	22	2:55.7			11	25:20.4	10:08	1:04:57.2
9	Matt Bellina	49	M	17	4:19.9			13	1:58.0			15	38:23.7	15.6	10	1:03.7			2	19:18.9	7:43	1:05:04.2
10	Richard Crowder	48	M	2	3:03.7			16	2:30.6			8	32:23.4	18.5	12	1:06.5			13	26:14.4	10:30	1:05:18.6
11	Mandy Longley	34	F	15	4:10.7			8	1:05.2			10	34:06.2	17.6	21	2:02.5			17	28:06.6	11:14	1:09:31.2
12	Suzanne Bellina	41	F	19	4:26.7			4	0:45.1			16	38:53.3	15.4	5	0:52.2			10	25:02.9	10:01	1:10:00.2
13	Matthew McLaughlin	23	M	10	3:46.4			19	3:06.3			22	42:03.8	14.3	18	1:39.0			5	19:40.6	7:52	1:10:16.1
14	Nathan Parks	30	M	11	3:46.6			22	3:45.3			23	42:13.2	14.2	17	1:31.1			4	19:40.4	7:52	1:10:56.6
15	Sarah Tyler	26	F	13	4:04.0			6	1:00.1			21	41:59.8	14.3	19	1:42.5			8	22:39.6	9:04	1:11:26.0
16	Manuela Frawley	43	F	24	48:01.1							13	37:49.2	15.9					18	28:45.9	11:30	1:14:39.2
17	Bryanna Cramer	26	F	9	3:43.1			14	1:58.2			20	41:59.6	14.3	20	1:43.2			14	26:47.7	10:43	1:16:11.8
18	Mark Jamieson	63	M	14	4:10.3			21	3:13.6			18	39:29.3	15.2	16	1:26.4			16	27:58.0	11:11	1:16:17.6
19	Julie Blinder	35	F	23	46:49.6							14	37:50.2	15.9					20	31:59.7	12:48	1:16:40.0
20	Martha Randall	64	F	16	4:11.0			11	1:39.2			17	38:55.6	15.4	6	0:52.3			19	31:18.7	12:31	1:16:56.8
21	Amanda Frick	37	F	12	4:00.0			12	1:40.8			12	36:07.1	16.6	11	1:05.0			23	36:27.3	14:35	1:19:20.2
22	Michael Flowers	64	M	20	4:31.7			15	2:00.3			11	34:41.7	17.3	8	0:57.8			24	38:02.6	15:13	1:20:14.1
23	Linda Jamieson	58	F	21	4:32.1			20	3:10.3			19	39:46.1	15.1	15	1:23.7			22	35:45.0	14:18	1:24:37.2
24	Perry Guilmette	59	M	22	4:51.4			18	2:45.6			24	45:55.9	13.1	13	1:07.5			21	35:28.5	14:11	1:30:08.9

\* - Penalty