

Race Date
August 25, 2013

2013 3 for 3 Triathlon
Adult Triathlon

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 | 1 | Jordyn Bloode | 910 | 16 | 1 | 2:59.9 | | 1 | 0:12.6 | | 1 | 25:44.6 | 23.3 | 1 | 0:28.8 | | 1 | 16:38.4 | 6:39 | 46:04.3 |

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 | 2 | Gregory Dischler | 923 | 44 | 1 | 3:30.1 | | 1 | 0:55.3 | | 1 | 24:41.5 | 24.3 | 1 | 0:31.9 | | 1 | 17:18.0 | 6:55 | 46:56.8 |

Race Date
August 25, 2013

2013 3 for 3 Triathlon
Adult Triathlon

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 | 25 | Amaryllis Adey | 901 | 18 | 1 | 2:56.8 | | 1 | 1:40.3 | | 3 | 36:53.3 | 16.3 | 1 | 0:39.3 | | 1 | 18:51.6 | 7:32 | 1:01:01.3 |
| 2 | 29 | Caitlin Mills | 967 | 25 | 3 | 4:58.7 | | 2 | 2:11.3 | | 1 | 32:10.3 | 18.7 | 2 | 0:48.6 | | 2 | 22:34.5 | 9:02 | 1:02:43.4 |
| 3 | 41 | Patrizia Martellaro | 963 | 23 | 2 | 3:12.1 | | 3 | 2:22.0 | | 2 | 35:42.6 | 16.8 | 3 | 0:59.5 | | 4 | 30:08.9 | 12:03 | 1:12:25.1 |
| 4 | 60 | Megan Poloskey | 973 | 22 | 4 | 7:10.7 | | 4 | 3:40.3 | | 4 | 42:03.4 | 14.3 | 4 | 1:24.0 | | 3 | 25:26.8 | 10:10 | 1:19:45.2 |

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 | 6 | Nigel Bosch | 911 | 23 | 2 | 4:10.6 | | 1 | 0:45.4 | | 1 | 24:39.6 | 24.3 | 3 | 0:30.7 | | 1 | 17:40.7 | 7:04 | 47:47.0 |
| 2 | 18 | Nate Blanchard | 909 | 23 | 5 | 6:01.0 | | 5 | 1:58.6 | | 2 | 29:32.0 | 20.3 | 5 | 0:52.5 | | 4 | 20:47.0 | 8:19 | 59:11.1 |
| 3 | 20 | Christopher Huang | 947 | 23 | 1 | 3:16.3 | | 2 | 1:26.1 | | 4 | 35:31.0 | 16.9 | 2 | 0:24.3 | | 2 | 19:20.5 | 7:44 | 59:58.2 |
| 4 | 21 | Ben Whitney | 997 | 21 | 3 | 5:23.8 | | 3 | 1:29.5 | | 3 | 31:23.7 | 19.1 | 4 | 0:46.5 | | 5 | 21:09.6 | 8:28 | 1:00:13.1 |
| 5 | 45 | Joel Hlavaty | 941 | 22 | 4 | 5:40.2 | | 4 | 1:41.4 | | 5 | 46:23.6 | 12.9 | 1 | 0:21.4 | | 3 | 19:53.3 | 7:57 | 1:13:59.9 |

Female 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 |
| 1 | 5 | Patricia Schumacher | 981 | 31 | 4 | 3:19.4 | | 4 | 1:42.4 | | 1 | 20:31.2 | 29.2 | 5 | 1:05.4 | | 1 | 20:49.9 | 8:20 | 47:28.3 |
| 2 | 26 | Alyse Bruszewski | 913 | 27 | 1 | 2:34.5 | | 2 | 1:01.7 | | 3 | 32:25.1 | 18.5 | 4 | 1:04.1 | | 4 | 24:14.4 | 9:42 | 1:01:19.8 |
| 3 | 28 | Allyson Kricheff | 957 | 35 | 8 | 4:32.5 | | 3 | 1:35.5 | | 2 | 31:46.2 | 18.9 | 11 | 1:29.5 | | 2 | 23:17.5 | 9:19 | 1:02:41.2 |
| 4 | 33 | Sara Comstock | 920 | 31 | 6 | 4:01.9 | | 1 | 0:44.1 | | 4 | 35:47.3 | 16.8 | 6 | 1:06.9 | | 3 | 24:03.6 | 9:37 | 1:05:43.8 |
| 5 | 40 | Allison Rulli | 979 | 28 | 11 | 6:36.2 | | 10 | 2:28.6 | | 5 | 36:47.9 | 16.3 | 10 | 1:21.4 | | 5 | 24:26.2 | 9:46 | 1:11:40.3 |
| 6 | 47 | Rachel Baxter | 905 | 27 | 7 | 4:11.0 | | 5 | 1:54.3 | | 10 | 42:19.9 | 14.2 | 1 | 0:46.4 | | 6 | 26:47.7 | 10:43 | 1:15:59.3 |

Race Date
August 25, 2013

2013 3 for 3 Triathlon
Adult Triathlon

Female 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 |
| 7 | 51 | Stephanie Gherardi | 932 | 28 | 2 | 3:06.9 | | 11 | 3:49.9 | | 8 | 40:33.9 | 14.8 | 8 | 1:12.5 | | 7 | 29:01.8 | 11:36 | 1:17:45.0 |
| 8 | 53 | Jennifer Duarte | 924 | 35 | 5 | 3:32.8 | | 9 | 2:28.6 | | 6 | 37:25.0 | 16.0 | 9 | 1:21.2 | | 10 | 32:59.2 | 13:12 | 1:17:46.8 |
| 9 | 59 | ashley fair | 927 | 28 | 10 | 5:06.9 | | 7 | 2:18.1 | | 7 | 39:58.2 | 15.0 | 3 | 0:53.1 | | 8 | 30:26.8 | 12:10 | 1:18:43.1 |
| 10 | 62 | Lindsi Boyer | 912 | 29 | 3 | 3:18.3 | | 6 | 1:55.6 | | 9 | 42:12.9 | 14.2 | 7 | 1:11.5 | | 11 | 33:40.7 | 13:28 | 1:22:19.0 |
| 11 | 63 | Jennifer Iwaniuk | 948 | 32 | 9 | 4:48.1 | | 8 | 2:25.3 | | 11 | 47:27.7 | 12.6 | 2 | 0:51.5 | | 9 | 32:10.2 | 12:52 | 1:27:42.8 |

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 |
| 1 | 14 | Michael Landes | 1011 | 30 | 7 | 4:47.0 | | 6 | 1:50.4 | | 1 | 27:39.4 | 21.7 | 2 | 0:30.0 | | 2 | 22:18.3 | 8:55 | 57:05.1 |
| 2 | 16 | Elliott Whitmer | 996 | 30 | 2 | 2:55.2 | | 1 | 0:33.7 | | 2 | 29:54.8 | 20.1 | 5 | 0:39.0 | | 5 | 24:21.6 | 9:44 | 58:24.3 |
| 3 | 17 | Jeremy Hiler | 939 | 31 | 6 | 4:23.2 | | 2 | 1:09.6 | | 3 | 30:29.2 | 19.7 | 3 | 0:31.4 | | 1 | 22:06.3 | 8:50 | 58:39.7 |
| 4 | 31 | Michael Beasley | 907 | 31 | 3 | 2:59.9 | | 5 | 1:38.8 | | 5 | 35:15.4 | 17.0 | 6 | 0:44.8 | | 3 | 23:39.6 | 9:28 | 1:04:18.5 |
| 5 | 32 | Joshua Livermore | 962 | 28 | 8 | 4:49.2 | | 9 | 3:01.6 | | 4 | 32:33.0 | 18.4 | 8 | 1:05.5 | | 4 | 24:03.3 | 9:37 | 1:05:32.6 |
| 6 | 37 | Phillip Beasley | 906 | 27 | 1 | 2:44.2 | | 4 | 1:30.6 | | 6 | 35:56.0 | 16.7 | 7 | 0:48.4 | | 8 | 28:29.4 | 11:24 | 1:09:28.6 |
| 7 | 39 | Michael Podell | 972 | 31 | 4 | 3:05.6 | | 7 | 2:02.9 | | 7 | 38:49.3 | 15.5 | 9 | 1:08.6 | | 6 | 26:01.1 | 10:24 | 1:11:07.5 |
| 8 | 49 | Mark Burkey | 914 | 27 | 9 | 6:01.8 | | 8 | 2:36.0 | | 8 | 40:03.2 | 15.0 | 4 | 0:38.9 | | 7 | 28:10.1 | 11:16 | 1:17:30.0 |
| 9 | 52 | Dan Asleson | 902 | 34 | 5 | 3:17.5 | | 3 | 1:25.3 | | 9 | 40:53.3 | 14.7 | 1 | 0:16.4 | | 9 | 31:54.1 | 12:46 | 1:17:46.6 |

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 | 4 | Peggy Hasse | 935 | 45 | 1 | 2:38.8 | | 1 | 0:34.2 | | 1 | 24:15.5 | 24.7 | 2 | 0:46.4 | | 1 | 18:45.5 | 7:30 | 47:00.4 |

Race Date
August 25, 2013

2013 3 for 3 Triathlon
Adult Triathlon

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 |
| 2 | 12 | Amy Houser | 943 | 38 | 8 | 5:31.0 | | 3 | 1:07.5 | | 2 | 28:23.4 | 21.1 | 8 | 1:10.2 | | 2 | 18:56.5 | 7:34 | 55:08.6 |
| 3 | 15 | Kara Boyles | 1013 | 40 | 9 | 5:36.4 | | 4 | 1:25.8 | | 3 | 28:24.8 | 21.1 | 4 | 0:56.8 | | 4 | 21:56.5 | 8:46 | 58:20.3 |
| 4 | 22 | Katie Kuka | 960 | 37 | 6 | 5:07.5 | | 5 | 1:46.7 | | 5 | 30:28.3 | 19.7 | 10 | 1:26.4 | | 3 | 21:28.4 | 8:35 | 1:00:17.3 |
| 5 | 23 | Karen Schwarz | 982 | 40 | 10 | 5:42.1 | | 6 | 1:58.0 | | 4 | 29:40.8 | 20.2 | 5 | 1:03.5 | | 5 | 22:13.3 | 8:53 | 1:00:37.7 |
| 6 | 27 | Krista Bailey | 903 | 43 | 7 | 5:13.2 | | 2 | 1:03.9 | | 6 | 31:13.3 | 19.2 | 3 | 0:47.7 | | 6 | 24:04.9 | 9:38 | 1:02:23.0 |
| 7 | 43 | Kathy Carney | 918 | 43 | 2 | 2:43.2 | | 8 | 2:04.7 | | 8 | 34:30.5 | 17.4 | 7 | 1:09.9 | | 10 | 32:51.5 | 13:08 | 1:13:19.8 |
| 8 | 44 | Jennifer Heffernan | 937 | 40 | 3 | 2:52.9 | | 7 | 2:01.6 | | 7 | 34:14.7 | 17.5 | 11 | 1:32.9 | | 9 | 32:51.3 | 13:08 | 1:13:33.4 |
| 9 | 50 | Sandra Horne | 942 | 39 | 5 | 3:24.9 | | 10 | 2:30.0 | | 9 | 37:24.1 | 16.0 | 9 | 1:21.1 | | 11 | 32:59.1 | 13:12 | 1:17:39.2 |
| 10 | 55 | elizabeth raub | 977 | 38 | 4 | 3:16.9 | | 12 | 3:49.4 | | 11 | 40:40.7 | 14.8 | 6 | 1:07.1 | | 7 | 29:01.8 | 11:36 | 1:17:55.9 |
| 11 | 61 | Julia Easter | 925 | 36 | 11 | 6:09.2 | | 11 | 3:26.0 | | 10 | 40:26.3 | 14.8 | 12 | 1:57.4 | | 8 | 30:14.8 | 12:06 | 1:22:13.7 |
| 12 | 66 | Sylesta Morgan | 968 | 42 | 12 | 7:12.0 | | 9 | 2:24.7 | | 12 | 48:22.2 | 12.4 | 1 | 0:45.0 | | 12 | 36:21.6 | 14:32 | 1:35:05.5 |

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 | 7 | Jason Whitmer | 995 | 37 | 1 | 2:29.3 | | 1 | 0:23.5 | | 3 | 27:03.5 | 22.2 | 1 | 0:29.5 | | 5 | 20:48.0 | 8:19 | 51:13.8 |
| 2 | 8 | James Stanley | 985 | 36 | 6 | 4:49.4 | | 5 | 1:16.9 | | 2 | 26:56.2 | 22.3 | 4 | 0:59.5 | | 1 | 17:53.9 | 7:09 | 51:55.9 |
| 3 | 9 | Dan Neumann | 969 | 39 | 3 | 4:00.7 | | 3 | 0:59.6 | | 4 | 27:48.1 | 21.6 | 3 | 0:31.5 | | 3 | 18:57.4 | 7:35 | 52:17.3 |
| 4 | 11 | Danny Eggleston | 926 | 37 | 5 | 4:48.6 | | 6 | 1:48.6 | | 1 | 26:43.0 | 22.5 | 5 | 1:09.0 | | 4 | 20:19.9 | 8:08 | 54:49.1 |
| 5 | 13 | Christopher Papai | 970 | 43 | 4 | 4:47.3 | | 11 | 2:35.3 | | 6 | 30:01.5 | 20.0 | 2 | 0:31.0 | | 2 | 18:35.9 | 7:26 | 56:31.0 |
| 6 | 30 | Christiaan Corthier | 921 | 42 | 9 | 5:57.3 | | 4 | 1:05.4 | | 7 | 32:14.1 | 18.6 | 8 | 2:11.5 | | 6 | 22:03.4 | 8:49 | 1:03:31.7 |
| 7 | 35 | Jim Houser | 944 | 40 | 7 | 5:15.0 | | 7 | 2:00.3 | | 5 | 29:56.6 | 20.0 | 10 | 6:10.5 | | 8 | 24:18.3 | 9:43 | 1:07:40.7 |
| 8 | 42 | Keith Davis | 1016 | 36 | 11 | 7:56.2 | | 9 | 2:22.6 | | 9 | 38:49.8 | 15.5 | 7 | 1:13.4 | | 7 | 22:24.4 | 8:58 | 1:12:46.4 |
| 9 | 56 | Rory Iwaniuk | 949 | 39 | 10 | 6:33.4 | | 10 | 2:29.2 | | 8 | 35:48.6 | 16.8 | 6 | 1:10.1 | | 10 | 32:17.4 | 12:55 | 1:18:18.7 |
| 10 | 58 | Matt Johnston | 954 | 38 | 8 | 5:24.5 | | 8 | 2:03.0 | | 10 | 40:37.0 | 14.8 | 9 | 2:13.5 | | 9 | 28:06.8 | 11:14 | 1:18:24.8 |

Race Date
August 25, 2013

2013 3 for 3 Triathlon
Adult Triathlon

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 | 36 | Julie Floyd | 931 | 51 | 2 | 6:12.7 | | 1 | 2:11.9 | | 2 | 32:44.3 | 18.3 | 2 | 1:46.7 | | 1 | 26:29.5 | 10:36 | 1:09:25.1 |
| 2 | 38 | Deanna Ponsler | 974 | 52 | 1 | 4:18.1 | | 2 | 2:23.4 | | 1 | 32:43.6 | 18.3 | 1 | 1:04.6 | | 3 | 29:14.8 | 11:42 | 1:09:44.5 |
| 3 | 48 | Sara Miller | 966 | 46 | 3 | 6:16.8 | | 3 | 2:37.7 | | 3 | 36:32.8 | 16.4 | 4 | 2:27.0 | | 4 | 29:20.1 | 11:44 | 1:17:14.4 |
| 4 | 57 | Karen Vinson | 991 | 46 | 4 | 7:16.2 | | 4 | 4:15.1 | | 4 | 37:15.1 | 16.1 | 3 | 1:50.8 | | 2 | 27:45.3 | 11:06 | 1:18:22.5 |

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 | 3 | Todd Rothi | 978 | 51 | 1 | 2:20.3 | | 1 | 0:42.5 | | 1 | 25:51.8 | 23.2 | 1 | 0:42.0 | | 1 | 17:22.9 | 6:57 | 46:59.5 |
| 2 | 10 | Jim Boyles | 1010 | 52 | 2 | 2:22.1 | | 3 | 1:03.7 | | 2 | 28:33.5 | 21.0 | 2 | 1:00.2 | | 3 | 19:45.2 | 7:54 | 52:44.7 |
| 3 | 19 | Scott Floyd | 930 | 51 | 3 | 2:55.3 | | 4 | 1:09.0 | | 3 | 29:16.4 | 20.5 | 5 | 1:02.4 | | 4 | 25:03.4 | 10:01 | 59:26.5 |
| 4 | 24 | William Wilczynski | 998 | 49 | 6 | 7:25.0 | | 6 | 3:19.5 | | 4 | 29:42.6 | 20.2 | 3 | 1:01.4 | | 2 | 19:21.3 | 7:44 | 1:00:49.8 |
| 5 | 34 | JOHN BALL | 904 | 48 | 4 | 5:32.7 | | 2 | 0:48.6 | | 5 | 30:06.8 | 19.9 | 6 | 1:07.3 | | 6 | 28:37.7 | 11:27 | 1:06:13.1 |
| 6 | 46 | Scott Taylor | 987 | 47 | 7 | 7:26.9 | | 5 | 2:06.0 | | 6 | 36:25.1 | 16.5 | 7 | 1:07.9 | | 5 | 27:23.4 | 10:57 | 1:14:29.3 |
| 7 | 64 | larry crone | 922 | 53 | 5 | 7:21.1 | | 7 | 3:33.5 | | 7 | 46:55.6 | 12.8 | 4 | 1:01.5 | | 7 | 31:04.2 | 12:26 | 1:29:55.9 |

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 | 65 | Pat Hendrix | 938 | 57 | 1 | 9:49.9 | | 1 | 2:53.8 | | 1 | 42:45.8 | 14.0 | 1 | 1:01.5 | | 1 | 38:24.7 | 15:22 | 1:34:55.7 |

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2013 3 for 3 Triathlon
Adult Triathlon

Male 56 to 65

| 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 | 54 | Brian Vinson | 992 | 56 | 1 | 6:52.3 | | 1 | 4:08.7 | | 1 | 37:08.0 | 16.2 | 1 | 1:54.9 | | 1 | 27:47.1 | 11:07 | 1:17:51.0 |