

# 2015 Gull Lake Triathlon

Race Date  
June 27, 2015

## Overall Results

### Sprint Triathlon

Place	Name	Bib No	AG Place	----- Swim -----		Tran 1	----- Bike -----		Tran 2	----- Finish -----		Total			
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	Jonathan Langworthy	640	1 M Top Fin	1	10:24.6	37:09	0:46.8	3	27:53.9	21.5	0:46.1	1	17:40.5	5:42	57:31.9
2	Elaine Sheikh	675	1 F Top Fin	3	10:44.8	38:20	0:58.0	8	29:24.2	20.4	0:41.1	4	20:04.9	6:28	1:01:53.0
3	Chad Terpstra	683	1 M 30-34	2	10:38.3	37:59	1:18.2	10	29:38.8	20.2	0:58.0	2	19:40.8	6:21	1:02:14.1
4	Joe Lombardo	541	1 M Top Fin	12	12:06.6	43:13	1:01.4	5	28:36.4	21.0	0:32.8	6	20:38.6	6:39	1:02:55.8
5	James Holman	622	1 M 40-44	4	10:50.9	38:41	1:22.6	9	29:36.8	20.3	0:49.1	11	21:42.3	7:00	1:04:21.7
6	Eric Smith	677	2 M 30-34	10	11:56.3	42:37	1:38.9	12	30:23.6	19.7	1:00.6	3	19:49.0	6:24	1:04:48.4
7	Carl Fried	606	1 M 45-49	8	11:38.0	41:33	1:41.8	6	28:53.0	20.8	1:00.7	13	21:54.5	7:04	1:05:08.0
8	Austin Vanlaar	693	1 M 20-24	16	12:39.3	45:11	1:10.2	16	30:46.7	19.5	0:53.0	5	20:18.6	6:33	1:05:47.8
9	Heath Raymond	667	2 M 40-44	11	12:03.3	43:02	1:13.0	14	30:32.5	19.7	0:43.3	12	21:44.2	7:01	1:06:16.3
10	Ron Pelak	663	2 M 45-49	43	14:25.8	51:29	1:02.1	4	28:22.3	21.2	1:22.6	9	21:07.4	6:49	1:06:20.2
11	Josh Haas	614	3 M 30-34	45	14:36.0	52:09	1:25.6	2	27:52.6	21.5	1:00.9	26	23:39.1	7:38	1:08:34.2
12	Kip Dudley	597	3 M 45-49	65	15:43.8	56:08	2:24.1	1	26:45.7	22.4	1:10.5	19	22:32.7	7:16	1:08:36.8
13	Kathy Braginton	578	1 F Top Fin	41	14:12.8	50:43	0:57.1	7	29:06.0	20.6	0:38.2	32	24:18.3	7:50	1:09:12.4
14	Kevin DeYoung	595	1 M 35-39	9	11:44.0	41:54	1:19.9	28	32:24.0	18.5	1:53.6	15	22:12.7	7:10	1:09:34.2
15	Karl Larsen	642	2 M 20-24	5	11:08.7	39:46	0:55.2	26	32:20.9	18.6	0:41.5	39	24:36.6	7:56	1:09:42.9
16	Connor St. John	555	3 M 20-24	46	14:37.1	52:12	1:15.3	25	32:03.1	18.7	1:31.3	10	21:11.7	6:50	1:10:38.5
17	Chris Ewing	599	3 M 40-44	14	12:18.8	43:56	2:17.6	13	30:25.5	19.7	0:55.5	42	24:55.3	8:02	1:10:52.7
18	Tim Clore	583	1 M 55-59	6	11:25.8	40:46	1:41.8	22	31:36.1	19.0	1:06.1	48	25:15.9	8:09	1:11:05.7
19	Kim Houtkooper	624	1 F 45-49	36	13:53.4	49:35	1:28.5	20	31:21.6	19.1	1:01.5	25	23:30.8	7:35	1:11:15.8
20	Michelle Kamman	631	1 F 35-39	13	12:16.6	43:49	1:07.5	31	32:37.8	18.4	0:47.1	35	24:28.2	7:54	1:11:17.2
21	Paul Raynes	668	2 M 55-59	54	15:16.8	54:31	1:14.5	11	30:02.7	20.0	0:59.5	31	24:11.9	7:48	1:11:45.4
22	Matthew Petersen	664	2 M 35-39	62	15:35.9	55:39	1:50.0	15	30:43.9	19.5	0:54.5	22	22:59.1	7:25	1:12:03.4
23	Mickey Trimner	689	4 M 40-44	37	13:54.9	49:39	1:17.2	19	31:15.5	19.2	0:44.3	50	25:31.0	8:14	1:12:42.9
24	Kathy Garvin	519	1 F 55-59	22	13:01.7	46:29	1:40.8	37	33:35.3	17.9	0:56.9	30	24:11.3	7:48	1:13:26.0
25	Colleen Valkema	690	2 F 45-49	42	14:16.8	50:57	1:23.1	33	32:52.6	18.3	1:08.5	34	24:27.8	7:53	1:14:08.8
26	Terry Hutchins	626	1 M 65-69	53	15:07.6	53:59	2:29.1	23	31:38.5	19.0	0:28.1	37	24:34.0	7:55	1:14:17.3
27	Pete Treleaven	687	1 M 50-54	18	12:47.7	45:39	2:01.0	53	34:50.5	17.2	0:49.4	28	24:04.4	7:46	1:14:33.0
28	Kim Eldred	598	2 F 35-39	50	14:57.2	53:24	1:36.2	34	33:15.9	18.0	0:51.4	29	24:07.4	7:47	1:14:48.1
29	Aaron Zeigler	702	5 M 40-44	33	13:48.2	49:17	1:34.6	35	33:21.6	18.0	1:27.0	41	24:45.0	7:59	1:14:56.4
30	Anthony Pease	547	6 M 40-44	24	13:07.8	46:51	1:30.7	17	31:00.7	19.4	1:03.9	79	28:21.7	9:09	1:15:04.8
31	Andrew Geeslin	609	4 M 30-34	71	16:02.7	57:16	2:23.5	27	32:23.5	18.5	1:51.5	18	22:31.1	7:16	1:15:12.3
32	Michael Frankberg	605	5 M 30-34	72	16:10.3	57:44	2:19.0	29	32:29.3	18.5	1:43.0	17	22:30.9	7:15	1:15:12.5
33	Andrew Aten	565	6 M 30-34	55	15:18.2	54:39	2:29.7	40	33:44.3	17.8	0:41.5	23	23:06.8	7:27	1:15:20.5

## 2015 Gull Lake Triathlon

Overall Results**Sprint Triathlon**

Race Date  
June 27, 2015

Place	Name	Bib No	AG Place	----- Swim -----			Tran 1			----- Bike -----			Tran 2			----- Finish -----		Total Time
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace				
34	Steven Hertz	619	1 M 25-29	17	12:43.7	45:25	1:17.6	32	32:46.2	18.3	1:12.5	73	27:35.3	8:54	1:15:35.3			
35	Tim Baker	567	3 M 35-39	110	20:34.7	73:27	1:03.2	18	31:08.8	19.3	0:52.9	14	21:59.9	7:05	1:15:39.5			
36	Brett Simmering	676	7 M 40-44	19	12:51.8	45:54	2:23.9	43	33:57.7	17.7	1:07.6	49	25:24.9	8:12	1:15:45.9			
37	Jeremy Renda	669	4 M 20-24	69	15:55.8	56:51	2:45.1	41	33:46.4	17.8	0:40.6	20	22:42.9	7:19	1:15:50.8			
38	mike taplin	681	8 M 40-44	20	12:58.2	46:19	1:50.2	36	33:31.4	17.9	1:46.2	54	25:55.6	8:22	1:16:01.6			
39	Michael Bauman	572	2 M 25-29	47	14:37.9	52:12	2:30.7	47	34:20.2	17.5	1:30.3	24	23:08.5	7:28	1:16:07.6			
40	Joel Service	673	4 M 45-49	15	12:22.5	44:10	1:31.6	44	34:02.4	17.6	2:02.8	60	26:11.4	8:27	1:16:10.7			
41	holly gesmundo	610	3 F 35-39	52	15:04.7	53:49	0:48.0	56	35:12.3	17.0	0:52.0	33	24:23.1	7:52	1:16:20.1			
42	Jon Walter	699	7 M 30-34	57	15:24.6	55:00	1:15.5	42	33:56.1	17.7	1:24.1	46	25:11.8	8:07	1:17:12.1			
43	Keith Hammis	616	8 M 30-34	34	13:50.3	49:24	2:55.7	75	37:34.5	16.0	0:28.9	16	22:27.7	7:15	1:17:17.1			
44	Steve Trask	686	3 M 25-29	60	15:34.1	55:36	2:59.9	21	31:24.0	19.1	0:56.2	64	26:37.0	8:35	1:17:31.2			
45	Rosalind Hobson	621	1 F 40-44	64	15:43.7	56:08	1:17.8	38	33:37.0	17.8	1:14.1	56	26:00.1	8:23	1:17:52.7			
46	Josh Bartz	569	9 M 30-34	66	15:46.1	56:19	1:44.9	30	32:32.4	18.4	1:42.3	59	26:10.9	8:26	1:17:56.6			
47	Christopher Hedger	703	5 M 20-24	68	15:51.7	56:36	2:16.4	83	38:44.8	15.5	0:22.7	7	20:41.3	6:40	1:17:56.9			
48	Cindy Matulis	652	1 F 30-34	38	13:56.3	49:46	1:42.5	84	38:45.2	15.5	0:45.1	21	22:50.0	7:22	1:17:59.1			
49	Danielle Gainer	709	1 F 25-29	7	11:37.0	41:29	2:26.2	72	37:04.7	16.2	0:52.3	58	26:09.2	8:26	1:18:09.4			
50	Thomas Lundquist	646	2 M 50-54	29	13:32.4	48:20	2:25.6	60	35:29.6	16.9	1:43.6	43	25:01.3	8:04	1:18:12.5			
51	NICOLE HOLMES	623	2 F 30-34	81	16:47.0	59:56	1:15.2	59	35:26.5	16.9	1:03.9	36	24:29.5	7:54	1:19:02.1			
52	Heather Hall	615	3 F 45-49	51	15:01.8	53:38	2:23.3	65	36:19.2	16.5	1:20.8	40	24:44.2	7:59	1:19:49.3			
53	Jesse Yeager	701	4 M 35-39	74	16:20.8	58:20	3:23.5	50	34:34.8	17.4	0:45.2	47	25:12.0	8:08	1:20:16.3			
54	Ryan Hovanec	625	9 M 40-44	89	17:38.8	62:59	3:06.3	39	33:37.7	17.8	1:36.4	44	25:03.4	8:05	1:21:02.6			
55	Robert Levy	645	10 M 40-44	83	17:08.3	61:11	3:45.0	48	34:24.2	17.4	1:10.9	38	24:34.7	7:55	1:21:03.1			
56	Franco Fabilli	600	4 M 25-29	39	14:02.8	50:07	3:34.6	63	35:57.5	16.7	1:49.3	52	25:45.9	8:18	1:21:10.1			
57	Gregory Bauman	571	10 M 30-34	26	13:15.3	47:19	2:42.9	46	34:17.0	17.5	1:44.3	85	29:25.8	9:29	1:21:25.3			
58	John Wagner	697	3 M 55-59	27	13:17.0	47:26	1:34.6	67	36:29.2	16.4	1:16.1	83	28:51.6	9:18	1:21:28.5			
59	Cody VanderVeen	692	6 M 20-24	48	14:39.8	52:19	2:37.5	77	37:48.5	15.9	0:36.3	57	26:07.1	8:25	1:21:49.2			
60	Paul Kilgore	633	3 M 50-54	30	13:35.4	48:31	2:35.0	45	34:15.6	17.5	2:11.5	86	29:34.5	9:32	1:22:12.0			
61	Chanel Kerschbaum	632	3 F 30-34	63	15:39.0	55:54	1:23.5	68	36:34.6	16.4	1:13.0	70	27:23.3	8:50	1:22:13.4			
62	Ken Mohney	658	5 M 45-49	90	17:40.4	63:06	1:25.0	58	35:23.0	17.0	1:32.9	63	26:30.6	8:33	1:22:31.9			
63	Megan Bland	576	2 F 25-29	25	13:10.7	47:01	1:32.0	95	40:14.6	14.9	1:33.1	62	26:22.2	8:30	1:22:52.6			
64	Christy Yavarow	700	2 F 40-44	78	16:27.8	58:45	1:53.4	61	35:33.4	16.9	1:34.0	74	27:41.8	8:56	1:23:10.4			
65	Jenn Omo	661	3 F 40-44	28	13:25.7	47:55	1:56.8	73	37:11.3	16.1	0:54.9	89	29:49.8	9:37	1:23:18.5			
66	Steve Darrell	592	4 M 55-59	77	16:25.1	58:38	3:25.0	64	36:09.3	16.6	1:28.2	55	25:58.4	8:23	1:23:26.0			

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## Overall Results

### Sprint Triathlon

Race Date  
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Place	Name	Bib No	AG Place	----- Swim -----		Tran 1	----- Bike -----		Tran 2	----- Finish -----		Total			
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
67	Pete Haverkamp	618	6 M 45-49	56	15:19.8	54:42	2:50.7	70	36:53.1	16.3	2:01.4	65	26:43.4	8:37	1:23:48.4
68	Sue Stack	678	1 F 50-54	70	16:02.6	57:16	1:50.6	57	35:18.1	17.0	1:40.7	84	29:01.9	9:22	1:23:53.9
69	Jennifer Heymoss	620	4 F 30-34	44	14:30.2	51:47	1:10.1	62	35:48.9	16.8	1:33.3	91	30:52.1	9:57	1:23:54.6
70	David Danko	591	4 M 50-54	82	17:06.5	61:04	1:40.5	74	37:19.2	16.1	2:01.8	53	25:49.2	8:20	1:23:57.2
71	Megan Finley	604	3 F 25-29	76	16:22.7	58:27	2:01.3	101	41:06.1	14.6	0:27.3	27	24:01.8	7:45	1:23:59.2
72	Katie Davidson	593	1 F 20-24	93	17:55.7	63:59	2:09.2	54	35:07.6	17.1	0:52.8	77	28:04.1	9:03	1:24:09.4
73	Sarah King	634	2 F 50-54	84	17:17.5	61:44	1:55.9	69	36:46.7	16.3	1:11.4	68	26:58.7	8:42	1:24:10.2
74	Mandy Damico	587	4 F 35-39	40	14:11.9	50:39	2:27.5	91	39:42.5	15.1	1:21.6	69	27:06.7	8:45	1:24:50.2
75	Laura Neer Stuchell	659	2 F 55-59	35	13:51.5	49:28	1:37.8	97	40:19.6	14.9	1:06.9	82	28:35.3	9:13	1:25:31.1
76	Andrew Vandermolen	691	1 M 17-19	80	16:39.2	59:28	3:10.3	76	37:41.9	15.9	2:02.8	67	26:49.1	8:39	1:26:23.3
77	Tara Page	662	4 F 25-29	32	13:42.7	48:56	1:48.0	93	40:06.8	15.0	3:33.2	72	27:33.3	8:53	1:26:44.0
78	John Marchand	649	7 M 45-49	86	17:26.7	62:16	3:43.1	52	34:43.1	17.3	1:01.8	90	29:57.5	9:40	1:26:52.2
79	Justin Lareau	708	5 M 35-39	67	15:47.8	56:22	3:04.0	80	38:29.3	15.6	2:09.6	71	27:25.4	8:51	1:26:56.1
80	Richard Kogelschatz	636	5 M 55-59	23	13:07.0	46:51	2:43.1	66	36:22.5	16.5	1:30.3	98	33:29.9	10:48	1:27:12.8
81	Eric Pfeiffer	665	8 M 45-49	87	17:28.4	62:23	2:25.6	92	39:50.5	15.1	0:55.1	66	26:44.7	8:37	1:27:24.3
82	Kristen Coonrod	584	5 F 25-29	31	13:39.6	48:45	3:15.4	99	40:47.3	14.7	1:31.1	78	28:16.8	9:07	1:27:30.2
83	Rachelle Bartz	570	5 F 30-34	49	14:43.7	52:34	1:56.6	81	38:34.9	15.6	0:40.1	95	32:01.1	10:20	1:27:56.4
84	Stephen Ferenz	603	11 M 30-34	117	23:01.0	82:12	3:39.1	51	34:36.2	17.3	2:02.8	51	25:42.0	8:17	1:29:01.1
85	Jayne Service	674	4 F 45-49	79	16:38.6	59:24	3:08.2	107	42:39.5	14.1	1:32.5	45	25:08.7	8:06	1:29:07.5
86	Austin Langlinais	639	2 M 17-19	103	19:13.9	68:38	3:27.7	115	45:46.1	13.1		8	20:54.8	6:45	1:29:22.5
87	Debi Steward	680	3 F 55-59	92	17:54.3	63:56	2:06.3	55	35:12.0	17.0	0:39.3	99	33:51.5	10:55	1:29:43.4
88	Jane McDonagh	655	4 F 55-59	85	17:25.6	62:12	2:23.1	82	38:37.8	15.5	1:34.2	88	29:45.7	9:36	1:29:46.4
89	Jennie Dalessandro	586	5 F 35-39	99	18:59.6	67:48	2:35.9	94	40:07.5	15.0	1:24.1	76	27:46.3	8:57	1:30:53.4
90	Laura Briley	579	6 F 25-29	97	18:35.9	66:22	2:03.5	96	40:19.3	14.9	1:46.0	81	28:29.5	9:11	1:31:14.2
91	Judah Gesmundo	611	1 F 60-64	96	18:10.6	64:53	2:23.9	49	34:29.5	17.4	2:37.9	100	33:53.6	10:56	1:31:35.5
92	Ross Biggs	575	2 M 65-69	104	19:19.4	68:59	2:00.0	71	36:54.4	16.3	2:03.2	94	31:37.8	10:12	1:31:54.8
93	Curtis Harris	617	11 M 40-44	21	12:59.0	46:22	1:41.2	119	50:02.6	12.0	1:11.1	61	26:18.0	8:29	1:32:11.9
94	Christy Trepanier	688	4 F 40-44	61	15:34.5	55:36	2:12.8	85	38:49.1	15.5	1:44.7	101	34:32.5	11:08	1:32:53.6
95	Karen Kogelschatz	635	3 F 50-54	95	18:03.7	64:28	2:17.9	87	39:16.4	15.3	1:43.2	93	31:34.1	10:11	1:32:55.3
96	David Rawson	666	6 M 55-59	111	20:47.5	74:14	2:16.3	100	40:55.2	14.7	1:23.3	80	28:29.0	9:11	1:33:51.3
97	Gwynn Cunningham	585	2 F 20-24	113	20:56.6	74:46	2:31.8	104	41:34.7	14.4	1:06.0	75	27:44.6	8:57	1:33:53.7
98	Karen Christensen	582	5 F 45-49	59	15:30.3	55:21	2:31.3	86	39:11.7	15.3	1:26.2	108	36:00.3	11:37	1:34:39.8
99	Ursula Marchand	650	5 F 40-44	114	21:32.0	76:54	2:50.4	78	38:08.2	15.7	0:44.4	96	32:12.9	10:23	1:35:27.9

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## Overall Results

### **Sprint Triathlon**

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>		<u>Tran 1</u>		<u>Bike</u>		<u>Rate</u>	<u>Tran 2</u>		<u>Finish</u>		<u>Total Time</u>
				<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>		<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	
100	Elise Millmier	657	6 F 40-44	106	20:03.2	71:36	2:59.6	108	42:45.8	14.0	0:42.7	87	29:39.3	9:34	1:36:10.6
101	sue bartels	568	6 F 35-39	73	16:14.0	57:59	2:09.2	88	39:20.5	15.3	1:25.1	110	37:25.6	12:04	1:36:34.4
102	Matthew Stack	679	5 M 50-54	88	17:35.8	62:48	3:38.5	79	38:17.5	15.7	2:24.4	106	35:26.1	11:26	1:37:22.3
103	Allan LaReau	641	3 M 65-69	108	20:15.7	72:19	2:30.4	103	41:32.4	14.4	1:43.5	97	32:23.4	10:27	1:38:25.4
104	Monika Anderson	564	6 F 30-34	100	19:00.9	67:51	3:18.7	89	39:28.7	15.2	2:54.7	103	34:48.6	11:14	1:39:31.6
105	Tracy Baker	566	4 F 50-54	109	20:26.0	72:59	1:43.5	90	39:30.7	15.2	1:59.1	109	36:02.0	11:37	1:39:41.3
106	Rebecca Jacobi	628	7 F 35-39	101	19:01.5	67:55	4:31.5	105	41:39.6	14.4	3:23.7	92	31:08.3	10:03	1:39:44.6
107	Jackie McClelland	653	5 F 55-59	75	16:21.6	58:24	4:08.9	113	43:51.2	13.7	2:21.4	105	35:13.8	11:22	1:41:56.9
108	Brian Jory	630	4 M 65-69	98	18:38.4	66:33	2:44.7	102	41:28.7	14.5	2:01.5	111	37:50.5	12:12	1:42:43.8
109	Heather Byrd	580	7 F 40-44	115	22:06.0	78:56	3:17.1	98	40:24.3	14.9	2:22.9	102	34:41.0	11:11	1:42:51.3
110	Patricia bellgraph	573	2 F 60-64	107	20:08.6	71:54	3:59.1	109	42:59.8	14.0	2:30.4	107	35:28.6	11:26	1:45:06.5
111	carey schoolmaster	672	6 F 55-59	91	17:46.7	63:27	2:46.3	111	43:31.7	13.8	2:49.3	112	38:56.4	12:34	1:45:50.4
112	Megan Taylor	682	7 F 30-34	94	17:56.6	64:03	4:42.4	118	48:17.2	12.4	1:18.1	104	35:02.3	11:18	1:47:16.6
113	Kimberly Versaw	695	5 F 50-54	105	19:50.2	70:50	5:38.1	114	44:03.9	13.6	1:39.0	114	40:41.3	13:07	1:51:52.5
114	Goldie VanZandt	694	8 F 35-39	58	15:25.0	55:04	1:55.8	116	47:01.9	12.8	1:53.1	118	45:55.1	14:49	1:52:10.9
115	Christine Latack	643	6 F 45-49	116	22:26.6	80:07	4:55.2	106	42:29.4	14.1	1:20.3	115	41:13.6	13:18	1:52:25.1
116	Ellen Draheim	596	7 F 55-59	112	20:51.1	74:28	5:43.7	110	43:14.7	13.9	1:59.9	116	42:08.9	13:35	1:53:58.3
117	Charles Castaneda	581	6 M 50-54	120	26:21.6	94:06	5:54.9	112	43:48.2	13.7	4:20.2	113	40:06.7	12:56	2:00:31.6
118	Vicki Marchand	648	6 F 50-54	119	24:38.7	87:59	5:49.2	117	47:12.2	12.7	3:36.3	117	45:14.9	14:35	2:06:31.3
119	Kimberly von Oeyen	696	7 F 45-49	118	24:22.4	87:01	3:10.4	120	1:01:42.7	9.72	1:01.1	119	50:13.9	16:12	2:20:30.5
DQ	Loretta Holmes	465	DQ F 45-49	102	19:13.5	68:38	2:18.8	24	31:42.5	18.9		DQ	---	---	---