

## 2018 3 for 3 Triathlon

Overall Results**Adult Swim**

Place	Name	Age	Gnd	Swim		Trans 1		Bike		Trans 2		Run		Total Time			
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk		Time	Pace	
1	Greg Howard	36	M	10	3:57.8		1	0:32.7	2	23:33.2	25.5	1	0:25.3	4	17:34.7	7:02	46:03.7
2	Jonathan Millard	25	M	9	3:55.1		2	0:34.5	1	22:43.7	26.4	28	0:41.2	11	19:49.0	7:56	47:43.5
3	Mandy Wallick	32	F	20	4:30.2		5	0:54.5	5	25:50.2	23.2	16	0:34.1	5	17:38.7	7:03	49:27.7
4	Aaron Wolfe	44	M	13	4:05.8		11	1:12.1	7	26:32.0	22.6	37	0:54.7	3	16:44.8	6:42	49:29.4
5	Heather Schuh	42	F	24	4:38.3		3	0:43.1	6	25:51.8	23.2	5	0:27.1	8	18:26.3	7:22	50:06.6
6	Scott Flagle	32	M	19	4:14.8		41	2:04.9	4	25:48.2	23.3	30	0:44.9	6	17:49.8	7:08	50:42.6
7	Andrew Jarocki	20	M	3	3:40.4		40	2:04.3	13	29:21.4	20.4	29	0:42.1	1	15:18.7	6:07	51:06.9
8	Scott Perry	47	M	26	4:43.1		9	1:04.8	3	25:06.9	23.9	22	0:39.0	15	20:30.1	8:12	52:03.9
9	Brennan Ralph	18	M	4	3:47.6		30	1:47.0	17	30:57.2	19.4	11	0:32.7	2	16:40.8	6:40	53:45.3
10	Steven Burnside	31	M	27	4:53.2		21	1:29.5	8	27:08.9	22.1	26	0:40.2	14	20:25.3	8:10	54:37.1
11	Mollie O'Brien	25	F	1	3:38.0		6	0:54.7	11	28:26.2	21.1	32	0:48.3	21	21:31.8	8:36	55:19.0
12	Christopher Lawson-Rulli	33	M	7	3:51.0		8	1:02.5	12	28:57.8	20.7	10	0:32.7	23	21:55.9	8:46	56:19.9
13	Christopher Gabryluk	31	M	47	6:20.0		47	2:23.8	10	28:06.8	21.4	7	0:30.8	16	20:42.5	8:17	58:03.9
14	Jeremy Sutter	37	M	35	5:16.2		34	1:53.4	9	27:26.1	21.9	49	1:31.7	33	23:00.7	9:12	59:08.1
15	Ben Rudenga	35	M	22	4:37.7		24	1:33.5	16	30:27.9	19.7	35	0:53.5	27	22:33.9	9:01	1:00:06.5
16	Hailey Dikeman	21	F	2	3:39.7		22	1:30.3	41	36:24.8	16.5	3	0:26.4	7	18:19.7	7:20	1:00:20.9
17	Richard Wallace	49	M	41	5:56.1		50	2:40.8	18	31:05.9	19.3	17	0:37.4	13	20:21.9	8:08	1:00:42.1
18	David Perez	52	M	30	5:07.9		4	0:48.9	15	30:22.8	19.8	42	1:05.5	36	23:20.6	9:20	1:00:45.7
19	Jennifer Golba	57	F	34	5:15.7		26	1:35.0	23	32:44.3	18.3	46	1:10.2	12	20:03.2	8:01	1:00:48.4
20	Joshua Price	39	M	37	5:32.5		16	1:21.8	21	32:21.2	18.5	25	0:39.8	18	21:09.4	8:28	1:01:04.7
21	Lisa Nelson	38	F	46	6:16.3		10	1:09.0	22	32:25.3	18.5	13	0:32.8	20	21:28.3	8:35	1:01:51.7
22	Matt Goebel	36	M	17	4:13.3		33	1:49.1	20	32:06.3	18.7	47	1:16.4	29	22:41.6	9:04	1:02:06.7
23	Amy Thibault	40	F	8	3:52.5		19	1:27.3	30	34:07.5	17.6	19	0:38.0	26	22:28.6	8:59	1:02:33.9
24	Nick Liskey	38	M	6	3:50.1		23	1:33.5	28	33:48.7	17.8	9	0:31.7	31	22:59.2	9:12	1:02:43.2
25	Ryan Woodruff	41	M	42	6:00.8		7	0:58.7	19	31:09.8	19.3	4	0:27.0	39	24:20.9	9:44	1:02:57.2
26	Jordan Mentock	27	F	38	5:33.0		31	1:47.6	33	34:33.1	17.4	2	0:25.9	17	20:45.0	8:18	1:03:04.6
27	Haleigh Ehmsen	24	F	28	4:58.3		25	1:33.7	43	37:21.4	16.1	15	0:34.0	9	18:43.0	7:29	1:03:10.4
28	Julie Bruder	31	F	5	3:49.1		28	1:41.4	26	33:34.5	17.9	34	0:52.0	37	23:21.4	9:20	1:03:18.4
29	Frieda Fein	26	F	23	4:37.8		38	2:01.9	24	32:59.9	18.2	23	0:39.1	35	23:04.9	9:14	1:03:23.6
30	Scott Martin	54	M	39	5:33.9		29	1:45.1	14	29:51.7	20.1	57	3:12.7	32	23:00.6	9:12	1:03:24.0
31	Antoinette Fein	56	F	29	5:03.4		39	2:02.4	25	33:00.4	18.2	21	0:38.9	34	23:04.2	9:14	1:03:49.3
32	Liz Martin	33	F	43	6:02.8		53	2:59.9	32	34:29.3	17.4	43	1:06.0	10	19:33.6	7:49	1:04:11.6
33	Raegen Dent	20	F	15	4:11.5		43	2:07.8	29	33:57.2	17.7	6	0:28.4	38	23:30.8	9:24	1:04:15.7

## 2018 3 for 3 Triathlon

Overall Results**Adult Swim**

Place	Name	Age	Gnd	----- Swim -----		----- Trans 1 -----		----- Bike -----		----- Trans 2 -----		----- Run -----		Total Time			
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk		Time	Pace	Rnk
34	Mikelle Wile	23	F	36	5:22.7		27	1:39.7	34	34:49.5	17.2	31	0:46.3	25	21:59.6	8:48	1:04:37.8
35	Abida Coric	27	F	32	5:08.9		13	1:18.0	38	35:49.4	16.8	8	0:31.6	28	22:36.4	9:02	1:05:24.3
36	Delany Bolton	20	F	18	4:14.1		35	1:54.8	44	37:24.8	16.0	14	0:33.7	19	21:22.6	8:33	1:05:30.0
37	Alexander Kelsey	22	M	51	6:44.7		12	1:12.9	42	36:25.8	16.5	20	0:38.8	22	21:42.1	8:41	1:06:44.3
38	Matthew Stoffel	31	M	49	6:29.3		51	2:41.5	27	33:45.2	17.8	55	1:51.6	30	22:45.1	9:06	1:07:32.7
39	Ana Otarola	26	F	33	5:14.7		32	1:48.4	31	34:09.1	17.6	45	1:08.4	45	28:03.5	11:13	1:10:24.1
40	Dru Mack	27	F	54	7:13.9		44	2:12.3	40	36:19.4	16.5	39	0:58.9	41	25:37.0	10:15	1:12:21.5
41	Paige Wood	25	F	25	4:42.9		14	1:18.2	37	35:42.9	16.8	44	1:06.1	50	30:22.1	12:09	1:13:12.2
42	Amber Stoffel	26	F	55	7:48.3		48	2:24.3	36	35:33.5	16.9	54	1:50.1	42	26:26.2	10:34	1:14:02.4
43	Spencer Bindel	19	M	31	5:08.1		45	2:15.9	51	44:02.6	13.6	27	0:40.6	24	21:58.8	8:47	1:14:06.0
44	Hannah Myers	19	F	11	3:59.9		18	1:24.7	47	38:44.7	15.5	18	0:37.7	48	29:41.8	11:52	1:14:28.8
45	Celia Geark	61	F	45	6:10.8		52	2:42.8	35	35:31.7	16.9	36	0:54.6	51	30:22.3	12:09	1:15:42.2
46	Shauna Golba	34	F	14	4:08.9		46	2:18.3	39	36:07.7	16.6	53	1:43.8	53	31:44.9	12:42	1:16:03.6
47	Travis Teague	34	M	48	6:26.6		54	3:23.7	45	38:29.7	15.6	48	1:25.5	43	26:38.7	10:39	1:16:24.2
48	Lauren Plennert	32	F	12	4:01.1		37	2:01.6	52	45:02.0	13.3	38	0:55.1	40	25:21.3	10:08	1:17:21.1
49	Nancy Weinberg	50	F	53	7:08.1		36	1:59.0	46	38:35.7	15.6	51	1:36.4	49	30:13.5	12:05	1:19:32.7
50	Lisa Ernsberger	39	F	16	4:12.1		17	1:23.4	48	39:47.0	15.1	12	0:32.8	54	33:54.9	13:34	1:19:50.2
51	Moira Dyczko	42	F	21	4:35.9		42	2:05.7	49	40:15.3	14.9	56	2:23.9	52	31:37.1	12:39	1:20:57.9
52	Madeline Bouchard	25	F	40	5:42.9		20	1:27.4	53	45:22.5	13.2	24	0:39.4	47	29:21.1	11:44	1:22:33.3
53	Brett Keck	39	M	44	6:07.7		57	4:27.5	50	43:40.8	13.7	40	1:01.5	44	27:50.8	11:08	1:23:08.3
54	Rachael Meyers	35	F	50	6:40.5		49	2:33.2	57	1:02:51.6	9.55	33	0:49.1	46	28:57.7	11:35	1:41:52.1
55	Tonya Myers	44	F	52	6:46.6		55	3:45.5	54	51:37.7	11.6	41	1:01.9	55	41:26.8	16:34	1:44:38.5
56	Ellen Meyers	31	F	57	12:13.1		15	1:20.2	55	58:55.2	10.2	52	1:39.8	57	41:37.4	16:39	1:55:45.7
57	Lisa Winterheimer	58	F	56	10:45.0		56	3:48.7	56	59:04.5	10.2	50	1:36.2	56	41:32.8	16:37	1:56:47.2

**Adult Kayak**

Place	Name	Age	Gnd	----- Kayak -----		----- Trans 1 -----		----- Bike -----		----- Trans 2 -----		----- Run -----		Total Time			
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk		Time	Pace	Rnk
1	Todd Rothi	55	M	3	4:22.8		1	0:32.4	1	26:08.9	23.0	6	0:57.6	1	18:22.7	7:21	50:24.4
2	Kirk Eisert	49	M	7	4:40.8		9	1:15.2	2	27:07.3	22.1	12	1:48.3	2	20:32.2	8:13	55:23.8
3	Julia Herschberger	39	F	10	5:09.7		3	0:42.6	3	28:54.9	20.8	1	0:35.9	3	22:44.2	9:06	58:07.3
4	Richard Crowder	49	M	9	5:04.1		8	1:06.2	4	32:17.7	18.6	4	0:42.6	7	23:51.8	9:32	1:03:02.4
5	Dustin Mireles	30	M	8	4:44.1		10	1:23.3	8	35:09.6	17.1	13	1:50.1	6	23:18.7	9:19	1:06:25.8

Race Date  
September 23, 2018

## 2018 3 for 3 Triathlon

### Overall Results

#### Adult Kayak

Place	Name	----- Kayak -----			----- Trans 1 -----			----- Bike -----			----- Trans 2 -----			----- Run -----			Total Time		
		Age	Gnd	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk		Time	Pace
6	Caleb Thomas	14	M	1	4:03.5		7	1:03.2		12	37:33.5	16.0	3	0:39.8		5	23:15.3	9:18	1:06:35.3
7	Colin Thomas	16	M	2	4:19.3		4	0:43.3		11	36:50.7	16.3	11	1:34.9		4	23:07.3	9:15	1:06:35.5
8	Brianna Ferstl	27	F	6	4:40.1		13	2:41.5		7	34:38.1	17.3	10	1:09.2		8	24:28.1	9:47	1:07:37.0
9	Isaiah Eisert	15	M	11	5:10.8		11	1:47.9		10	36:38.9	16.4	9	1:06.9		11	25:11.8	10:04	1:09:56.3
10	Ann Eisert	38	F	13	5:28.2		2	0:35.0		6	34:25.4	17.4	2	0:36.7		12	29:41.8	11:52	1:10:47.1
11	Ryan Schwab	29	M	5	4:27.7		5	0:48.8		14	40:09.0	14.9	7	0:59.0		9	24:51.8	9:56	1:11:16.3
12	Aileen Schwab	24	F	4	4:27.1		6	0:54.6		13	40:05.1	15.0	8	1:04.4		10	24:52.5	9:57	1:11:23.7
13	Melissa Vought	37	F	12	5:22.4		12	2:40.0		5	34:08.4	17.6	5	0:51.0		13	36:42.1	14:41	1:19:43.9
14	Diane Cristiano	54	F	14	6:06.5		14	3:00.1		9	36:05.8	16.6	14	2:05.1		14	42:16.1	16:54	1:29:33.6