

Race Date  
May 09, 2015

# 2015 Lake Central Triathlon

## Overall Results

### **Sprint Triathlon**

| <u>Place</u> | <u>Name</u>         | <u>Bib No</u> | <u>AG Place</u> | <u>Rnk</u> | <u>Swim Time</u> | <u>Pace</u> | <u>Tran 1 Time</u> | <u>Rnk</u> | <u>Bike Time</u> | <u>Rate</u> | <u>Tran 2 Time</u> | <u>Rnk</u> | <u>Run Time</u> | <u>Pace</u> | <u>Total Time</u> | <u>Penalty</u> |
|--------------|---------------------|---------------|-----------------|------------|------------------|-------------|--------------------|------------|------------------|-------------|--------------------|------------|-----------------|-------------|-------------------|----------------|
| 1            | Ralph Nurse         | 194           | 1 M Top Fin     | 4          | 6:51.6           |             | 0:47.4             | 1          | 28:18.2          | 24.2        | 0:26.4             | 2          | 16:32.3         | 6:22        | 52:55.9           |                |
| 2            | Chris Kunst         | 187           | 1 M 30-39       | 7          | 7:37.7           |             | 0:43.8             | 2          | 29:36.4          | 23.1        | 0:35.4             | 4          | 18:54.4         | 7:16        | 57:27.7           |                |
| 3            | Don Anderson        | 161           | 1 M 40-49       | 9          | 7:47.8           |             | 0:41.8             | 4          | 30:26.5          | 22.5        | 0:53.1             | 6          | 19:21.3         | 7:27        | 59:10.5           |                |
| 4            | Ed Schuster         | 215           | 1 M 50-99       | 16         | 8:23.1           |             | 0:44.3             | 3          | 29:45.8          | 23.0        | 0:49.8             | 9          | 20:46.1         | 7:59        | 1:00:29.1         |                |
| 5            | John VanderPol      | 207           | 2 M 30-39       | 27         | 9:13.2           |             | 0:42.5             | 7          | 31:36.1          | 21.6        | 0:33.1             | 3          | 18:31.9         | 7:07        | 1:00:36.8         |                |
| 6            | Bryan George        | 174           | 3 M 30-39       | 6          | 7:15.8           |             | 0:29.5             | 5          | 31:04.7          | 22.0        | 0:49.8             | 19         | 22:45.5         | 8:45        | 1:02:25.3         |                |
| 7            | Samantha Sutherland | 204           | 1 F Top Fin     | 15         | 8:21.2           |             | 0:34.1             | 10         | 33:54.4          | 20.2        | 0:27.5             | 7          | 20:28.5         | 7:52        | 1:03:45.7         |                |
| 8            | Tim Senovic         | 200           | 4 M 30-39       | 3          | 6:43.0           |             | 1:32.8             | 9          | 33:52.4          | 20.2        | 0:44.0             | 10         | 21:05.8         | 8:07        | 1:03:58.0         |                |
| 9            | brooke nack         | 192           | 1 F 30-39       | 26         | 9:13.1           |             | 0:32.4             | 13         | 34:12.2          | 20.0        | 0:38.6             | 13         | 21:23.6         | 8:13        | 1:05:59.9         |                |
| 10           | Eileen Skisak       | 202           | 1 F 50-99       | 31         | 9:50.3           |             | 0:32.6             | 11         | 34:00.3          | 20.1        | 0:55.2             | 14         | 21:24.6         | 8:14        | 1:06:43.0         |                |
| 11           | John Boyle          | 157           | 2 M 40-49       | 14         | 8:13.4           |             | 1:07.5             | 14         | 34:51.7          | 19.6        | 0:54.1             | 21         | 23:05.5         | 8:53        | 1:08:12.2         |                |
| 12           | Joseph Danille      | 221           | 2 M 50-99       | 17         | 8:25.8           |             | 2:05.5             | 16         | 36:15.9          | 18.9        | 1:08.8             | 8          | 20:32.6         | 7:54        | 1:08:28.6         |                |
| 13           | Bill Dickinson      | 169           | 5 M 30-39       | 8          | 7:46.2           |             | 0:51.3             | 8          | 32:53.8          | 20.8        | 0:40.9             | 1          | 12:42.0         | 4:53        | 1:08:36.2         | 13:42          |
| 14           | Nicole Rossmann     | 195           | 1 F 40-49       | 29         | 9:40.6           |             | 0:29.9             | 15         | 35:44.2          | 19.1        | 0:59.4             | 15         | 21:51.4         | 8:24        | 1:08:45.5         |                |
| 15           | Danny Gronendyke    | 176           | 3 M 40-49       | 10         | 8:06.8           |             | 1:42.0             | 12         | 34:09.2          | 20.0        | 1:16.9             | 25         | 23:48.0         | 9:09        | 1:09:02.9         |                |
| 16           | Cariann Turner      | 206           | 2 F 50-99       | 19         | 8:32.7           |             | 0:58.4             | 18         | 36:32.5          | 18.7        | 0:56.0             | 22         | 23:06.0         | 8:53        | 1:10:05.6         |                |
| 17           | Julie Young         | 210           | 3 F 50-99       | 21         | 8:42.3           |             | 0:47.6             | 19         | 36:47.6          | 18.6        | 0:58.1             | 26         | 23:50.9         | 9:10        | 1:11:06.5         |                |
| 18           | Michael Zabrecky    | 211           | 3 M 50-99       | 48         | 12:07.4          |             | 0:41.1             | 17         | 36:17.7          | 18.9        | 0:52.2             | 12         | 21:16.4         | 8:11        | 1:11:14.8         |                |
| 19           | Caroline Sear       | 199           | 2 F 30-39       | 20         | 8:38.0           |             | 1:39.8             | 22         | 38:26.8          | 17.8        | 0:22.5             | 20         | 22:50.8         | 8:47        | 1:11:57.9         |                |
| 20           | Alicia Hardesty     | 177           | 2 F 40-49       | 12         | 8:08.9           |             | 0:48.3             | 27         | 39:12.0          | 17.4        | 0:29.6             | 29         | 24:07.2         | 9:17        | 1:12:46.0         |                |
| 21           | Megan Wimmer        | 209           | 1 F 1-19        | 1          | 6:22.6           |             | 2:02.1             | 36         | 40:16.0          | 17.0        | 0:40.6             | 24         | 23:34.5         | 9:04        | 1:12:55.8         |                |
| 22           | Mike Gillette       | 175           | 6 M 30-39       | 5          | 7:06.2           |             | 1:57.7             | 31         | 39:58.0          | 17.1        | 0:22.7             | 23         | 23:33.7         | 9:03        | 1:12:58.3         |                |
| 23           | Derek Janik         | 182           | 7 M 30-39       | 54         | 13:24.5          |             | 2:47.9             | 6          | 31:35.0          | 21.7        | 1:37.1             | 31         | 24:20.7         | 9:22        | 1:13:45.2         |                |
| 24           | Elizabeth Futch     | 172           | 3 F 40-49       | 28         | 9:13.6           |             | 1:02.3             | 23         | 38:35.0          | 17.7        | 0:47.6             | 28         | 24:07.0         | 9:17        | 1:13:45.5         |                |
| 25           | Casey Martin        | 190           | 1 M 20-29       | 23         | 9:00.5           |             | 0:36.8             | 35         | 40:10.6          | 17.0        | 0:34.1             | 27         | 23:59.4         | 9:13        | 1:14:21.4         |                |
| 26           | Christopher Kocoj   | 185           | 2 M 20-29       | 43         | 10:58.6          |             | 2:43.6             | 24         | 38:56.5          | 17.6        | 0:34.7             | 11         | 21:13.2         | 8:10        | 1:14:26.6         |                |
| 27           | Ted Karagias        | 213           | 8 M 30-39       | 35         | 10:32.3          |             | 2:00.4             | 28         | 39:35.0          | 17.3        | 0:41.3             | 17         | 22:08.8         | 8:31        | 1:14:57.8         |                |
| 28           | Michael Zajac       | 212           | 1 M 1-19        | 2          | 6:36.0           |             | 1:19.6             | 44         | 44:11.2          | 15.5        | 0:44.2             | 18         | 22:12.5         | 8:32        | 1:15:03.5         |                |
| 29           | Kim Hurley          | 179           | 4 F 50-99       | 13         | 8:10.1           |             | 0:52.8             | 26         | 39:06.5          | 17.5        | 0:49.3             | 38         | 26:06.2         | 10:02       | 1:15:04.9         |                |
| 30           | Louis Bain II       | 163           | 4 M 40-49       | 25         | 9:11.7           |             | 0:44.4             | 20         | 37:32.3          | 18.2        | 1:16.6             | 42         | 26:22.0         | 10:08       | 1:15:07.0         |                |
| 31           | Mike Parker         | 158           | 5 M 40-49       | 44         | 11:14.6          |             | 1:17.7             | 21         | 37:58.9          | 18.0        | 1:28.3             | 34         | 24:55.1         | 9:35        | 1:16:54.6         |                |
| 32           | Mike Stephens       | 203           | 6 M 40-49       | 32         | 10:01.7          |             | 1:59.7             | 34         | 40:08.2          | 17.0        | 0:36.3             | 30         | 24:18.2         | 9:21        | 1:17:04.1         |                |
| 33           | Richard Ach         | 160           | 4 M 50-99       | 18         | 8:28.1           |             | 1:52.2             | 29         | 39:38.5          | 17.3        | 1:44.2             | 37         | 25:21.4         | 9:45        | 1:17:04.4         |                |

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## Overall Results

### **Sprint Triathlon**

| <u>Place</u> | <u>Name</u>               | <u>Bib No</u> | <u>AG Place</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Tran 1</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>Tran 2</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Total</u> | <u>Penalty</u> |
|--------------|---------------------------|---------------|-----------------|------------|-------------|-------------|---------------|------------|-------------|-------------|---------------|------------|-------------|-------------|--------------|----------------|
| 34           | Jayne Willis              | 208           | 5 F 50-99       | 22         | 8:44.6      |             | 1:36.4        | 25         | 39:00.1     | 17.5        | 1:48.5        | 43         | 26:25.1     | 10:10       | 1:17:34.7    |                |
| 35           | Ez DelPrado               | 168           | 5 M 50-99       | 47         | 11:41.6     |             | 2:52.4        | 32         | 40:03.2     | 17.1        | 1:15.4        | 16         | 22:04.9     | 8:29        | 1:17:57.5    |                |
| 36           | Joe Kocoj                 | 184           | 7 M 40-49       | 37         | 10:41.1     |             | 2:15.2        | 30         | 39:40.5     | 17.2        | 0:26.4        | 33         | 24:54.9     | 9:35        | 1:17:58.1    |                |
| 37           | Felicia Schuster          | 198           | 6 F 50-99       | 50         | 12:23.9     |             | 2:51.8        | 47         | 44:56.9     | 15.2        | 1:08.7        | 5          | 19:04.3     | 7:20        | 1:20:25.6    |                |
| 38           | Dawn Bell                 | 165           | 4 F 40-49       | 30         | 9:46.8      |             | 1:59.0        | 40         | 41:26.2     | 16.5        | 1:02.9        | 45         | 27:01.6     | 10:23       | 1:21:16.5    |                |
| 39           | Victoria Bain             | 162           | 2 F 1-19        | 11         | 8:08.0      |             | 1:48.8        | 43         | 43:50.1     | 15.6        | 0:42.0        | 44         | 26:53.9     | 10:20       | 1:21:22.8    |                |
| 40           | Dave Cullom               | 217           | 8 M 40-49       | 36         | 10:35.8     |             | 2:54.9        | 38         | 40:50.1     | 16.8        | 1:45.9        | 40         | 26:15.7     | 10:06       | 1:22:22.4    |                |
| 41           | Nathan Burleson           | 167           | 9 M 40-49       | 40         | 10:50.7     |             | 2:29.3        | 39         | 41:04.0     | 16.7        | 1:59.7        | 39         | 26:08.3     | 10:03       | 1:22:32.0    |                |
| 42           | Dana Tameling             | 205           | 5 F 40-49       | 45         | 11:33.3     |             | 2:14.2        | 33         | 40:04.6     | 17.1        | 0:47.1        | 49         | 28:07.5     | 10:49       | 1:22:46.7    |                |
| 43           | Robert Boby               | 166           | 10 M 40-49      | 42         | 10:56.8     |             | 2:20.5        | 37         | 40:17.5     | 17.0        | 1:26.7        | 50         | 28:12.0     | 10:51       | 1:23:13.5    |                |
| 44           | Melissa Kunst             | 214           | 3 F 30-39       | 53         | 13:21.4     |             | 2:42.4        | 41         | 41:48.2     | 16.4        | 1:17.2        | 32         | 24:25.7     | 9:23        | 1:23:34.9    |                |
| 45           | Jessica Dickinson         | 170           | 4 F 30-39       | 41         | 10:51.9     |             | 1:57.3        | 42         | 42:01.2     | 16.3        | 1:17.2        | 47         | 27:27.8     | 10:33       | 1:23:35.4    |                |
| 46           | Roman Arteaga             | 159           | 6 M 50-99       | 33         | 10:15.4     |             | 5:09.1        | 50         | 45:14.0     | 15.1        | 1:05.8        | 36         | 25:21.0     | 9:45        | 1:27:05.3    |                |
| 47           | Kristi Sikora-Blankenship | 201           | 6 F 40-49       | 46         | 11:37.3     |             | 1:55.0        | 46         | 44:55.1     | 15.2        | 0:31.9        | 53         | 30:16.5     | 11:38       | 1:29:15.8    |                |
| 48           | Kelly Kras                | 186           | 7 F 40-49       | 34         | 10:30.3     |             | 1:59.0        | 55         | 52:23.5     | 13.1        | 0:42.7        | 35         | 25:10.6     | 9:41        | 1:30:46.1    |                |
| 49           | Kim Mettache              | 191           | 7 F 50-99       | 24         | 9:11.0      |             | 2:15.6        | 48         | 45:05.1     | 15.2        | 0:31.8        | 57         | 35:03.1     | 13:29       | 1:32:06.6    |                |
| 50           | Lisa Beecher              | 164           | 8 F 40-49       | 49         | 12:20.8     |             | 2:50.1        | 51         | 46:06.6     | 14.8        | 0:52.6        | 54         | 31:25.1     | 12:05       | 1:33:35.2    |                |
| 51           | Bill Garcia               | 173           | 7 M 50-99       | 51         | 12:34.7     |             | 3:14.7        | 45         | 44:35.4     | 15.3        | 1:37.4        | 55         | 32:10.7     | 12:22       | 1:34:12.9    |                |
| 52           | Veronica Franco           | 171           | 9 F 40-49       | 58         | 16:25.3     |             | 3:49.9        | 52         | 46:09.4     | 14.8        | 1:36.5        | 41         | 26:19.3     | 10:07       | 1:34:20.4    |                |
| 53           | Jacques Hawkins           | 178           | 11 M 40-49      | 39         | 10:43.7     |             | 1:51.7        | 49         | 45:10.8     | 15.1        | 1:44.1        | 58         | 35:20.6     | 13:35       | 1:34:50.9    |                |
| 54           | Jose Negrete              | 193           | 12 M 40-49      | 55         | 13:37.3     |             | 3:58.0        | 53         | 48:33.8     | 14.1        | 1:38.3        | 48         | 28:01.1     | 10:47       | 1:35:48.5    |                |
| 55           | Ann Downing               | 219           | 8 F 50-99       | 57         | 16:04.9     |             | 1:46.6        | 54         | 51:36.4     | 13.3        | 0:42.2        | 52         | 29:17.0     | 11:16       | 1:39:27.1    |                |
| 56           | Jody Stanley              | 156           | 5 F 30-39       | 56         | 14:50.0     |             | 2:29.4        | 57         | 54:30.9     | 12.6        | 0:29.8        | 46         | 27:09.1     | 10:27       | 1:39:29.2    |                |
| 57           | Joanne Kinner             | 183           | 9 F 50-99       | 38         | 10:42.4     |             | 3:08.6        | 56         | 53:46.9     | 12.7        | 0:42.3        | 56         | 33:58.1     | 13:04       | 1:42:18.3    |                |
| 58           | Amy Janik                 | 181           | 6 F 30-39       | 52         | 12:51.3     |             | 1:33.6        | 58         | 58:16.1     | 11.7        | 0:46.9        | 59         | 41:00.9     | 15:46       | 1:54:28.8    |                |
| 59           | Chaudia Dixon             | 216           | 10 F 40-49      | 59         | 20:55.1     |             | 4:24.8        | 59         | 1:27:39.6   | 7.80        | 1:13.1        | 51         | 28:24.2     | 10:55       | 2:22:36.8    |                |

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## 2015 Lake Central Triathlon

### Overall Results

#### Team Relay

| <u>Place</u> | <u>Name</u>                  | <u>Bib No</u> | <u>AG Place</u> | <u>Rnk</u> | <u>Swim</u><br><u>Time</u> | <u>Pace</u> | <u>Tran 1</u><br><u>Time</u> | <u>Rnk</u> | <u>Bike</u><br><u>Time</u> | <u>Rate</u> | <u>Tran 2</u><br><u>Time</u> | <u>Rnk</u> | <u>Run</u><br><u>Time</u> | <u>Pace</u> | <u>Total</u><br><u>Time</u> | <u>Penalty</u> |
|--------------|------------------------------|---------------|-----------------|------------|----------------------------|-------------|------------------------------|------------|----------------------------|-------------|------------------------------|------------|---------------------------|-------------|-----------------------------|----------------|
| 1            | JRR                          | 153           | 1 M Top Fin     | 1          | 6:45.7                     |             | 0:18.4                       | 1          | 29:45.5                    | 23.0        |                              | 2          | 19:43.5                   | 7:35        | 56:33.1                     |                |
| 2            | Patrick Reynolds             | 218           | 1 M Top Fin     | 2          | 8:10.6                     |             | 0:21.5                       | 2          | 30:12.3                    | 22.6        | 0:38.9                       | 1          | 12:56.9                   | 4:58        | 1:06:16.2                   | 13:56          |
| 3            | Region Moe Foe's             | 154           | 1 M Female      | 4          | 10:38.9                    |             | 0:32.9                       | 3          | 40:38.8                    | 16.8        | 0:13.9                       | 4          | 24:38.3                   | 9:28        | 1:16:42.8                   |                |
| 4            | Roadkill                     | 155           | 2 M Female      |            |                            |             |                              |            |                            |             |                              | 6          | 1:20:08.3                 | 30:49       | 1:20:08.3                   |                |
| 5            | 2 guys and a girl...Giddy Up | 151           | 3 M Female      | 3          | 10:12.3                    |             | 0:32.6                       | 4          | 48:33.8                    | 14.1        |                              | 3          | 22:37.3                   | 8:42        | 1:21:56.0                   |                |
| 6            | CDC                          | 152           | 1 F Top Fin     | 5          | 13:24.8                    |             | 0:40.2                       | 5          | 58:42.9                    | 11.7        | 0:19.0                       | 5          | 31:23.7                   | 12:04       | 1:44:30.6                   |                |