

Race Date
May 11, 2013

2013 Lake Central Triathlon
Age Group Results
Sprint Triathlon

Female Open Winners

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Tran 1</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Tran 2</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Time</u>
1	12	Samantha Sutherland	910	40	1	6:55.7	36:24	0:31.1		1	35:59.9	19.0	0:16.5		1	21:07.8	8:07	1:04:51.0	

Male Open Winners

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Tran 1</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Tran 2</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Time</u>
1	1	Shane Harmon	907	26	1	4:47.4	25:11	0:29.8		1	31:59.4	21.4	0:28.2		1	18:01.4	6:56	55:46.2	

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Female 1 to 19

Place			----- Swim -----			Tran 1	----- Bike -----			Tran 2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	43	Julia Minton	931	16	2	7:47.6	40:58	2:50.7	1	48:48.9	14.0	0:31.8	2	22:38.6	8:42	1:22:37.6
2	45	Emma Millard	969	15	1	7:31.1	39:34	2:06.4	2	52:24.3	13.1	0:25.5	1	21:40.3	8:20	1:24:07.6

Male 1 to 19

Place			----- Swim -----			Tran 1	----- Bike -----			Tran 2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	18	Casey Martin	939	19	1	6:29.2	34:07	0:49.7	1	38:56.0	17.6	0:42.1	2	20:44.7	7:58	1:07:41.7
2	39	Jacob Knol	968	19	3	8:02.8	42:17	2:33.5	2	43:41.9	15.7	0:24.4	3	25:15.0	9:43	1:19:57.6
3	41	Cole Easterday	953	16	2	7:35.7	39:55	2:36.2	3	50:56.3	13.4	0:32.4	1	18:24.0	7:05	1:20:04.6

Female 20 to 29

Place			----- Swim -----			Tran 1	----- Bike -----			Tran 2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	19	Meaghan Good	905	27	1	6:36.0	34:44	0:54.3	1	36:11.6	18.9	0:55.0	1	23:35.2	9:04	1:08:12.1
2	40	Kathryn Beck	930	24	2	7:07.7	37:27	2:40.3	2	42:49.7	16.0	1:28.7	2	25:54.0	9:58	1:20:00.4

Male 20 to 29

Place			----- Swim -----			Tran 1	----- Bike -----			Tran 2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	6	David Bilek	909	29	3	5:56.2	31:14	1:05.6	1	32:03.1	21.3	0:49.6	1	19:17.4	7:25	59:11.9
2	8	Brad Wisowaty	925	27	5	6:02.8	31:45	1:20.7	2	35:51.2	19.1	0:33.2	3	19:46.8	7:36	1:03:34.7

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Male 20 to 29

Place			----- Swim -----			Tran 1	----- Bike -----			Tran 2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
3	13	Zack Bryan	945	23	4	6:01.4	31:40	1:34.3	3	37:37.1	18.2	1:04.0	2	19:40.5	7:34	1:05:57.3
4	24	Andy Huber	908	23	2	5:54.8	31:03	2:08.7	4	40:07.2	17.1	0:31.7	4	21:12.9	8:09	1:09:55.3
5	32	Michael Martin	942	20	10	8:03.8	42:22	1:06.9	5	40:45.5	16.8	1:28.3	5	23:09.7	8:54	1:14:34.2
6	44	Joseph Smith	958	27	8	7:28.8	39:18	2:00.4	6	43:42.5	15.7	0:56.0	7	28:39.6	11:01	1:22:47.3
7	50	Joshua Wierzba	947	27	9	7:33.8	39:44	3:17.3	7	47:54.6	14.3	0:38.9	6	27:42.4	10:39	1:27:07.0
8	58	Jeff Bona	915	21	6	6:24.8	33:41	3:02.0	8	57:59.6	11.8	0:59.3	8	32:17.0	12:25	1:40:42.7
9	64	John Bona	911	20	7	6:56.7	36:29	2:51.1	9	1:02:23.8	11.0	1:02.7	9	40:24.6	15:32	1:53:38.9

Female 30 to 39

Place			----- Swim -----			Tran 1	----- Bike -----			Tran 2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	46	Abby Bood	924	34	1	5:12.4	27:22	3:30.3	3	49:59.3	13.7	1:17.8	1	24:49.0	9:33	1:24:48.8
2	53	Jerilynn Vinicky Kalwasinski	956	36	4	8:07.2	42:43	1:11.2	1	47:10.2	14.5	0:39.0	4	33:21.6	12:50	1:30:29.2
3	54	Cyndi Turnquist	906	39	2	5:53.0	30:58	1:51.8	4	51:47.9	13.2	0:59.8	3	32:09.9	12:22	1:32:42.4
4	59	Sara Dalton	966	32	5	8:39.5	45:32	3:43.8	2	49:48.0	13.7	3:04.8	5	36:16.8	13:57	1:41:32.9
5	62	Nakea Barksdale	963	37	6	14:52.3	78:15	3:06.9	6	1:00:46.4	11.3	0:51.5	2	29:45.9	11:27	1:49:23.0

Male 30 to 39

Place			----- Swim -----			Tran 1	----- Bike -----			Tran 2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	2	Ralph Nurse	902	36	6	6:13.5	32:43	0:55.8	1	30:25.5	22.5	0:21.6	2	18:17.5	7:02	56:13.9
2	4	michael killeen	918	37	4	5:36.2	29:28	0:44.6	2	31:43.2	21.6	0:37.8	5	19:35.0	7:32	58:16.8
3	5	John VanderPol	920	30	7	6:23.8	33:36	0:28.3	3	32:42.6	20.9	0:42.5	4	18:29.6	7:07	58:46.8

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Male 30 to 39

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
4	14	Mario Castaneda	917	33	3	5:33.3	29:13	1:00.8	9	40:27.2	16.9	0:48.7	3	18:26.2	7:05	1:06:16.2
5	17	John DiDonato	929	37	8	6:27.6	33:57	1:56.1	7	39:13.6	17.4	2:07.5	1	17:43.3	6:49	1:07:28.1
6	20	Matt Govert	912	36	5	5:37.8	29:34	2:03.5	4	36:59.4	18.5	1:08.3	8	22:40.5	8:43	1:08:29.5
7	22	Scott Schmal	965	35	9	6:28.2	34:02	2:24.8	5	37:05.0	18.4	1:02.4	6	21:57.0	8:27	1:08:57.4
8	28	George Blush	904	31	2	5:22.3	28:15	2:30.1	8	39:55.2	17.1	2:07.6	9	23:04.9	8:52	1:13:00.1
9	34	Mike Gillette	952	37	1	5:17.4	27:48	1:52.0	10	42:55.2	15.9	0:32.4	11	24:19.8	9:21	1:14:56.8
10	37	Brian Stahulak	944	39	10	7:21.3	38:41	1:30.1	6	38:30.5	17.8	0:56.3	13	28:37.7	11:00	1:16:55.9
11	42	Michael Rosenwinkel	923	39	12	7:34.3	39:49	2:49.3	11	48:47.9	14.0	0:34.1	7	22:38.3	8:42	1:22:23.9
12	48	Nathan Bilhorn	948	34	11	7:25.4	39:02	3:16.7	13	50:27.3	13.6	0:38.0	10	23:56.4	9:12	1:25:43.8
13	55	Randy Chavez	935	39	13	9:07.4	47:59	5:56.9	12	49:05.5	13.9	1:10.7	12	27:53.6	10:43	1:33:14.1

Female 40 to 49

Place					----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	30	Kristi Figg	964	40	5	8:49.5	46:24	2:22.4	1	40:20.5	17.0		1	22:36.4	8:42	1:14:08.8
2	35	Kimberly Hurley	937	48	1	6:06.0	32:06	1:02.1	2	43:10.9	15.8	0:40.9	2	25:37.6	9:51	1:16:37.5
3	51	Sylvia Lafitte	959	46	7	9:54.0	52:06	2:42.9	4	45:39.4	15.0	1:25.3	3	29:26.3	11:19	1:29:07.9
4	52	Jeannette Reed	934	40	3	7:08.2	37:33	1:58.0	5	46:59.8	14.6	1:21.3	4	32:11.5	12:23	1:29:38.8
5	56	Kerry Martin	946	45	4	8:01.3	42:12	0:48.4	3	44:31.5	15.4	1:27.9	6	40:14.6	15:28	1:35:03.7
6	61	Lea Bell	954	43	6	9:05.8	47:48	4:31.9	6	55:40.4	12.3	1:28.5	5	33:17.9	12:48	1:44:04.5
7	65	Sharon Mallory	960	48	2	7:01.6	36:56	2:33.2	7	1:04:34.5	10.6	0:36.5	7	42:10.1	16:13	1:56:55.9

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Male 40 to 49

Place			----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	3	Don Anderson	916	42	1	5:42.7	30:00	0:56.3	1	31:06.5	22.0	0:53.9	1	19:11.9	7:23	57:51.3
2	7	Patrick Reynolds	962	42	5	7:28.7	39:18	1:00.9	2	33:13.7	20.6	0:37.0	2	21:14.3	8:10	1:03:34.6
3	10	Daniel Krecik	955	47	3	7:02.7	37:01	0:33.1	4	34:21.8	19.9	0:35.1	3	21:49.1	8:23	1:04:21.8
4	11	John Boyle	926	47	2	5:53.6	30:58	1:22.7	3	34:01.3	20.1	0:52.2	4	22:22.7	8:36	1:04:32.5
5	27	Mike Martin	941	46	4	7:20.1	38:36	1:43.1	5	38:02.7	18.0	1:15.0	5	23:00.1	8:51	1:11:21.0
6	38	David Cullom	943	45	6	8:19.8	43:46	1:58.7	6	40:57.1	16.7	1:53.6	6	26:28.6	10:11	1:19:37.8
7	60	Pete Sawochka	950	43	7	12:23.2	65:11	5:55.9	7	45:28.7	15.0	2:51.6	7	35:49.7	13:47	1:42:29.1

Female 50 and over

Place			----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	21	Elaine McCracken	914	50	1	5:29.6	28:52	0:39.8	1	36:01.8	19.0	0:36.6	1	25:43.3	9:53	1:08:31.1
2	33	Linda Vivona	921	55	2	6:28.5	34:02	0:51.5	2	37:31.6	18.2	0:45.2	4	29:09.1	11:13	1:14:45.9
3	36	Lorie Lohse	919	52	3	7:05.8	37:17	0:55.8	3	40:57.8	16.7	0:57.4	3	26:58.8	10:22	1:16:55.6
4	47	Felica Schuster	967	56	4	9:21.0	49:13	2:43.8	5	45:43.2	15.0	0:41.0	2	26:41.2	10:16	1:25:10.2
5	49	Jean Dohmeier	938	59	5	9:33.6	50:16	1:13.4	4	43:26.9	15.7	1:22.0	5	30:22.9	11:41	1:25:58.8
6	63	Risë Ratney	961	58	6	13:28.9	70:53	2:45.5	6	53:21.9	12.8	2:35.6	6	37:57.5	14:36	1:50:09.4

Male 50 and over

Place			----- Swim -----		Tran 1		----- Bike -----			Tran 2		----- Run -----		Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	9	Stephen Gabrys	903	50	1	5:11.0	27:17	0:32.9	1	33:56.3	20.2	1:06.6	3	22:54.1	8:48	1:03:40.9
2	15	Joseph Daniele	928	52	2	5:58.7	31:24	1:35.4	5	38:09.5	17.9	0:29.4	2	20:17.1	7:48	1:06:30.1

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<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim</u> <u>Time</u>	<u>Pace</u>	<u>Tran 1</u> <u>Time</u>	<u>Rnk</u>	<u>Bike</u> <u>Time</u>	<u>Rate</u>	<u>Tran 2</u> <u>Time</u>	<u>Rnk</u>	<u>Run</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
3	16	Jon Beal	927	52	6	7:11.0	37:48	0:21.9	2	35:19.6	19.4	0:27.6	5	23:23.6	9:00	1:06:43.7
4	23	Michael Zabrecky	951	57	9	9:43.5	51:08	0:27.1	3	35:43.7	19.2	0:31.7	4	23:10.2	8:55	1:09:36.2
5	25	David Rainford	932	50	7	7:29.2	39:23	1:55.4	7	39:35.7	17.3	1:11.1	1	19:48.5	7:37	1:09:59.9
6	26	Richard Ach	922	51	3	6:09.4	32:22	2:15.7	4	37:31.9	18.2	1:09.3	7	24:03.5	9:15	1:11:09.8
7	29	john kenney	940	50	5	7:07.0	37:27	1:36.5	6	39:26.1	17.3	1:38.1	8	24:14.0	9:19	1:14:01.7
8	31	Steve Krause	913	52	4	6:15.5	32:54	1:32.4	8	42:11.8	16.2	0:37.4	6	23:40.0	9:06	1:14:17.1
9	57	Randolph Wisowaty	936	59	8	9:14.4	48:36	2:54.3	9	48:31.7	14.1	2:04.7	9	32:41.7	12:34	1:35:26.8