

Race Date  
September 24, 2017

2017 3 for 3 Triathlon  
Age Group Results  
**Adult Swim**

Female Open Winners

Place			Swim			Trans 1			Bike			Trans 2			Run			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>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	3	Mandy Wallick	887	31	1	4:22.2		1	0:44.0		1	25:07.0	23.9	1	0:47.2		1	19:15.8		50:16.2

Male Open Winners

Place			Swim			Trans 1			Bike			Trans 2			Run			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>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Greg Howard	798	35	1	3:46.6		1	0:34.2		1	22:55.8	26.2	1	0:34.1		1	17:51.3		45:42.0

\* - Penalty

Race Date  
September 24, 2017

## 2017 3 for 3 Triathlon

### Age Group Results

#### Adult Swim

#### Male 15 and under

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	6	Walker Schalk	860	15	1	4:15.5		1	1:27.4		1	27:44.5	21.6	2	0:35.3		1	18:04.5		52:07.2
2	13	Sam Reid	852	14	2	4:44.0		2	1:58.5		2	29:38.8	20.2	1	0:33.8		2	20:12.2		57:07.3

#### Female 16 to 25

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	19	Mollie O'Blenis	843	24	1	3:31.1		1	1:05.8		2	30:23.0	19.7	2	0:26.7		6	24:51.6		1:00:18.2
2	24	Maria Miller	830	23	2	4:37.0		2	1:18.7		4	32:24.0	18.5	3	0:27.9		5	23:30.1		1:02:17.7
3	27	Amanda McGann	824	22	5	4:55.5		8	2:04.2		3	32:00.5	18.8	10	1:44.0		3	22:14.2		1:02:58.4
4	30	Madelyn Lee	813	22	3	4:40.9		7	2:01.3		8	36:55.4	16.3	1	0:22.9		1	19:20.2		1:03:20.7
5	31	Quinn Murphy	836	17	6	5:03.3		9	2:16.6		6	32:29.7	18.5	4	0:28.0		4	23:06.7		1:03:24.3
6	40	Meredith Lee	814	24	4	4:45.2		6	2:00.7		5	32:24.1	18.5	8	0:54.8		7	25:02.3		1:05:07.1
7	47	Suzanne Neidhart	837	25	8	5:22.0		3	1:30.6		1	30:23.0	19.7	5	0:41.0		9	29:42.3		1:07:38.9
8	49	Haleigh Ehmsen	778	23	7	5:09.6		4	1:40.0		9	40:04.9	15.0	6	0:46.5		2	20:20.6		1:08:01.6
9	54	Mimi Chen	767	21	10	6:06.6		10	2:21.8		7	36:12.8	16.6	7	0:50.8		8	26:27.9		1:11:59.9
10	62	Rachael McCahill	822	24	9	5:24.0		5	2:00.1		10	41:15.5	14.5	9	0:54.9		10	31:52.9		1:21:27.4

#### Male 16 to 25

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	2	Jonathan Millard	829	24	1	3:46.0		2	1:14.1		1	23:17.8	25.8	1	0:32.2		4	20:34.0		49:24.1
2	7	Jordan Gasaway	788	24	4	5:01.7		1	0:58.7		2	26:47.4	22.4	3	0:45.2		1	19:02.9		52:35.9
3	22	Pete Conley	768	16	2	4:31.6		4	2:37.6		3	33:40.9	17.8	4	0:59.7		3	20:08.5		1:01:58.3

\* - Penalty

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2017 3 for 3 Triathlon  
Age Group Results

Adult Swim

Male 16 to 25

Place		Name	Bib	Age	Swim			Trans 1			Bike			Trans 2			Run			Total
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
4	25	Niu Yuanhao	898	25	3	4:49.5		3	1:58.7		4	35:16.1	17.0	2	0:38.3		2	19:43.7		1:02:26.3

Female 26 to 35

Place		Name	Bib	Age	Swim			Trans 1			Bike			Trans 2			Run			Total
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	4	Ariel Langley	810	26	1	4:30.2		1	0:47.9		1	25:08.9	23.9	3	0:53.5		1	19:42.2		51:02.7
2	29	Isabel Hanisch	793	28	4	5:34.3		3	1:54.2		4	33:44.7	17.8	1	0:35.4		2	21:26.0		1:03:14.6
3	42	Sarah Teague	877	31	5	5:46.9		4	2:23.5		3	33:44.1	17.8	4	0:55.2		4	23:32.4		1:06:22.1
4	44	Chloe Strong	875	28	6	7:01.3		5	2:44.8		2	33:33.3	17.9	7	2:05.9		3	21:54.3		1:07:19.6
5	48	Jessica Lawson-Rulli	812	30	2	4:34.0		2	1:19.7		5	37:26.2	16.0	2	0:40.2		5	23:38.9		1:07:39.0
6	64	Lorynn Crownover	773	27	3	5:15.4		7	3:26.1		6	37:35.5	16.0	5	0:59.3		6	36:06.7		1:23:23.0
7	67	Cristine Cramer	771	34	7	8:06.9		6	3:21.7		7	48:37.0	12.3	6	1:30.0		7	37:17.5		1:38:53.1

Male 26 to 35

Place		Name	Bib	Age	Swim			Trans 1			Bike			Trans 2			Run			Total
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	8	Scott Flagle	782	31	4	4:30.0		3	1:15.1		2	29:25.6	20.4	2	0:35.3		1	18:26.2		54:12.2
2	12	Christopher	811	32	1	3:45.4		1	1:08.3		1	28:57.3	20.7	4	0:40.2		6	22:22.6		56:53.8
3	14	Ryan Wallick	888	32	2	4:18.8		2	1:09.1		4	29:40.1	20.2	8	1:07.0		4	21:51.4		58:06.4
4	15	Peter Gaffney	786	34	9	5:45.8		7	1:55.1		3	29:35.5	20.3	3	0:36.1		3	20:42.3		58:34.8
5	17	Dan Stoll	873	31	7	4:58.6		6	1:44.1		6	30:54.7	19.4	1	0:32.7		5	21:57.5		1:00:07.6
6	23	Gregory Kohn	706	34	8	5:29.3		8	2:26.9		9	32:52.9	18.3	7	1:03.5		2	20:23.7		1:02:16.3
7	28	Curt Sinclair	868	30	6	4:48.9		4	1:24.2		5	30:32.6	19.7	6	0:42.2		9	25:31.9		1:02:59.8

\* - Penalty

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## 2017 3 for 3 Triathlon

### Age Group Results

#### Adult Swim

#### Male 26 to 35

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
8	34	Ben Rudenga	857	34	5	4:35.1		9	2:38.7		7	31:22.7	19.1	10	1:45.3		7	23:26.9		1:03:48.7
9	35	Theodore Mueller	833	26	3	4:28.5		5	1:39.8		8	31:30.5	19.0	9	1:44.0		8	25:01.5		1:04:24.3
10	60	Travis Teague	878	33	10	5:51.6		10	3:17.4		10	38:44.0	15.5	5	0:41.8		10	30:05.6		1:18:40.4

#### Female 36 to 45

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	21	Amy Thibault	879	39	1	3:34.9		1	1:09.4		5	33:34.7	17.9	3	0:38.8		3	22:56.3		1:01:54.1
2	32	Katherine Lisoni	816	40	5	5:25.3		2	1:20.4		6	34:07.8	17.6	1	0:33.1		1	22:08.1		1:03:34.7
3	38	Lisa Nelson	838	37	6	6:10.4		7	3:13.5		4	32:45.4	18.3	4	0:39.3		2	22:12.6		1:05:01.2
4	41	Shannan Brown	765	36	2	4:59.8		5	2:13.9		1	30:48.0	19.5	2	0:38.1		4	26:30.7		1:05:10.5
5	45	Julie Kaufman	803	39	3	5:05.4		3	1:43.5		3	32:42.4	18.3	5	0:42.1		5	27:08.9		1:07:22.3
6	57	Stacey Richez	853	43	4	5:12.5		8	4:27.7		2	31:56.9	18.8	8	2:45.2		6	31:35.6		1:15:57.9
7	65	Polly Hoover	795	43	8	8:34.7		6	2:21.2		7	37:05.7	16.2	7	0:58.5		8	39:09.6		1:28:09.7
8	68	Melissa Vought	884	36	7	7:22.8		4	2:11.6		8	55:25.4	10.8	6	0:49.5		7	34:38.0		1:40:27.3

#### Male 36 to 45

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	9	Peter Timler	880	41	5	5:23.3		7	2:05.6		3	28:51.0	20.8	2	0:31.7		1	18:21.1		55:12.7
2	11	Mike Whitaker	891	39	2	4:25.9		2	0:57.1		2	27:08.3	22.1	3	0:41.0		3	23:34.6		56:46.9
3	18	Tim Corn	769	45	4	5:13.7		4	1:33.9		1	26:01.1	23.1	7	2:03.4		4	25:16.7		1:00:08.8
4	36	Donald Howard	797	36	6	6:21.6		5	1:41.5		7	34:01.4	17.6	4	0:42.0		2	21:41.4		1:04:27.9

\* - Penalty

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2017 3 for 3 Triathlon  
Age Group Results

**Adult Swim**

Male 36 to 45

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
5	37	Sean Szuba	876	43	3	4:35.6		6	1:51.8		4	29:35.7	20.3	5	1:26.1		6	27:23.2		1:04:52.4
6	39	Ryan Woodruff	897	40	7	6:22.8		1	0:55.4		5	31:18.5	19.2	1	0:29.9		5	25:56.5		1:05:03.1
7	51	Eric McMinoway	826	40	1	4:17.7		3	1:15.9		6	31:58.4	18.8	6	1:26.8		7	30:01.4		1:09:00.2

Female 46 to 55

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	50	Mona Sharp	864	54	1	6:11.6		1	2:34.1		1	32:51.1	18.3	1	0:58.6		1	25:44.7		1:08:20.1
2	58	Marilyn Ross	854	52	2	6:55.9		2	3:08.9		2	36:46.1	16.3	2	0:59.0		2	29:00.9		1:16:50.8

Male 46 to 55

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	10	Michael Stephens	872	51	4	4:56.2		2	1:19.5		2	26:52.0	22.3	2	0:47.4		3	22:25.3		56:20.4
2	16	Pete Riley	711	49	1	3:55.1		3	1:50.8		5	31:11.9	19.2	1	0:32.1		2	22:24.2		59:54.1
3	20	Eric Matz	821	47	3	4:34.7		5	2:16.4		4	30:06.9	19.9	4	0:51.2		4	23:18.7		1:01:07.9
4	26	David Perez	845	51	5	5:17.5		1	0:44.8		3	29:59.2	20.0	5	0:53.7		5	25:46.8		1:02:42.0
5	55	Robert Strebe	874	47	2	4:32.1		6	2:17.7		1	15:17.6	39.3	6	1:15.0		6	29:04.7		1:12:27.1 *
6	56	Richard Wallace	885	48	7	6:40.6		4	2:09.1		7	46:17.1	13.0	3	0:51.1		1	19:45.7		1:15:43.6
7	63	Vincent Norkus	841	48	6	5:45.9		7	3:33.5		6	36:45.8	16.3	7	1:48.4		7	34:13.3		1:22:06.9

\* - Penalty

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2017 3 for 3 Triathlon  
Age Group Results  
Adult Swim

Female 56 to 65

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	5	Tamara Shuler	866	56	1	4:20.0		1	0:48.8		1	26:06.9	23.0	2	0:53.0		1	19:27.8		51:36.5
2	59	Celia Geark	790	60	3	6:30.5		2	2:24.1		2	36:08.7	16.6	3	0:59.0		2	31:04.9		1:17:07.2
3	61	Nancy Fisher	781	61	2	6:19.1		3	2:35.5		3	38:21.6	15.6	1	0:39.7		3	31:12.2		1:19:08.1

Male 56 to 65

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	43	William Breen	763	65	2	5:49.2		4	3:17.2		1	31:36.8	19.0	3	1:20.4		2	24:54.6		1:06:58.2
2	46	Thibault Terry	707	59	1	4:21.3		1	1:32.8		2	32:56.1	18.2	1	1:01.0		3	27:33.0		1:07:24.2
3	53	Edward Moskal	831	60	3	6:19.1		3	2:59.3		3	35:24.5	16.9	2	1:02.9		1	24:10.2		1:09:56.0
4	66	Larry Crone	708	56	4	6:50.5		2	2:35.7		4	47:10.3	12.7	4	1:24.3		4	34:26.1		1:32:26.9

Male 66 and over

Place			Swim			Trans 1			Bike			Trans 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	33	Fred Hemsath	794	74	1	5:00.7		1	0:59.7		1	29:01.2	20.7	2	1:39.8		1	26:55.6		1:03:37.0
2	52	Charlie Brown	764	71	2	6:12.4		2	1:15.3		2	30:17.4	19.8	1	1:16.9		2	30:14.5		1:09:16.5

\* - Penalty