

Race Date  
September 23, 2018

2018 3 for 3 Triathlon  
Age Group Results

**Adult Swim**

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	3	Mandy Wallick	734	32	1	4:30.2		1	0:54.5		1	25:50.2	23.2	1	0:34.1		1	17:38.7		49:27.7

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	1	Greg Howard	653	36	1	3:57.8		1	0:32.7		1	23:33.2	25.5	1	0:25.3		1	17:34.7		46:03.7

Race Date  
September 23, 2018

# 2018 3 for 3 Triathlon

## Age Group Results

### Adult Swim

#### 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	11	Mollie O'Blenis	686	25	1	3:38.0		1	0:54.7		1	28:26.2	21.1	8	0:48.3		4	21:31.8		55:19.0
2	16	Hailey Dikeman	628	21	2	3:39.7		5	1:30.3		5	36:24.8	16.5	1	0:26.4		1	18:19.7		1:00:20.9
3	27	Haleigh Ehmsen	634	24	7	4:58.3		6	1:33.7		6	37:21.4	16.1	4	0:34.0		2	18:43.0		1:03:10.4
4	33	Raegen Dent	627	20	4	4:11.5		9	2:07.8		2	33:57.2	17.7	2	0:28.4		6	23:30.8		1:04:15.7
5	34	Mikelle Wile	741	23	8	5:22.7		7	1:39.7		3	34:49.5	17.2	7	0:46.3		5	21:59.6		1:04:37.8
6	36	Delany Bolton	615	20	5	4:14.1		8	1:54.8		7	37:24.8	16.0	3	0:33.7		3	21:22.6		1:05:30.0
7	41	Paige Wood	746	25	6	4:42.9		2	1:18.2		4	35:42.9	16.8	9	1:06.1		9	30:22.1		1:13:12.2
8	44	Hannah Myers	681	19	3	3:59.9		3	1:24.7		8	38:44.7	15.5	5	0:37.7		8	29:41.8		1:14:28.8
9	52	Madeline Bouchard	616	25	9	5:42.9		4	1:27.4		9	45:22.5	13.2	6	0:39.4		7	29:21.1		1:22:33.3

#### 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	2	Jonathan Millard	677	25	3	3:55.1		1	0:34.5		1	22:43.7	26.4	4	0:41.2		3	19:49.0		47:43.5
2	7	Andrew Jarocki	656	20	1	3:40.4		4	2:04.3		2	29:21.4	20.4	5	0:42.1		1	15:18.7		51:06.9
3	9	Brennan Ralph	703	18	2	3:47.6		3	1:47.0		3	30:57.2	19.4	1	0:32.7		2	16:40.8		53:45.3
4	37	Alexander Kelsey	659	22	5	6:44.7		2	1:12.9		4	36:25.8	16.5	2	0:38.8		4	21:42.1		1:06:44.3
5	43	Spencer Bindel	611	19	4	5:08.1		5	2:15.9		5	44:02.6	13.6	3	0:40.6		5	21:58.8		1:14:06.0

#### 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	26	Jordan Mentock	672	27	7	5:33.0		4	1:47.6		5	34:33.1	17.4	1	0:25.9		2	20:45.0		1:03:04.6

2018 3 for 3 Triathlon  
Age Group Results

Adult Swim

Female 26 to 35

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>
2	28	Julie Bruder	617	31	1	3:49.1		3	1:41.4		2	33:34.5	17.9	5	0:52.0		5	23:21.4		1:03:18.4
3	29	Frieda Fein	640	26	4	4:37.8		7	2:01.9		1	32:59.9	18.2	3	0:39.1		4	23:04.9		1:03:23.6
4	32	Liz Martin	667	33	8	6:02.8		12	2:59.9		4	34:29.3	17.4	8	1:06.0		1	19:33.6		1:04:11.6
5	35	Abida Coric	622	27	5	5:08.9		1	1:18.0		7	35:49.4	16.8	2	0:31.6		3	22:36.4		1:05:24.3
6	39	Ana Otarola	689	26	6	5:14.7		5	1:48.4		3	34:09.1	17.6	9	1:08.4		9	28:03.5		1:10:24.1
7	40	Dru Mack	665	27	10	7:13.9		8	2:12.3		9	36:19.4	16.5	7	0:58.9		7	25:37.0		1:12:21.5
8	42	Amber Stoffel	718	26	11	7:48.3		10	2:24.3		6	35:33.5	16.9	12	1:50.1		8	26:26.2		1:14:02.4
9	46	Shauna Golba	649	34	3	4:08.9		9	2:18.3		8	36:07.7	16.6	11	1:43.8		11	31:44.9		1:16:03.6
10	48	Lauren Plennert	695	32	2	4:01.1		6	2:01.6		10	45:02.0	13.3	6	0:55.1		6	25:21.3		1:17:21.1
11	54	Rachael Meyers	673	35	9	6:40.5		11	2:33.2		12	1:02:51.6	9.55	4	0:49.1		10	28:57.7		1:41:52.1
12	56	Ellen Meyers	674	31	12	12:13.1		2	1:20.2		11	58:55.2	10.2	10	1:39.8		12	41:37.4		1:55:45.7

Male 26 to 35

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	6	Scott Flagle	643	32	2	4:14.8		4	2:04.9		1	25:48.2	23.3	4	0:44.9		1	17:49.8		50:42.6
2	10	Steven Burnside	618	31	4	4:53.2		2	1:29.5		2	27:08.9	22.1	3	0:40.2		2	20:25.3		54:37.1
3	12	Christopher	662	33	1	3:51.0		1	1:02.5		4	28:57.8	20.7	2	0:32.7		4	21:55.9		56:19.9
4	13	Christopher Gabryluk	644	31	5	6:20.0		5	2:23.8		3	28:06.8	21.4	1	0:30.8		3	20:42.5		58:03.9
5	15	Ben Rudenga	750	35	3	4:37.7		3	1:33.5		5	30:27.9	19.7	5	0:53.5		5	22:33.9		1:00:06.5
6	38	Matthew Stoffel	717	31	7	6:29.3		6	2:41.5		6	33:45.2	17.8	7	1:51.6		6	22:45.1		1:07:32.7
7	47	Travis Teague	720	34	6	6:26.6		7	3:23.7		7	38:29.7	15.6	6	1:25.5		7	26:38.7		1:16:24.2

Race Date  
September 23, 2018

## 2018 3 for 3 Triathlon

### Age Group Results

#### Adult Swim

#### 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	5	Heather Schuh	705	42	4	4:38.3		1	0:43.1		1	25:51.8	23.2	1	0:27.1		1	18:26.3		50:06.6
2	21	Lisa Nelson	683	38	5	6:16.3		2	1:09.0		2	32:25.3	18.5	3	0:32.8		2	21:28.3		1:01:51.7
3	23	Amy Thibault	722	40	1	3:52.5		4	1:27.3		3	34:07.5	17.6	4	0:38.0		3	22:28.6		1:02:33.9
4	50	Lisa Ernsberger	638	39	2	4:12.1		3	1:23.4		4	39:47.0	15.1	2	0:32.8		5	33:54.9		1:19:50.2
5	51	Moira Dyczko	630	42	3	4:35.9		5	2:05.7		5	40:15.3	14.9	6	2:23.9		4	31:37.1		1:20:57.9
6	55	Tonya Myers	682	44	6	6:46.6		6	3:45.5		6	51:37.7	11.6	5	1:01.9		6	41:26.8		1:44:38.5

#### 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	4	Aaron Wolfe	745	44	2	4:05.8		2	1:12.1		1	26:32.0	22.6	4	0:54.7		1	16:44.8		49:29.4
2	14	Jeremy Sutter	719	37	4	5:16.2		6	1:53.4		2	27:26.1	21.9	7	1:31.7		5	23:00.7		59:08.1
3	20	Joshua Price	700	39	5	5:32.5		3	1:21.8		5	32:21.2	18.5	3	0:39.8		2	21:09.4		1:01:04.7
4	22	Matt Goebel	647	36	3	4:13.3		5	1:49.1		4	32:06.3	18.7	6	1:16.4		3	22:41.6		1:02:06.7
5	24	Nick Liskey	664	38	1	3:50.1		4	1:33.5		6	33:48.7	17.8	2	0:31.7		4	22:59.2		1:02:43.2
6	25	Ryan Woodruff	747	41	6	6:00.8		1	0:58.7		3	31:09.8	19.3	1	0:27.0		6	24:20.9		1:02:57.2
7	53	Brett Keck	657	39	7	6:07.7		7	4:27.5		7	43:40.8	13.7	5	1:01.5		7	27:50.8		1:23:08.3

#### 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	49	Nancy Weinberg	739	50	1	7:08.1		1	1:59.0		1	38:35.7	15.6	1	1:36.4		1	30:13.5		1:19:32.7

Race Date  
September 23, 2018

2018 3 for 3 Triathlon  
Age Group Results  
**Adult Swim**

Male 46 to 55

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	8	Scott Perry	753	47	1	4:43.1		2	1:04.8		1	25:06.9	23.9	2	0:39.0		2	20:30.1		52:03.9
2	17	Richard Wallace	733	49	4	5:56.1		4	2:40.8		4	31:05.9	19.3	1	0:37.4		1	20:21.9		1:00:42.1
3	18	David Perez	693	52	2	5:07.9		1	0:48.9		3	30:22.8	19.8	3	1:05.5		4	23:20.6		1:00:45.7
4	30	Scott Martin	752	54	3	5:33.9		3	1:45.1		2	29:51.7	20.1	4	3:12.7		3	23:00.6		1:03:24.0

Female 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	19	Jennifer Golba	648	57	2	5:15.7		1	1:35.0		1	32:44.3	18.3	3	1:10.2		1	20:03.2		1:00:48.4
2	31	Antoinette Fein	641	56	1	5:03.4		2	2:02.4		2	33:00.4	18.2	1	0:38.9		2	23:04.2		1:03:49.3
3	45	Celia Geark	646	61	3	6:10.8		3	2:42.8		3	35:31.7	16.9	2	0:54.6		3	30:22.3		1:15:42.2
4	57	Lisa Winternheimer	744	58	4	10:45.0		4	3:48.7		4	59:04.5	10.2	4	1:36.2		4	41:32.8		1:56:47.2

Race Date  
September 23, 2018

2018 3 for 3 Triathlon  
Age Group Results  
**Adult Kayak**

Female Open Winners

Place			----- Kayak -----			----- 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	3	Julia Herschberger	652	39	1	5:09.7		1	0:42.6		1	28:54.9	20.8	1	0:35.9		1	22:44.2		58:07.3

Male Open Winners

Place			----- Kayak -----			----- 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	Todd Rothi	704	55	1	4:22.8		1	0:32.4		1	26:08.9	23.0	1	0:57.6		1	18:22.7		50:24.4

Race Date  
September 23, 2018

2018 3 for 3 Triathlon  
Age Group Results  
Adult Kayak

Male 15 and under

Place			----- Kayak -----			----- 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	6	Caleb Thomas	724	14	1	4:03.5		1	1:03.2		2	37:33.5	16.0	1	0:39.8		1	23:15.3		1:06:35.3
2	9	Isaiah Eisert	637	15	2	5:10.8		2	1:47.9		1	36:38.9	16.4	2	1:06.9		2	25:11.8		1:09:56.3

Female 16 to 25

Place			----- Kayak -----			----- 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	12	Aileen Schwab	711	24	1	4:27.1		1	0:54.6		1	40:05.1	15.0	1	1:04.4		1	24:52.5		1:11:23.7

Male 16 to 25

Place			----- Kayak -----			----- 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	7	Colin Thomas	723	16	1	4:19.3		1	0:43.3		1	36:50.7	16.3	1	1:34.9		1	23:07.3		1:06:35.5

Female 26 to 35

Place			----- Kayak -----			----- 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	8	Brianna Ferstl	642	27	1	4:40.1		1	2:41.5		1	34:38.1	17.3	1	1:09.2		1	24:28.1		1:07:37.0

Race Date  
September 23, 2018

2018 3 for 3 Triathlon  
Age Group Results  
Adult Kayak

Male 26 to 35

Place			---- Kayak ----			---- 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	5	Dustin Mireles	678	30	2	4:44.1		2	1:23.3		1	35:09.6	17.1	2	1:50.1		1	23:18.7		1:06:25.8
2	11	Ryan Schwab	712	29	1	4:27.7		1	0:48.8		2	40:09.0	14.9	1	0:59.0		2	24:51.8		1:11:16.3

Female 36 to 45

Place			---- Kayak ----			---- 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	10	Ann Eisert	636	38	2	5:28.2		1	0:35.0		2	34:25.4	17.4	1	0:36.7		1	29:41.8		1:10:47.1
2	13	Melissa Vought	730	37	1	5:22.4		2	2:40.0		1	34:08.4	17.6	2	0:51.0		2	36:42.1		1:19:43.9

Female 46 to 55

Place			---- Kayak ----			---- 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	14	Diane Cristiano	623	54	1	6:06.5		1	3:00.1		1	36:05.8	16.6	1	2:05.1		1	42:16.1		1:29:33.6

Male 46 to 55

Place			---- Kayak ----			---- 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	Kirk Eisert	635	49	1	4:40.8		2	1:15.2		1	27:07.3	22.1	2	1:48.3		1	20:32.2		55:23.8
2	4	Richard Crowder	624	49	2	5:04.1		1	1:06.2		2	32:17.7	18.6	1	0:42.6		2	23:51.8		1:03:02.4