

## 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	Rnk	Time	Rate	Rnk	Time	Pace		Rnk	Time
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	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	
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	59	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	54	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	60	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	Sarah Teague	31	F	50	5:46.9		51	2:23.5		47	33:44.1	17.8	43	0:55.2		34	23:32.4	9:25	1:06:22.1
43	William Breen	65	M	51	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
44	Chloe Strong	28	F	65	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
45	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
46	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
47	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
48	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
49	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
50	Mona Sharp	54	F	55	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
51	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
52	Charlie Brown	71	M	56	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
53	Edward Moskal	60	M	58	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
54	Mimi Chen	21	F	53	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
55	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 *
56	Richard Wallace	48	M	62	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
57	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
58	Marilyn Ross	52	F	64	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
59	Celia Geark	60	F	61	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
60	Travis Teague	33	M	52	5:51.6		64	3:17.4		62	38:44.0	15.5	26	0:41.8		57	30:05.6	12:02	1:18:40.4
61	Nancy Fisher	61	F	57	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
62	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
63	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
64	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
65	Polly Hoover	43	F	68	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
66	Larry Crone	56	M	63	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

\* - Penalty

Race Date  
September 24, 2017

# 2017 3 for 3 Triathlon

## Overall Results

### Adult Swim

<u>Place</u>	<u>Name</u>	<u>Swim</u>			<u>Trans 1</u>			<u>Bike</u>			<u>Trans 2</u>			<u>Run</u>			<u>Total Time</u>		
		<u>Age</u>	<u>Gnd</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>
67	Cristine Cramer	34	F	67	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	66	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

\* - Penalty