

2016 Gull Lake Triathlon

Overall Results**Sprint Triathlon**

Race Date
June 25, 2016

Place	Name	Bib No	AG Place	----- Swim -----		Tran 1	----- Bike -----		Tran 2	----- Finish -----		Total			
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	Jonathan Langworthy	237	1 M Top Fin	2	8:13.9	29:21	0:51.0	2	27:17.7	22.0	0:41.1	2	18:21.6	5:55	55:25.3
2	Justin Allen	303	1 M 25-29	15	10:14.0	36:33	1:00.8	3	27:28.0	21.8	0:31.7	1	16:32.8	5:20	55:47.3
3	Brandon VanOosten	396	1 M 17-19	8	9:50.9	35:07	1:01.4	4	27:42.9	21.7	0:38.3	3	18:51.8	6:05	58:05.3
4	Graeme Bainbridge	307	1 M Top Fin	1	7:38.2	27:16	0:59.1	8	28:22.6	21.2	0:56.9	6	20:33.3	6:38	58:30.1
5	James Holman	344	1 M 40-44	3	8:34.0	30:36	0:59.2	9	28:26.0	21.1	0:45.1	13	21:38.9	6:59	1:00:23.2
6	Danielle Nye	367	1 F Top Fin	17	10:19.7	36:51	0:46.6	6	28:00.1	21.4	0:35.1	11	21:31.7	6:56	1:01:13.2
7	Tim Van Vliet	395	2 M 40-44	6	9:37.1	34:21	0:57.7	5	27:58.1	21.5	0:35.2	18	22:27.9	7:15	1:01:36.0
8	David Browne	315	1 M 55-59	11	9:55.4	35:25	0:36.6	18	29:46.1	20.2	0:31.4	12	21:35.0	6:58	1:02:24.5
9	Sarah Willey	401	1 F Top Fin	14	10:03.5	35:54	0:52.5	7	28:11.7	21.3	0:44.8	28	23:36.5	7:37	1:03:29.0
10	Caleb Lohman	356	1 M 30-34	35	11:12.1	40:00	1:14.5	24	30:21.3	19.8	0:43.2	8	20:47.7	6:42	1:04:18.8
11	Brian Powell	373	1 M 45-49	21	10:29.2	37:26	1:19.3	30	31:43.4	18.9	0:53.3	5	20:12.1	6:31	1:04:37.3
12	Tim Farrow	328	2 M 55-59	16	10:18.2	36:47	1:34.3	13	29:16.7	20.5	1:09.8	17	22:25.0	7:14	1:04:44.0
13	Holly Cowan	166	1 F 30-34	24	10:36.8	37:51	1:26.5	12	29:10.8	20.6	1:03.2	22	22:52.0	7:23	1:05:09.3
14	Joe Wood	403	1 M 1-16	9	9:53.6	35:18	1:17.8	46	33:26.6	17.9	1:16.6	4	19:34.8	6:19	1:05:29.4
15	Jeremy Sikkema	385	2 M 30-34	5	9:05.0	32:26	1:31.9	21	30:12.1	19.9	0:43.1	32	24:01.1	7:45	1:05:33.2
16	Tamara Shuler	384	1 F 55-59	19	10:25.6	37:12	1:31.0	14	29:16.8	20.5	1:00.3	25	23:21.5	7:32	1:05:35.2
17	Nick Yetter	404	2 M 45-49	41	11:55.4	42:34	1:54.3	1	26:42.0	22.5	1:08.5	31	24:00.3	7:45	1:05:40.5
18	Benjamin Kanda	349	2 M 25-29	31	11:02.8	39:24	1:07.6	19	30:05.0	19.9	0:39.0	21	22:47.4	7:21	1:05:41.8
19	Jason Moore	364	3 M 40-44	28	10:47.5	38:31	1:02.6	23	30:19.8	19.8	1:01.2	24	23:07.2	7:27	1:06:18.3
20	Maggie Wood	402	1 F 17-19	12	10:00.1	35:43	1:33.0	31	31:55.2	18.8	1:20.5	10	21:31.6	6:56	1:06:20.4
21	james henderson	341	1 M 60-64	37	11:20.3	40:29	1:09.5	10	28:45.1	20.9	1:15.2	30	23:56.8	7:43	1:06:26.9
22	Michelle Kamman	240	1 F 35-39	13	10:01.5	35:46	1:02.3	20	30:07.6	19.9	0:37.8	39	24:42.8	7:58	1:06:32.0
23	Kevin DeYoung	167	1 M 35-39	4	8:42.0	31:04	1:29.3	44	33:24.3	18.0	0:42.0	16	22:22.2	7:13	1:06:39.8
24	Keith Hammis	242	3 M 30-34	30	11:01.6	39:21	1:16.4	34	32:22.9	18.5	1:10.3	9	21:24.8	6:54	1:07:16.0
25	Rick Motter	365	1 M 65-69	38	11:25.6	40:46	1:45.2	32	32:06.5	18.7	0:25.3	14	21:41.9	7:00	1:07:24.5
26	Timothy Baker	309	2 M 35-39	94	16:36.4	59:17	0:51.3	15	29:29.1	20.4	0:43.7	7	20:33.5	6:38	1:08:14.0
27	Terry Hutchins	347	2 M 65-69	42	12:07.5	43:16	1:56.3	22	30:19.4	19.8	0:25.5	35	24:09.4	7:47	1:08:58.1
28	Jody Alger	302	3 M 35-39	32	11:03.8	39:28	1:49.1	50	33:36.2	17.9	0:28.6	20	22:43.4	7:20	1:09:41.1
29	Jeffrey Smith	386	1 M 50-54	27	10:44.4	38:20	1:40.9	16	29:36.0	20.3	1:13.0	55	26:28.4	8:32	1:09:42.7
30	Jeff Arnold	306	2 M 50-54	33	11:04.4	39:31	1:17.4	17	29:44.8	20.2	0:59.0	61	27:02.7	8:43	1:10:08.3
31	matt petersen	371	4 M 35-39	44	12:14.0	43:41	2:01.9	25	31:15.9	19.2	1:02.0	37	24:29.9	7:54	1:11:03.7
32	Megan Riegle	376	2 F 17-19	23	10:36.3	37:51	1:15.4	61	34:56.9	17.2	1:00.0	29	23:47.3	7:40	1:11:35.9
33	Pete Treleven	392	3 M 55-59	25	10:37.3	37:55	1:33.0	49	33:35.6	17.9	0:59.4	40	24:53.1	8:02	1:11:38.4

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Overall Results

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Place	Name	Bib No	AG Place	----- Swim -----		Tran 1	----- Bike -----		Tran 2	----- Finish -----		Total			
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
34	timothy davis	322	5 M 35-39	65	13:12.2	47:09	2:33.5	40	32:48.5	18.3	0:37.5	19	22:28.8	7:15	1:11:40.5
35	Raul Garcia	334	3 M 45-49	49	12:28.2	44:31	2:08.6	58	34:36.2	17.3	0:41.5	15	21:53.7	7:04	1:11:48.2
36	Jay Garside	244	4 M 45-49	34	11:10.4	39:53	1:23.0	29	31:43.3	18.9	1:28.8	57	26:29.9	8:33	1:12:15.4
37	Jack Gesmundo	337	5 M 45-49	26	10:43.3	38:16	1:10.3	43	33:14.7	18.1	1:01.6	51	26:11.9	8:27	1:12:21.8
38	Kristi Tullis	394	2 F 30-34	56	12:50.4	45:50	1:10.3	28	31:42.2	18.9	0:44.8	49	26:05.5	8:25	1:12:33.2
39	Matt Gunderson	338	6 M 35-39	78	15:03.6	53:45	1:10.6	11	28:53.2	20.8	1:30.3	48	26:02.8	8:24	1:12:40.5
40	Mickey Trimner	393	4 M 40-44	39	11:26.2	40:50	1:24.9	37	32:29.6	18.5	0:36.0	62	27:06.1	8:45	1:13:02.8
41	Neal Hayenga	340	6 M 45-49	74	14:04.1	50:14	1:48.7	26	31:24.8	19.1	0:38.8	41	25:06.6	8:06	1:13:03.0
42	Heather Hall	339	1 F 45-49	51	12:29.5	44:35	1:42.3	47	33:28.9	17.9	0:46.2	38	24:36.6	7:56	1:13:03.5
43	Bill Bradley	311	2 M 60-64	52	12:31.5	44:42	1:23.3	27	31:25.6	19.1	1:21.0	60	27:00.1	8:43	1:13:41.5
44	Tom Lundquist	358	3 M 50-54	18	10:22.1	37:01	1:41.4	59	34:40.6	17.3	0:53.8	50	26:06.6	8:25	1:13:44.5
45	Kathy Farrow	327	2 F 55-59	20	10:26.7	37:16	1:24.3	62	35:25.7	16.9	0:58.7	46	25:29.9	8:13	1:13:45.3
46	Andrew Brazee	312	5 M 40-44	73	14:02.4	50:07	1:41.0	52	33:39.5	17.8	1:19.1	33	24:01.4	7:45	1:14:43.4
47	Lisa Ebenhoeh	326	1 F 25-29	57	12:53.5	46:01	1:10.7	78	36:34.0	16.4	0:44.4	26	23:23.2	7:33	1:14:45.8
48	kerry nielsen	366	2 F 45-49	64	13:11.7	47:05	1:55.4	35	32:26.5	18.5	0:45.8	54	26:27.3	8:32	1:14:46.7
49	Alan Sylvester	390	3 M 60-64	58	12:59.6	46:22	2:01.1	45	33:26.3	17.9	1:19.2	44	25:11.3	8:07	1:14:57.5
50	Chanel Kerschbaum	352	3 F 30-34	54	12:46.9	45:36	0:58.4	53	33:49.8	17.7	0:49.2	58	26:33.6	8:34	1:14:57.9
51	Arlen Welty	400	4 M 50-54	69	13:45.3	49:06	1:13.6	39	32:41.4	18.4	0:43.3	63	27:09.1	8:45	1:15:32.7
52	Shawn Aimesbury	301	5 M 50-54	48	12:27.7	44:28	1:26.1	54	33:59.1	17.7	1:29.0	52	26:13.9	8:27	1:15:35.8
53	Amy Schenkel	379	1 F 40-44	29	10:56.3	39:03	2:19.0	56	34:18.5	17.5	0:32.3	68	27:40.1	8:55	1:15:46.2
54	Holli Karrer	350	2 F 35-39	66	13:13.2	47:12	1:48.5	38	32:30.0	18.5	1:05.4	65	27:31.9	8:53	1:16:09.0
55	Hayley Schwartz	382	4 F 30-34	76	14:42.6	52:30	1:58.0	48	33:34.6	17.9	0:35.6	47	25:35.1	8:15	1:16:25.9
56	Ken Mohney	363	7 M 45-49	61	13:07.9	46:51	1:30.5	42	33:08.4	18.1	1:05.9	66	27:36.9	8:54	1:16:29.6
57	Nicholas Deaton	323	7 M 35-39	68	13:35.6	48:31	2:26.5	41	32:52.0	18.3	1:08.1	56	26:29.4	8:33	1:16:31.6
58	Crissy Dochoda	325	2 F 40-44	79	15:03.9	53:45	1:33.0	64	35:29.5	16.9	0:58.8	27	23:26.7	7:34	1:16:31.9
59	Eric Ott	370	8 M 45-49	71	13:53.1	49:35	1:19.0	33	32:16.8	18.6	1:10.0	70	28:08.6	9:05	1:16:47.5
60	Barb Welty	399	1 F 50-54	77	14:52.5	53:06	1:11.8	71	36:02.9	16.7	0:51.4	34	24:02.0	7:45	1:17:00.6
61	Tom Weeks	398	6 M 50-54	88	15:42.5	56:04	2:56.8	51	33:36.9	17.9	1:21.5	45	25:27.0	8:13	1:19:04.7
62	Jenn Omo	369	3 F 45-49	40	11:54.5	42:30	1:42.6	55	34:02.5	17.6	0:53.2	86	30:48.2	9:56	1:19:21.0
63	Eric Pfeiffer	372	9 M 45-49	63	13:09.2	46:58	1:46.5	72	36:04.7	16.6	0:37.3	71	28:10.9	9:05	1:19:48.6
64	Hillary Campbell	320	5 F 30-34	72	13:56.5	49:46	1:34.5	69	35:56.3	16.7	1:03.6	64	27:24.8	8:50	1:19:55.7
65	Daniel Kelley	351	4 M 60-64	50	12:28.6	44:31	1:50.4	74	36:15.2	16.6	1:31.1	69	28:03.1	9:03	1:20:08.4
66	David Danko	321	7 M 50-54	93	16:34.1	59:10	1:57.5	83	37:03.4	16.2	1:06.6	36	24:28.0	7:54	1:21:09.6

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				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
67	Kevin Fisher	330	6 M 40-44	46	12:20.5	44:03	2:07.7	73	36:10.5	16.6	1:30.0	75	29:02.5	9:22	1:21:11.2
68	Keith Callahan	318	10 M 45-49	47	12:25.0	44:21	5:02.8	60	34:47.0	17.2	2:23.5	59	26:46.9	8:38	1:21:25.2
69	Michael Brown	313	11 M 45-49	86	15:39.1	55:54	2:29.2	85	37:08.3	16.2	1:40.8	42	25:07.9	8:06	1:22:05.3
70	Jennifer Johnson Reifsnnyder	348	3 F 40-44	53	12:43.1	45:25	2:34.3	80	36:45.6	16.3	1:38.1	73	28:34.0	9:13	1:22:15.1
71	Rita Schoeppe	381	3 F 55-59	98	17:27.1	62:19	1:59.4	68	35:55.0	16.7	0:37.1	53	26:24.3	8:31	1:22:22.9
72	Kyle Lott	357	12 M 45-49	7	9:48.3	35:00	2:18.5	91	38:54.2	15.4	1:30.9	81	30:11.9	9:44	1:22:43.8
73	Ross Biggs	310	3 M 65-69	85	15:30.0	55:21	2:02.6	36	32:28.8	18.5	1:33.0	88	31:19.3	10:06	1:22:53.7
74	Taylor Rock	377	3 F 17-19	60	13:07.5	46:51	3:40.4	99	42:32.5	14.1	0:45.1	23	22:58.1	7:25	1:23:03.6
75	Anne Holcomb-Smith	343	3 F 35-39	62	13:08.6	46:54	2:00.7	65	35:40.0	16.8	2:03.4	84	30:23.0	9:48	1:23:15.7
76	Andy Fredenburg	331	3 M 25-29	10	9:54.1	35:21	2:06.1	98	41:02.0	14.6	1:00.1	77	29:16.2	9:26	1:23:18.5
77	Thomas Sprau Jr.	388	13 M 45-49	22	10:31.4	37:34	1:31.1	90	38:49.3	15.5	1:11.3	89	31:28.7	10:09	1:23:31.8
78	Rebecca Fisher	329	4 F 35-39	59	13:01.6	46:29	2:21.5	97	40:42.0	14.7	2:23.3	43	25:09.9	8:07	1:23:38.3
79	Jennie D'Alessandro	238	5 F 35-39	87	15:42.4	56:04	1:55.5	89	37:37.7	16.0	0:47.3	72	28:23.6	9:09	1:24:26.5
80	Trent Rock	378	8 M 50-54	45	12:19.1	43:59	4:19.6	87	37:15.4	16.1	0:55.8	82	30:14.9	9:45	1:25:04.8
81	Keith Burkeen	316	14 M 45-49	97	17:07.1	61:08	2:48.8	82	36:54.1	16.3	0:49.4	67	27:37.8	8:55	1:25:17.2
82	Stella Schwartz	383	6 F 30-34	99	17:28.6	62:23	1:42.1	66	35:40.0	16.8	0:57.3	78	29:33.6	9:32	1:25:21.6
83	Diane Ebert-May	173	1 F 65-69	55	12:48.7	45:43	1:47.1	57	34:36.1	17.3	1:41.1	94	34:32.5	11:08	1:25:25.5
84	Robyn Hesling	342	6 F 35-39	82	15:18.9	54:39	1:47.9	76	36:21.0	16.5	0:42.9	87	31:17.5	10:05	1:25:28.2
85	Billy Campbell	319	8 M 35-39	75	14:35.8	52:05	2:16.2	88	37:20.8	16.1	1:29.0	80	30:06.7	9:43	1:25:48.5
86	Michelle Liggett	355	4 F 45-49	43	12:07.8	43:16	1:47.5	81	36:50.4	16.3	1:27.3	93	34:20.3	11:05	1:26:33.3
87	steven lieberman	354	5 M 60-64	90	16:00.0	57:09	2:37.8	79	36:36.7	16.4	2:06.5	79	29:36.9	9:33	1:26:57.9
88	Josephine Spitzley	387	7 F 30-34	81	15:16.0	54:31	2:08.1	93	39:43.4	15.1	0:54.7	83	30:16.3	9:46	1:28:18.5
89	Elise Millmier	362	5 F 45-49	92	16:11.9	57:48	2:16.5	96	40:36.5	14.8	0:43.7	74	28:38.0	9:14	1:28:26.6
90	Judah Gesmundo	336	2 F 65-69	83	15:28.4	55:14	2:13.5	63	35:27.2	16.9	1:21.1	97	35:20.7	11:24	1:29:50.9
91	Julie Stevens	389	8 F 30-34	70	13:47.4	49:14	1:57.8	77	36:30.1	16.4	1:53.4	98	35:59.0	11:36	1:30:07.7
92	Kelly Miller	360	2 F 25-29	91	16:09.6	57:41	3:00.1	92	39:32.2	15.2	1:11.8	85	30:26.0	9:49	1:30:19.7
93	Lisa McNeel	359	9 F 30-34	84	15:28.8	55:14	3:33.6	67	35:53.9	16.7	1:36.6	92	34:15.6	11:03	1:30:48.5
94	Beau Powers	374	4 M 30-34	102	21:33.6	76:58	3:07.8	75	36:15.6	16.6	1:56.3	76	29:05.4	9:23	1:31:58.7
95	Tracy Baker	308	2 F 50-54	96	16:56.1	60:29	1:33.7	86	37:12.7	16.1	1:51.4	96	34:47.3	11:13	1:32:21.2
96	Bryan Tema	391	9 M 50-54	89	15:58.9	57:01	2:57.7	95	40:10.3	14.9	1:48.5	91	33:00.9	10:39	1:33:56.3
97	Stanley Nyirenda	368	9 M 35-39	80	15:14.5	54:24	3:18.7	70	36:02.3	16.7	0:58.7	100	38:32.0	12:26	1:34:06.2
98	Dianne Friess	332	4 F 40-44	67	13:27.0	48:02	4:59.6	101	42:48.1	14.0	2:05.0	90	32:18.8	10:25	1:35:38.5
99	Ashleigh Preston	375	10 F 30-34	100	17:29.9	62:26	2:00.6	94	40:01.0	15.0	1:17.1	99	36:03.1	11:38	1:36:51.7

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				<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>			
100	Allan LaReau	353	4 M 65-69	95	16:41.3	59:35	2:13.0	100	42:40.8	14.1	1:30.3	95	34:35.6	11:09	1:37:41.0		
101	Janet Schneider	380	5 F 40-44	36	11:15.7	40:11	2:17.2	84	37:05.8	16.2	1:45.7	101	46:42.7	15:04	1:39:07.1		
102	Kimberly von Oeyen	397	6 F 45-49	101	19:57.1	71:15	2:53.4	102	57:56.9	10.4	0:47.2	102	52:06.3	16:48	2:13:40.9		