

Race Date
May 21, 2017

2017 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>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	5	Andrea Groote	130	41	1	21:56.1	7:19	1	0:52.5		1	35:17.3	20.4	1	0:34.3		1	22:49.8	0.74	1:21:30.0

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>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	Timothy Huber	134	22	1	17:35.7	5:52	1	0:18.9		1	31:53.0	22.6	1	0:22.7		1	18:03.6	0.88	1:08:13.9

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Female 1 to 14

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	37	Gracie Lowe	138	13	1	24:53.0	8:18	2	1:34.1		2	55:02.6	13.1	2	0:44.9		2	32:33.9	0.52	1:54:48.5
2	39	Brooke Sutherland	167	12	2	30:50.7	10:17	1	0:43.8		1	53:36.6	13.4	1	0:31.8		1	31:10.1	0.51	1:56:53.0

Male 15 to 18

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	23	Jack Breitowich	112	17	1	24:36.0	8:12	1	0:52.5		1	46:01.6	15.6	1	0:30.0		1	24:15.8	0.62	1:36:15.9

Female 19 to 24

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	29	Emily Morrison	142	20	2	27:24.6	9:08	2	0:54.3		1	45:02.8	16.0	2	0:42.9		2	29:41.0	0.58	1:43:45.6
2	33	Johnna Belkiewitz	110	21	1	24:23.9	8:08	1	0:28.3		2	57:07.5	12.6	1	0:24.4		1	27:40.1	0.55	1:50:04.2

Male 19 to 24

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	Daniel Goodman	129	20	1	18:40.8	6:13	1	0:48.2		1	35:21.8	20.4	1	0:49.7		1	20:28.7	0.79	1:16:09.2

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Female 25 to 29

Place		Name	Bib	Age	Run			Tran 1			Bike			Tran 2			Run			Total
Overall	Rnk				Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time
1	26	Anne Wessel	172	25	1	26:58.8	8:59	1	1:06.2		1	41:26.8	17.4	1	1:20.3		1	27:53.8	0.61	1:38:45.9

Female 30 to 34

Place		Name	Bib	Age	Run			Tran 1			Bike			Tran 2			Run			Total
Overall	Rnk				Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time
1	44	Katie Remaly	151	31	1	38:32.5	12:51	1	1:16.8		1	47:54.7	15.0	1	1:53.9		1	41:57.3	0.46	2:11:35.2

Male 30 to 34

Place		Name	Bib	Age	Run			Tran 1			Bike			Tran 2			Run			Total
Overall	Rnk				Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time
1	6	David Trapp	170	31	3	22:00.7	7:20	1	0:44.3		1	34:37.3	20.8	1	0:43.7		2	23:48.8	0.73	1:21:54.8
2	8	Graham Polando	150	34	1	21:24.9	7:08	2	0:51.2		3	36:32.5	19.7	2	0:47.4		1	22:31.7	0.73	1:22:07.7
3	11	Jayson Pestow	148	33	2	21:42.6	7:14	3	1:09.4		2	35:15.8	20.4	3	0:58.3		3	24:38.1	0.72	1:23:44.2

Female 35 to 39

Place		Name	Bib	Age	Run			Tran 1			Bike			Tran 2			Run			Total
Overall	Rnk				Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time
1	31	Jennifer Piller	149	37	1	28:59.4	9:40	3	1:15.3		1	44:58.2	16.0	3	1:20.6		2	31:35.8	0.55	1:48:09.3
2	34	Sara Hicks	132	37	2	29:49.5	9:56	1	0:52.4		2	46:19.9	15.5	1	0:36.9		3	33:53.8	0.54	1:51:32.5
3	38	lisa nelson	144	37	3	31:48.9	10:36	2	1:06.6		3	51:31.8	14.0	2	0:46.8		1	30:30.9	0.52	1:55:45.0

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Male 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	Pace	Rnk	Time	Pace	Time			
1	2	Randall Wood	174	35	1	18:34.0	6:11	1	0:52.8		1	31:06.9	23.2	1	0:28.8		1	20:31.0	0.84	1:11:33.5
2	17	Jason Fransted	125	38	2	24:51.1	8:17	3	1:18.7		2	36:26.8	19.8	2	0:58.0		2	25:36.7	0.67	1:29:11.3
3	22	Brian Shukitis	162	36	3	24:56.6	8:19	2	0:54.1		3	40:15.5	17.9	3	1:32.7		3	27:20.9	0.63	1:34:59.8

Female 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	Pace	Rnk	Time	Pace	Time			
1	12	SAMANTHA	169	43	1	22:55.0	7:38	1	0:26.6		1	36:47.6	19.6	1	0:20.8		1	24:32.8	0.71	1:25:02.8
2	32	Sara Bruner		40													2	1:48:24.0	0.55	1:48:24.0

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	Pace	Rnk	Time	Pace	Time			
1	4	Jason Sutherland	168	41	1	21:24.2	7:08	1	0:35.0		1	33:41.7	21.4	1	0:33.4		1	23:25.0	0.75	1:19:39.3
2	7	Paddy Clarke	115	44	2	22:09.4	7:23	2	0:40.9		3	34:58.6	20.6	2	0:38.5		2	23:32.2	0.73	1:21:59.6
3	20	Bryan George	127	41	3	27:32.7	9:11	3	1:00.0		2	34:56.1	20.6	3	1:30.5		3	29:38.7	0.63	1:34:38.0

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	Pace	Rnk	Time	Pace	Time			
1	18	Nicole Rossmann	154	47	1	24:12.0	8:04	1	0:42.0		1	38:11.0	18.9	1	0:45.4		1	25:31.9	0.67	1:29:22.3

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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	9	Alan Jones	135	46	1	21:27.6	7:09	3	1:14.4		3	35:53.6	20.1	4	1:19.4		1	22:14.4	0.73	1:22:09.4
2	10	Thom Figueroa	122	46	2	22:48.8	7:36	4	1:17.4		1	33:54.3	21.2	1	0:41.9		2	23:58.6	0.73	1:22:41.0
3	16	Danny Balos	108	45	3	23:24.2	7:48	1	1:01.3		2	35:38.3	20.2	2	0:53.6		3	28:04.5	0.67	1:29:01.9
4	30	Dan Dennis	117	47	4	26:32.7	8:51	5	1:17.6		4	39:18.1	18.3	3	1:17.2		4	36:29.1	0.57	1:44:54.7
5	42	Brian Rossmann	153	45	5	36:36.5	12:12	2	1:01.3		6	47:43.7	15.1	6	1:24.6		5	40:09.9	0.47	2:06:56.0
6	43	Brian Gruszczuk	131	48	6	40:23.7	13:28	6	1:25.5		5	41:44.0	17.3	5	1:24.5		6	43:41.8	0.47	2:08:39.5

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	28	Sara Bard	109	54	1	27:27.6	9:09	1	0:52.8		1	41:38.9	17.3	1	1:25.6		1	29:51.4	0.59	1:41:16.3

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	14	Kirk Martin	139	51	1	23:42.3	7:54	2	0:49.4		1	35:40.5	20.2	2	0:46.5		1	25:48.9	0.69	1:26:47.6
2	27	Andy Boyd	111	52	2	28:44.0	9:35	1	0:43.9		2	39:38.7	18.2	1	0:37.4		2	29:17.5	0.61	1:39:01.5

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

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Open

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	19	Kathleen Hruby		59													3	1:32:52.2	0.65	1:32:52.2
2	24	Michele Carey	114	59	1	18:54.0	6:18	2	5:38.7		1	45:39.1	15.8	1	0:41.5		1	26:43.7	0.61	1:37:37.0
3	35	Susan Schroeder	177	57	2	27:22.2	9:07	1	1:51.1		2	50:49.0	14.2	2	1:16.9		2	30:22.8	0.54	1:51:42.0

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	13	Timothy O'Donnell	146	59	1	20:14.0	6:45	4	4:12.0		1	36:43.4	19.6	4	3:54.6		1	21:36.0	0.69	1:26:40.0
2	15	Robert Earl	119	57	2	24:00.6	8:00	1	0:36.1		3	39:26.8	18.3	1	0:29.1		2	23:56.9	0.68	1:28:29.5
3	25	Mark Nelson	145	55	3	26:24.3	8:48	3	1:52.5		4	41:07.8	17.5	3	1:49.4		3	27:10.0	0.61	1:38:24.0
4	41	Eric Schroeder	178	58	4	36:40.7	12:13	2	0:43.2		2	38:06.0	18.9	2	1:14.7		4	47:43.5	0.48	2:04:28.1

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
1	36	Alicia McClean	140	60	1	30:14.9	10:05	1	1:27.1		1	46:10.0	15.6	1	1:16.1		1	33:06.1	0.53	1:52:14.2

Male 65 to 69

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	40	JOHN MORSE	143	65	1	35:21.5	11:47	1	1:52.2		1	45:56.2	15.7	1	1:45.1		1	37:14.0	0.49	2:02:09.0

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2017 Silver Lake Duathlon
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Open

Male 70 and over

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>Time</u>
1	21	Dan Moon	141	70	1	19:14.0	6:25										2	1:15:40.0	0.63	1:34:54.0
2	45	William Pauley	147	82	2	54:53.7	18:18	1	1:17.1		1	57:58.1	12.4	1	1:15.8		1	1:00:52.3	0.34	2:56:17.0