

Race Date
May 22, 2016

2016 Silver Lake Duathlon
Age Group Results

Open

Female Open Winners

Place					Run		Tran 1		Bike		Tran 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>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>		
1	10	Samantha Sutherland	184	43	1	22:45.2	7:35	1	0:46.3		1	36:10.7	19.9	1	0:36.3	1	23:54.8	0.71	1:24:13.3

Male Open Winners

Place					Run		Tran 1		Bike		Tran 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>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>		
1	1	Daniel Goodman	162	19	1	18:07.4	6:02	1	0:55.0		1	35:21.8	20.4	1	0:55.9	1	18:57.3	0.81	1:14:17.4

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Female 1 to 14

Place			Run		Tran 1		Bike		Tran 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>Pace</u>	<u>Time</u>					
1	39	Gracie Lowe	167	13	1	25:31.7	8:30	1	1:05.4		1	58:42.6	12.3	1	0:35.0	1	34:50.9	0.50	2:00:45.6

Male 1 to 14

Place			Run		Tran 1		Bike		Tran 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>Pace</u>	<u>Time</u>					
1	46	Zander Oehlman	170	9	1	26:46.4	8:55	1	1:00.4		1	1:15:40.6	9.52	1	0:47.0	1	30:10.2	0.45	2:14:24.6

Male 15 to 18

Place			Run		Tran 1		Bike		Tran 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>Pace</u>	<u>Time</u>					
1	29	Jared Goolsby	225	16	1	26:01.7	8:40	1	0:45.3		1	46:04.9	15.6	1	0:49.9	1	35:24.6	0.55	1:49:06.4

Female 25 to 29

Place			Run		Tran 1		Bike		Tran 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>Pace</u>	<u>Time</u>					
1	17	Kristina Reid	175	29	1	24:14.3	8:05	1	0:51.9		1	37:53.1	19.0	1	0:37.6	1	25:40.8	0.67	1:29:17.7
2	25	Elissa Martin	219	27	2	26:27.5	8:49	2	1:01.4		2	45:07.1	16.0	2	0:57.9	2	27:55.0	0.59	1:41:28.9

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Male 25 to 29

Place			Run			Tran 1			Bike			Tran 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	Adam Stueber	182	26	1	19:11.6	6:24	1	0:39.7		1	37:01.6	19.5	1	0:36.6		1	19:57.0	0.77	1:17:26.5
2	41	sam campbell	153	26	2	30:24.7	10:08	2	0:48.2		2	55:36.6	12.9	2	1:00.0		2	36:00.7	0.48	2:03:50.2

Female 30 to 34

Place			Run			Tran 1			Bike			Tran 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	27	Erin Erwin	158	34	1	27:30.3	9:10	1	1:42.6		1	41:55.3	17.2	1	1:15.3		2	29:15.9	0.59	1:41:39.4
2	38	Jaclyn Barkon	213	33	2	28:55.2	9:38	2	1:47.3		2	57:37.8	12.5	2	1:23.6		1	29:15.2	0.50	1:58:59.1

Male 30 to 34

Place			Run			Tran 1			Bike			Tran 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	Nicholas Fenton	159	30	1	21:20.2	7:07	2	0:33.6		1	35:32.6	20.3	4	0:49.6		2	23:25.4	0.73	1:21:41.4
2	8	Graham Polando	173	33	2	21:28.0	7:09	3	0:51.0		2	37:42.7	19.1	2	0:43.5		1	22:26.6	0.72	1:23:11.8
3	35	Derek Taylor	185	32	4	33:23.6	11:08	1	0:29.7		3	40:23.0	17.8	1	0:36.5		4	41:28.9	0.52	1:56:21.7
4	47	Dustin Oehlman	171	32	3	26:46.9	8:55	4	1:12.3		4	1:15:30.5	9.54	3	0:44.6		3	30:13.5	0.45	2:14:27.8

Female 35 to 39

Place			Run			Tran 1			Bike			Tran 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	31	Amanda Wierenga	188	37	1	32:06.3	10:42	1	0:41.2		1	42:48.2	16.8	1	0:33.5		1	35:25.1	0.54	1:51:34.3

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Female 35 to 39

Place		Name	Bib	Age	Run			Tran 1			Bike			Tran 2			Run			Total
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
2	44	Lorilea Mitchell	168	35	2	35:26.2	11:49	2	1:35.8		2	52:57.3	13.6	2	1:39.9		2	41:05.3	0.45	2:12:44.5

Male 35 to 39

Place		Name	Bib	Age	Run			Tran 1			Bike			Tran 2			Run			Total
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	2	Chris Kunst	165	38	1	21:24.6	7:08	1	0:22.8		1	30:38.5	23.5	2	0:53.7		1	22:25.7	0.79	1:15:45.3
2	9	JARED SCHAAF	179	38	2	21:48.7	7:16	3	0:48.6		2	36:10.8	19.9	3	0:59.1		2	23:28.9	0.72	1:23:16.1
3	16	William Dickinson	154	39	3	24:22.2	8:07	2	0:37.9		3	37:23.5	19.3	1	0:39.4		3	26:10.5	0.67	1:29:13.5
4	26	Dustin Erwin	157	35	4	27:30.1	9:10	4	1:43.2		4	41:56.1	17.2	4	1:14.6		4	29:15.3	0.59	1:41:39.3

Female 40 to 44

Place		Name	Bib	Age	Run			Tran 1			Bike			Tran 2			Run			Total
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	24	Renee Howes	218	40	1	26:07.4	8:42	1	1:02.9		1	45:18.4	15.9	1	0:53.3		1	27:58.7	0.59	1:41:20.7

Male 40 to 44

Place		Name	Bib	Age	Run			Tran 1			Bike			Tran 2			Run			Total
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	4	Jason Sutherland	183	41	2	21:19.6	7:06	3	0:46.8		1	32:40.2	22.0	3	0:36.6		2	22:44.4	0.77	1:18:07.6
2	5	Guy Petruzzelli	172	43	1	20:08.0	6:43	1	0:27.7		2	34:52.3	20.7	1	0:29.9		1	22:21.7	0.77	1:18:19.6
3	15	Jonathan Howes	217	42	3	24:01.2	8:00	2	0:45.6		3	36:39.6	19.6	2	0:32.6		3	27:07.6	0.67	1:29:06.6

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Male 40 to 44

Place			Run			Tran 1			Bike			Tran 2			Run			Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
4	22	Matt Whitlock	187	40	4	27:07.3	9:02	5	2:13.7		4	39:12.2	18.4	5	2:09.9		4	28:28.6	0.60	1:39:11.7
5	40	Kris Lowe	166	41	5	29:14.7	9:45	4	0:59.6		5	54:04.6	13.3	4	1:44.9		5	34:45.6	0.50	2:00:49.4

Female 45 to 49

Place			Run			Tran 1			Bike			Tran 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	18	Nicole Rossmann	177	47	1	25:14.3	8:25	1	0:38.8		1	37:14.1	19.3	1	0:32.2		1	26:34.4	0.67	1:30:13.8
2	42	Ann Vogel	186	48	2	35:27.8	11:49	2	0:54.0		2	54:47.9	13.1	2	1:05.5		2	40:08.4	0.45	2:12:23.6

Male 45 to 49

Place			Run			Tran 1			Bike			Tran 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	13	Kristopher Moody	169	48	1	24:43.2	8:14	1	0:23.7		1	35:26.1	20.3	1	0:18.6		1	27:12.7	0.68	1:28:04.3
2	30	John Rowan	178	49	3	29:58.2	9:59	3	2:37.7		2	40:51.2	17.6	3	2:32.7		3	34:30.3	0.54	1:50:30.1
3	32	Todd Bailey	151	48	2	29:27.3	9:49	2	0:54.5		3	46:33.2	15.5	2	0:43.2		2	33:57.5	0.54	1:51:35.7

Female 50 to 54

Place			Run			Tran 1			Bike			Tran 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	34	Julie Young	209	53	1	29:44.2	9:55	2	1:15.8		1	44:52.2	16.0	2	1:36.3		1	37:38.5	0.52	1:55:07.0
2	43	Ginger Schander	180	52	2	35:32.5	11:51	1	0:55.0		2	54:58.8	13.1	1	0:49.6		2	40:08.9	0.45	2:12:24.8

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Open

Male 50 to 54

Place			Run		Tran 1		Bike		Tran 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	Mark Frick	160	52	1	22:37.0	7:32	1	0:33.0		1	32:28.0	22.2	2	0:40.7		1	26:04.0	0.73	1:22:22.7
2	21	Kirk Martin	220	51	2	24:56.0	8:19	3	0:56.9		2	37:33.2	19.2	3	1:09.1		3	31:18.1	0.63	1:35:53.3
3	28	Andy Boyd	152	52	3	29:03.5	9:41	2	0:47.6		3	42:21.8	17.0	1	0:30.4		2	29:43.4	0.59	1:42:26.7

Female 55 to 59

Place			Run		Tran 1		Bike		Tran 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	33	Susan Schroeder	214	56	1	27:44.3	9:15	1	1:12.1		2	55:09.9	13.1	2	1:02.0		1	28:23.4	0.53	1:53:31.7
2	45	Dalia Goodman	161	55	2	34:45.9	11:35	2	1:21.2		1	54:57.2	13.1	1	0:58.6		2	41:07.8	0.45	2:13:10.7

Male 55 to 59

Place			Run		Tran 1		Bike		Tran 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	11	Timothy O'Donnell	207	59	1	22:37.5	7:32	3	0:52.3		1	36:20.3	19.8	3	0:41.0		1	24:11.3	0.71	1:24:42.4
2	12	Robert Earl	156	56	2	22:56.9	7:39	1	0:25.8		3	37:41.2	19.1	1	0:26.8		2	24:13.6	0.70	1:25:44.3
3	14	Bob Hammond	163	58	3	24:56.6	8:19	2	0:45.1		2	36:46.5	19.6	2	0:39.0		3	25:16.6	0.68	1:28:23.8
4	36	Eric Schroeder	215	58	4	35:14.7	11:45	4	0:55.9		4	42:35.8	16.9	4	1:18.2		4	37:25.6	0.51	1:57:30.2

Female 60 to 64

Place			Run		Tran 1		Bike		Tran 2		Run		Total							
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time

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Open

Female 60 to 64

Place					Run				Tran 1				Bike				Tran 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>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Time</u>	
1	37	Deb Lanyi	208	60	1	29:53.0	9:58	1	1:31.3		1	49:16.3	14.6	1	1:32.0		1	36:20.9	0.51				1:58:33.5		

Male 65 to 69

Place					Run				Tran 1				Bike				Tran 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>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Time</u>	
1	19	Dan Moon	206	69	1	25:07.7	8:22	1	0:33.8		2	37:24.4	19.3	1	0:28.4		1	27:21.8	0.66				1:30:56.1		
2	20	Ken Hyde	164	66	2	26:41.6	8:54	3	0:59.8		1	34:43.5	20.7	3	0:47.2		2	28:05.9	0.66				1:31:18.0		
3	23	Don Ransome	174	66	3	28:45.7	9:35	2	0:44.8		3	40:38.8	17.7	2	0:40.0		3	28:39.0	0.60				1:39:28.3		