

Race Date
May 09, 2015

2015 Lake Central Triathlon
Age Group Results
Sprint Triathlon

Female Open Winners

Place		Name	Bib No	Age	Swim		Tran 1 Time	Bike		Tran 2 Time	Run		Total Time	Penalty	
Place	Overall				Rnk	Time		Pace	Rnk		Time	Rate			Rnk
1	7	Samantha Sutherland	204	42	1	8:21.2	0:34.1	1	33:54.4	20.2	0:27.5	1	20:28.5	7:52	1:03:45.7

Male Open Winners

Place		Name	Bib No	Age	Swim		Tran 1 Time	Bike		Tran 2 Time	Run		Total Time	Penalty	
Place	Overall				Rnk	Time		Pace	Rnk		Time	Rate			Rnk
1	1	Ralph Nurse	194	38	1	6:51.6	0:47.4	1	28:18.2	24.2	0:26.4	1	16:32.3	6:22	52:55.9

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Female 1 to 19

Place		Name	Bib No	Age	Swim		Tran 1	Bike			Tran 2	Run		Total	Penalty
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		
1	21	Megan Wimmer	209	17	1	6:22.6	2:02.1	1	40:16.0	17.0	0:40.6	1	23:34.5	9:04	1:12:55.8
2	39	Victoria Bain	162	18	2	8:08.0	1:48.8	2	43:50.1	15.6	0:42.0	2	26:53.9	10:20	1:21:22.8

Male 1 to 19

Place		Name	Bib No	Age	Swim		Tran 1	Bike			Tran 2	Run		Total	Penalty
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		
1	28	Michael Zajac	212	14	1	6:36.0	1:19.6	1	44:11.2	15.5	0:44.2	1	22:12.5	8:32	1:15:03.5

Male 20 to 29

Place		Name	Bib No	Age	Swim		Tran 1	Bike			Tran 2	Run		Total	Penalty
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		
1	25	Casey Martin	190	21	1	9:00.5	0:36.8	2	40:10.6	17.0	0:34.1	2	23:59.4	9:13	1:14:21.4
2	26	Christopher Kocoj	185	22	2	10:58.6	2:43.6	1	38:56.5	17.6	0:34.7	1	21:13.2	8:10	1:14:26.6

Female 30 to 39

Place		Name	Bib No	Age	Swim		Tran 1	Bike			Tran 2	Run		Total	Penalty
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		
1	9	brooke nack	192	37	2	9:13.1	0:32.4	1	34:12.2	20.0	0:38.6	1	21:23.6	8:13	1:05:59.9
2	19	Caroline Sear	199	30	1	8:38.0	1:39.8	2	38:26.8	17.8	0:22.5	2	22:50.8	8:47	1:11:57.9
3	44	Melissa Kunst	214	39	5	13:21.4	2:42.4	3	41:48.2	16.4	1:17.2	3	24:25.7	9:23	1:23:34.9
4	45	Jessica Dickinson	170	36	3	10:51.9	1:57.3	4	42:01.2	16.3	1:17.2	5	27:27.8	10:33	1:23:35.4

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Female 30 to 39

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total	
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty
5	56	Jody Stanley	156	36	6	14:50.0		2:29.4	5	54:30.9	12.6	0:29.8	4	27:09.1	10:27	1:39:29.2	
6	58	Amy Janik	181	30	4	12:51.3		1:33.6	6	58:16.1	11.7	0:46.9	6	41:00.9	15:46	1:54:28.8	

Male 30 to 39

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total	
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty
1	2	Chris Kunst	187	37	4	7:37.7		0:43.8	1	29:36.4	23.1	0:35.4	3	18:54.4	7:16	57:27.7	
2	5	John VanderPol	207	32	6	9:13.2		0:42.5	4	31:36.1	21.6	0:33.1	2	18:31.9	7:07	1:00:36.8	
3	6	Bryan George	174	39	3	7:15.8		0:29.5	2	31:04.7	22.0	0:49.8	6	22:45.5	8:45	1:02:25.3	
4	8	Tim Senovic	200	39	1	6:43.0		1:32.8	6	33:52.4	20.2	0:44.0	4	21:05.8	8:07	1:03:58.0	
5	13	Bill Dickinson	169	38	5	7:46.2		0:51.3	5	32:53.8	20.8	0:40.9	1	12:42.0	4:53	1:08:36.2	13:42
6	22	Mike Gillette	175	39	2	7:06.2		1:57.7	8	39:58.0	17.1	0:22.7	7	23:33.7	9:03	1:12:58.3	
7	23	Derek Janik	182	33	8	13:24.5		2:47.9	3	31:35.0	21.7	1:37.1	8	24:20.7	9:22	1:13:45.2	
8	27	Ted Karagias	213	34	7	10:32.3		2:00.4	7	39:35.0	17.3	0:41.3	5	22:08.8	8:31	1:14:57.8	

Female 40 to 49

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total	
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty
1	14	Nicole Rossmann	195	46	3	9:40.6		0:29.9	1	35:44.2	19.1	0:59.4	1	21:51.4	8:24	1:08:45.5	
2	20	Alicia Hardesty	177	41	1	8:08.9		0:48.3	3	39:12.0	17.4	0:29.6	3	24:07.2	9:17	1:12:46.0	
3	24	Elizabeth Futch	172	49	2	9:13.6		1:02.3	2	38:35.0	17.7	0:47.6	2	24:07.0	9:17	1:13:45.5	
4	38	Dawn Bell	165	40	4	9:46.8		1:59.0	5	41:26.2	16.5	1:02.9	6	27:01.6	10:23	1:21:16.5	
5	42	Dana Tameling	205	41	6	11:33.3		2:14.2	4	40:04.6	17.1	0:47.1	7	28:07.5	10:49	1:22:46.7	

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Female 40 to 49

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total	
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty
6	47	Kristi Sikora-Blankenship	201	44	7	11:37.3		1:55.0	6	44:55.1	15.2	0:31.9	9	30:16.5	11:38	1:29:15.8	
7	48	Kelly Kras	186	40	5	10:30.3		1:59.0	9	52:23.5	13.1	0:42.7	4	25:10.6	9:41	1:30:46.1	
8	50	Lisa Beecher	164	48	8	12:20.8		2:50.1	7	46:06.6	14.8	0:52.6	10	31:25.1	12:05	1:33:35.2	
9	52	Veronica Franco	171	42	9	16:25.3		3:49.9	8	46:09.4	14.8	1:36.5	5	26:19.3	10:07	1:34:20.4	
10	59	Chaudia Dixon	216	42	10	20:55.1		4:24.8	10	1:27:39.6	7.80	1:13.1	8	28:24.2	10:55	2:22:36.8	

Male 40 to 49

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total	
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty
1	3	Don Anderson	161	44	1	7:47.8		0:41.8	1	30:26.5	22.5	0:53.1	1	19:21.3	7:27	59:10.5	
2	11	John Boyle	157	49	3	8:13.4		1:07.5	3	34:51.7	19.6	0:54.1	2	23:05.5	8:53	1:08:12.2	
3	15	Danny Gronendyke	176	46	2	8:06.8		1:42.0	2	34:09.2	20.0	1:16.9	3	23:48.0	9:09	1:09:02.9	
4	30	Louis Bain II	163	40	4	9:11.7		0:44.4	4	37:32.3	18.2	1:16.6	9	26:22.0	10:08	1:15:07.0	
5	31	Mike Parker	158	41	11	11:14.6		1:17.7	5	37:58.9	18.0	1:28.3	6	24:55.1	9:35	1:16:54.6	
6	32	Mike Stephens	203	49	5	10:01.7		1:59.7	7	40:08.2	17.0	0:36.3	4	24:18.2	9:21	1:17:04.1	
7	36	Joe Kocoj	184	49	7	10:41.1		2:15.2	6	39:40.5	17.2	0:26.4	5	24:54.9	9:35	1:17:58.1	
8	40	Dave Cullom	217	47	6	10:35.8		2:54.9	9	40:50.1	16.8	1:45.9	8	26:15.7	10:06	1:22:22.4	
9	41	Nathan Burleson	167	44	9	10:50.7		2:29.3	10	41:04.0	16.7	1:59.7	7	26:08.3	10:03	1:22:32.0	
10	43	Robert Boby	166	47	10	10:56.8		2:20.5	8	40:17.5	17.0	1:26.7	11	28:12.0	10:51	1:23:13.5	
11	53	Jacques Hawkins	178	44	8	10:43.7		1:51.7	11	45:10.8	15.1	1:44.1	12	35:20.6	13:35	1:34:50.9	
12	54	Jose Negrete	193	42	12	13:37.3		3:58.0	12	48:33.8	14.1	1:38.3	10	28:01.1	10:47	1:35:48.5	

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Female 50 and over

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total	
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty
1	10	Eileen Skisak	202	56	6	9:50.3		0:32.6	1	34:00.3	20.1	0:55.2	2	21:24.6	8:14	1:06:43.0	
2	16	Cariann Turner	206	51	2	8:32.7		0:58.4	2	36:32.5	18.7	0:56.0	3	23:06.0	8:53	1:10:05.6	
3	17	Julie Young	210	52	3	8:42.3		0:47.6	3	36:47.6	18.6	0:58.1	4	23:50.9	9:10	1:11:06.5	
4	29	Kim Hurley	179	50	1	8:10.1		0:52.8	5	39:06.5	17.5	0:49.3	5	26:06.2	10:02	1:15:04.9	
5	34	Jayne Willis	208	51	4	8:44.6		1:36.4	4	39:00.1	17.5	1:48.5	6	26:25.1	10:10	1:17:34.7	
6	37	Felicia Schuster	198	58	8	12:23.9		2:51.8	6	44:56.9	15.2	1:08.7	1	19:04.3	7:20	1:20:25.6	
7	49	Kim Mettache	191	51	5	9:11.0		2:15.6	7	45:05.1	15.2	0:31.8	9	35:03.1	13:29	1:32:06.6	
8	55	Ann Downing	219	55	9	16:04.9		1:46.6	8	51:36.4	13.3	0:42.2	7	29:17.0	11:16	1:39:27.1	
9	57	Joanne Kinner	183	53	7	10:42.4		3:08.6	9	53:46.9	12.7	0:42.3	8	33:58.1	13:04	1:42:18.3	

Male 50 and over

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total	
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	Penalty
1	4	Ed Schuster	215	55	1	8:23.1		0:44.3	1	29:45.8	23.0	0:49.8	2	20:46.1	7:59	1:00:29.1	
2	12	Joseph Danille	221	54	2	8:25.8		2:05.5	2	36:15.9	18.9	1:08.8	1	20:32.6	7:54	1:08:28.6	
3	18	Michael Zabrecky	211	59	6	12:07.4		0:41.1	3	36:17.7	18.9	0:52.2	3	21:16.4	8:11	1:11:14.8	
4	33	Richard Ach	160	53	3	8:28.1		1:52.2	4	39:38.5	17.3	1:44.2	6	25:21.4	9:45	1:17:04.4	
5	35	Ez DelPrado	168	59	5	11:41.6		2:52.4	5	40:03.2	17.1	1:15.4	4	22:04.9	8:29	1:17:57.5	
6	46	Roman Arteaga	159	52	4	10:15.4		5:09.1	7	45:14.0	15.1	1:05.8	5	25:21.0	9:45	1:27:05.3	
7	51	Bill Garcia	173	54	7	12:34.7		3:14.7	6	44:35.4	15.3	1:37.4	7	32:10.7	12:22	1:34:12.9	