

Race Date  
September 25, 2016

2016 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	Heather Schuh	547	40	*****	4:29.3		*****	0:32.1		*****	24:53.9	24.1	*****	0:30.7		*****	18:41.7		49:07.7

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	603	34	*****	3:44.7		*****	0:55.7		*****	24:15.3	24.7	*****	0:29.8		*****	17:30.7		46:56.2

Race Date  
September 25, 2016

2016 3 for 3 Triathlon  
Age Group Results

Adult Swim

Male 15 and under

Place		Name	Bib	Age	Swim		Trans 1		Bike		Trans 2		Run		Total				
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace
1	2	Andrew Oberlie	600	15	1	2:51.0		1	0:46.4	1	24:37.9	24.4	1	0:48.5		1	19:20.5		48:24.3

Female 16 to 25

Place		Name	Bib	Age	Swim		Trans 1		Bike		Trans 2		Run		Total				
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace
1	7	Christine Pajewski	538	24	1	3:43.2		1	0:35.2	1	25:56.4	23.1	4	0:56.9		2	21:12.0		52:23.7
2	34	Colleen Dosch	503	19	5	6:09.6		6	2:58.9	3	39:58.1	15.0	1	0:26.9		1	19:47.0		1:09:20.5
3	38	Kathleen O'Brien	536	18	2	4:29.9		5	2:45.2	4	40:19.9	14.9	2	0:31.7		3	22:15.0		1:10:21.7
4	45	Zoe Gatzimos	509	18	3	4:34.9		4	2:29.3	2	38:34.8	15.6	5	1:07.7		5	27:16.2		1:14:02.9
5	50	Beth Hanawalt	515	21	4	6:03.0		2	1:42.9	5	42:18.4	14.2	6	1:08.3		4	27:16.0		1:18:28.6
6	58	Dru Mack	530	25	6	8:07.2		3	1:44.3	6	48:11.0	12.5	3	0:49.3		6	31:10.2		1:30:02.0

Male 16 to 25

Place		Name	Bib	Age	Swim		Trans 1		Bike		Trans 2		Run		Total				
Overall	Place				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace
1	4	Paul Cannon	497	19	3	3:42.4		1	1:10.1	2	28:54.5	20.8	2	0:29.2		1	16:35.4		50:51.6
2	5	Brendan Galloway	508	21	2	3:29.5		3	1:35.3	1	28:39.7	20.9	1	0:28.4		2	16:44.0		50:56.9
3	11	Matt Brach	494	18	7	6:16.9		4	1:53.7	3	29:26.8	20.4	5	0:52.1		4	18:24.7		56:54.2
4	13	John Hatfield	516	20	4	4:11.8		2	1:33.8	4	33:11.1	18.1	4	0:40.2		3	18:07.9		57:44.8
5	26	Benjamin Wdowik	562	18	5	5:09.5		6	2:14.8	5	35:53.2	16.7				5	20:53.8		1:04:11.3
6	42	Chris Como	499	22	6	5:41.5		7	2:51.5				6	38:32.3	3:51	6	26:19.0		1:13:24.3
7	60	Steven Mathew	531	17	1	3:11.1		5	2:02.2	6	54:39.1	11.0	3	0:37.8		7	30:42.8		1:31:13.0

# 2016 3 for 3 Triathlon

## Age Group Results

### Adult Swim

#### 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	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	8	Mandy Wallick	561	30	5	4:36.0		2	1:04.6		1	27:00.8	22.2	2	0:44.3		1	19:03.5		52:29.2
2	14	Alyse Bruszewski	495	30	4	4:33.9		1	0:49.8		3	29:52.3	20.1	5	0:55.6		2	23:03.8		59:15.4
3	18	Alisha Fransted	507	34	6	4:48.4		6	2:11.0		2	29:20.5	20.5	6	1:12.5		3	23:19.3		1:00:51.7
4	29	Amy Geyer	510	29	3	4:18.5		7	2:18.5		6	35:20.0	17.0	1	0:29.5		4	23:57.6		1:06:24.1
5	37	Kristi Rudenga	604	34	8	5:07.3		11	4:41.3		4	33:26.3	17.9	10	2:15.3		5	24:46.1		1:10:16.3
6	43	Arielle Schmitt	546	32	9	5:40.7		3	1:48.1		5	34:51.2	17.2	4	0:48.8		7	30:35.1		1:13:43.9
7	48	Sarah Mattingly	597	26	7	4:50.3		4	1:59.1		8	39:00.5	15.4				8	30:45.9		1:16:35.8
8	51	Lydia Rosado	544	32	10	5:53.0		10	4:04.8		9	40:33.4	14.8	9	1:38.0		6	27:18.4		1:19:27.6
9	55	Rachel Baxter	492	30	2	4:17.1		8	2:21.3		11	46:19.2	13.0	7	1:13.5		10	31:40.6		1:25:51.7
10	57	Nicolle Corporon	500	32	1	3:44.3		5	2:07.0		10	45:04.0	13.3	8	1:37.1		11	35:04.9		1:27:37.3
11	59	Caitlin Pribble	540	32	12	49:58.6					7	37:24.1	16.0				12	42:51.1		1:30:20.0
12	63	Talisha Griffin	513	27	11	6:38.0		9	2:46.0		12	53:46.5	11.2	3	0:47.3		9	31:39.5		1:35:37.3

#### 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	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	15	Ryan Wallick	560	31	2	4:26.4		4	1:59.3		3	29:56.4	20.0	3	0:43.0		2	22:15.2		59:20.3
2	21	Christopher	524	31	1	4:20.0		5	2:02.3		2	29:21.6	20.4	6	1:12.6		3	24:15.8		1:01:12.3
3	23	Chris Price	602	31	4	5:01.0		2	1:53.5		1	28:08.7	21.3	7	1:28.2		6	26:34.9		1:03:06.3
4	32	Saulo Delgado	502	30	5	5:52.4		1	1:39.8		5	33:35.9	17.9	4	1:00.2		5	26:33.9		1:08:42.2
5	35	Ben Rudenga	545	33	3	4:45.5		9	4:34.7		4	33:24.8	18.0	9	2:17.8		4	24:46.0		1:09:48.8
6	44	Shamar Griffin	512	30	8	7:10.1		3	1:56.0		8	41:16.8	14.5	5	1:11.0		1	22:12.4		1:13:46.3
7	46	Christopher	559	29	6	5:54.9		6	2:09.7		6	39:15.0	15.3	2	0:40.0		7	26:39.4		1:14:39.0
8	52	Chad Spencer	550	35	7	6:22.5		8	4:06.4		7	40:30.6	14.8	8	1:40.8		8	27:17.0		1:19:57.3
9	62	Jason House	519	28	9	8:09.8		7	2:13.7		9	54:40.8	11.0	1	0:39.1		9	29:39.1		1:35:22.5

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2016 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	Pace	Rnk	Time	Pace	Time		
1	24	Meredith Coartney	498	39	5	6:03.0		2	1:46.9		1	28:15.2	21.2	6	1:37.7		5	25:49.9	1:03:32.7
2	27	Katherine Lisoni	528	39	4	5:43.7		9	37:16.5					1	0:29.9	0:03	2	22:45.2	1:06:15.3
3	28	Lisa Nelson	535	36	8	7:18.2		3	2:41.9		2	33:22.6	18.0	2	0:36.1		1	22:21.2	1:06:20.0
4	33	Tara Lundy	529	37	2	5:27.7		1	1:25.2		3	35:10.4	17.1	4	0:43.8		6	26:12.8	1:08:59.9
5	41	Brigid Esposito	506	38	7	6:42.9		4	3:00.0		5	37:52.4	15.8	3	0:43.8		3	24:29.7	1:12:48.8
6	47	Stacey Richez	542	42	3	5:34.8		7	3:45.1		4	35:26.8	16.9	9	2:13.6		7	28:46.9	1:15:47.2
7	49	Kasey Buckles	496	38	6	6:25.1		5	3:07.2		6	40:41.8	14.7	8	2:10.9		4	24:48.5	1:17:13.5
8	56	Heather Johnson	520	37	1	4:54.1		6	3:32.5		7	47:14.3	12.7	7	1:57.4		8	28:58.4	1:26:36.7
9	65	Emily Ripperger	543	39	9	7:23.7		8	4:25.0		8	52:22.6	11.5	5	1:13.1		9	1:01:07.5	2:06:31.9

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	Pace	Rnk	Time	Pace	Time		
1	9	Jason Whitmer	563	39	2	4:16.2		3	0:54.1		1	26:38.1	22.5	1	0:22.3		1	20:51.2	53:01.9
2	10	Mike Schumacher	548	38	1	3:32.2		2	0:49.5		2	26:43.4	22.5	4	0:35.1		4	24:39.5	56:19.7
3	16	Ryan Woodruff	564	39	5	5:33.2		1	0:42.4		3	30:00.0	20.0	2	0:22.8		3	23:52.1	1:00:30.5
4	19	Mike Gingerich	511	45	4	5:23.5		4	1:26.2		5	32:23.8	18.5	3	0:31.3		2	21:12.6	1:00:57.4
5	31	Sean Szuba	554	42	3	4:42.6		6	1:51.7		4	31:51.6	18.8	5	0:48.0		6	29:19.7	1:08:33.6
6	36	Danny Eggleston	504	39	6	5:55.2		5	1:37.4		6	32:54.0	18.2	6	1:09.8		5	28:39.6	1:10:16.0

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	Pace	Rnk	Time	Pace	Time

Race Date  
September 25, 2016

## 2016 3 for 3 Triathlon

### Age Group Results

#### Adult Swim

#### 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	Pace	Rnk	Time	Pace	Time		
1	6	Tamara Shuler	549	55	1	4:33.9		1	0:45.9		1	26:38.2	22.5	1	1:01.3		1	18:48.2	51:47.5
2	25	Diana Jones	521	51	3	5:52.2		2	1:39.9		2	29:37.6	20.3	2	1:22.6		2	25:10.4	1:03:42.7
3	64	Kathleen Sweeney	553	46	2	5:32.8		3	2:34.6		3	45:27.1	13.2	3	3:03.5		3	43:21.1	1:39:59.1

#### 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	Pace	Rnk	Time	Pace	Time		
1	12	Mike Stephens	551	50	2	4:52.6		1	1:35.3		1	26:58.8	22.2	2	0:56.5		3	23:13.1	57:36.3
2	20	Tim Kennedy	523	54	1	4:50.7		3	1:53.6		2	29:41.1	20.2	4	1:21.4		4	23:24.9	1:01:11.7
3	22	Robert Strebe	552	46	3	5:16.6		4	1:59.8		3	31:49.1	18.9	3	0:59.4		2	22:54.8	1:02:59.7
4	30	Isaac Torres	557	48	6	6:40.3		2	1:50.2		5	34:32.5	17.4	6	1:52.7		1	22:38.1	1:07:33.8
5	39	Scott Taylor	555	50	4	6:04.9		5	2:16.7		4	34:09.9	17.6	1	0:39.3		5	28:30.9	1:11:41.7
6	53	Eric Groves	514	48	5	6:18.5		6	2:54.1		6	34:47.6	17.2	5	1:30.1		6	36:47.3	1:22:17.6

#### 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	Pace	Rnk	Time	Pace	Time		
1	61	Kathryn Pribble	541	62	1	50:53.2					1	37:25.1	16.0				1	42:44.5	1:31:13.7

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2016 3 for 3 Triathlon  
Age Group Results  
**Adult Swim**

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	Steve Hora	518	58	1	7:03.0		1	2:09.7		1	40:31.7	14.8	1	0:49.2		1	32:31.2		1:23:04.8

Male 66 and over

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	17	Edward Erickson	505	66	1	6:30.1		2	2:10.0		1	27:34.1	21.8	1	1:20.5		1	23:03.7		1:00:38.4
2	40	Fred Hemsath	517	73	2	14:48.0		1	0:59.3		2	29:22.4	20.4	2	1:53.7		2	25:14.2		1:12:17.6

Race Date  
September 25, 2016

2016 3 for 3 Triathlon  
Age Group Results  
**Adult Kayak**

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	2	Tamara Boswell	463	28	****	3:33.1		****	0:44.0		****	30:06.6	19.9	****	0:34.8		****	21:36.4		56:34.9

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	Lucas Scarberry	487	16	****	3:21.0		****	0:49.6		****	34:25.4	17.4	****	0:35.4		****	17:03.0		56:14.4

Race Date  
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2016 3 for 3 Triathlon  
Age Group Results  
Adult Kayak

Female 16 to 25

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	22	Rima Afifi		23													1	1:17:40.4		1:17:40.4

Male 16 to 25

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	11	Benji Ganus	473	18	1	3:38.0		1	0:52.8		1	38:08.6	15.7	1	1:52.1		1	23:13.7		1:07:45.2

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>
1	6	Sarah Enck	472	27	1	3:37.6		5	2:11.6		1	33:23.0	18.0	2	0:56.6		1	22:13.5		1:02:22.3
2	13	Ruth Deluca		33													6	1:08:54.6		1:08:54.6
3	18	Lori Donath	471	31	4	4:24.0		2	1:12.9		4	45:40.6	13.1	1	0:29.1		2	24:14.1		1:16:00.7
4	20	Rebecca Cushman	468	34	2	4:11.0		4	2:11.3		2	36:55.9	16.3	5	2:01.6		3	30:49.9		1:16:09.7
5	24	Lindsi Boyer	464	31	3	4:12.8		3	1:49.7		3	39:11.2	15.3	3	1:18.9		4	36:42.6		1:23:15.2
6	27	Valerie Anderson	461	28	5	4:39.5		1	0:42.4		5	48:50.2	12.3	4	1:54.8		5	37:14.3		1:33:21.2

Female 36 to 45

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	12	Adrienne Lyles	480	44	1	3:36.5		1	1:22.0		1	35:50.1	16.7	1	0:54.0		2	26:09.6		1:07:52.2



2016 3 for 3 Triathlon  
Age Group Results  
Adult Kayak

Female 36 to 45

Place		Name	Bib	Age	Swim		Trans 1			Bike		Trans 2			Run		Total		
Overall	Rnk				Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
2	17	Kathy Hardcastle	474	38	2	3:56.0		3	2:16.4		3	41:24.2	14.5	3	1:59.6		1	25:24.0	1:15:00.2
3	21	Jennifer Cushman	467	38	3	4:31.8		2	2:13.8		2	36:57.6	16.2	2	1:57.2		3	30:49.7	1:16:30.1

Female 46 to 55

Place		Name	Bib	Age	Swim		Trans 1			Bike		Trans 2			Run		Total		
Overall	Rnk				Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	4	Karen Vinson	490	48	2	3:32.7		1	0:39.1		2	32:23.5	18.5	1	0:32.8		2	23:16.1	1:00:24.2
2	8	Michele Leclercq	479	48	3	3:45.2		5	1:38.4		1	31:24.7	19.1	3	1:21.4		3	25:58.1	1:04:07.8
3	9	Laurie McKelvey	532	54	1	3:26.2		2	0:52.5		4	38:28.2	15.6	4	1:41.2		1	21:13.6	1:05:41.7
4	19	Lisa Tolliver	488	54	4	3:59.9		3	1:01.6		3	36:07.1	16.6	5	1:53.0		5	33:06.9	1:16:08.5
5	25	Virginia Montero-Smith	598	53	5	4:19.4		4	1:12.2		5	44:03.2	13.6	2	1:20.9		4	32:48.4	1:23:44.1

Male 46 to 55

Place		Name	Bib	Age	Swim		Trans 1			Bike		Trans 2			Run		Total		
Overall	Rnk				Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	3	Dan Scarberry	486	46	1	3:12.7		1	0:43.1		3	33:56.5	17.7	1	1:05.8		1	21:20.5	1:00:18.6
2	7	Robert Dillavou	470	51	3	3:55.9		2	1:23.6		1	31:44.6	18.9	3	1:43.3		2	24:32.3	1:03:19.7
3	10	Richard Crowder	466	47	2	3:16.5		3	2:52.4		2	32:48.0	18.3	2	1:40.6		4	26:44.1	1:07:21.6
4	23	John Carter	465	51	4	8:57.4		4	3:58.5		4	40:24.0	14.9	4	2:53.6		3	25:26.7	1:21:40.2

Race Date  
September 25, 2016

2016 3 for 3 Triathlon  
Age Group Results  
**Adult Kayak**

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	14	Susan Beebe	462	58	1	4:04.4		3	1:58.1		3	38:15.6	15.7	2	0:46.8		1	27:28.1		1:12:33.0
2	15	Debra Ohime	481	60	2	4:11.8		2	1:54.2		1	36:31.5	16.4	1	0:34.2		3	30:40.1		1:13:51.8
3	16	Martha Randall	485	63	3	4:23.8		1	1:35.5		2	37:25.5	16.0	4	1:51.0		2	29:18.9		1:14:34.7
4	26	Linda Jamieson	476	57	4	4:29.8		4	2:31.2		4	40:01.3	15.0	3	1:24.4		4	36:36.6		1:25:03.3

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	5	Brian Vinson	489	58	1	4:12.5		1	1:39.8		1	32:22.1	18.5	1	0:35.1		1	23:15.9		1:02:05.4