

Race Date
September 22, 2019

2019 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 | 12 | Lauren Milovich | 87 | 35 | 1 | 4:07.7 | | 1 | 1:23.5 | | 1 | 29:38.9 | 20.2 | 1 | 0:37.6 | | 1 | 19:28.6 | | 55:16.3 |

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 | Scott Flagle | 72 | 33 | 1 | 3:43.8 | | 1 | 0:40.8 | | 1 | 23:55.1 | 25.1 | 1 | 0:35.2 | | 1 | 16:11.1 | | 45:06.0 |

Race Date
September 22, 2019

2019 3 for 3 Triathlon
Age Group Results

Adult Swim

Female 15 and under

| 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 | 38 | Lauren Wills | 113 | 15 | 1 | 6:45.3 | | 2 | 2:57.7 | | 2 | 44:53.2 | 13.4 | 1 | 0:47.8 | | 1 | 19:00.9 | | 1:14:24.9 |
| 2 | 47 | Lisa Brady | 61 | 0 | 2 | 6:50.5 | | 1 | 2:17.0 | | 1 | 43:24.9 | 13.8 | 2 | 4:20.3 | | 2 | 46:11.4 | | 1:43:04.1 |

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 | 17 | Bridget Ralph | 119 | 21 | 1 | 3:36.9 | | 5 | 1:39.4 | | 3 | 32:58.8 | 18.2 | 4 | 0:38.9 | | 1 | 18:15.3 | | 57:09.3 |
| 2 | 24 | Raegen Dent | 67 | 21 | 3 | 4:17.1 | | 3 | 1:16.3 | | 1 | 31:36.5 | 19.0 | 2 | 0:29.4 | | 3 | 22:32.4 | | 1:00:11.7 |
| 3 | 25 | Michelle Almanza | 56 | 24 | 4 | 5:31.3 | | 6 | 2:06.3 | | 2 | 32:49.0 | 18.3 | 1 | 0:22.0 | | 2 | 20:13.5 | | 1:01:02.1 |
| 4 | 39 | Hannah Myers | 89 | 20 | 2 | 3:57.3 | | 4 | 1:33.7 | | 4 | 40:26.1 | 14.8 | 3 | 0:32.3 | | 6 | 33:20.7 | | 1:19:50.1 |
| 5 | 41 | Kaitlyn Bayko | 57 | 23 | 6 | 7:47.5 | | 2 | 1:09.8 | | 5 | 41:26.1 | 14.5 | 6 | 1:28.9 | | 5 | 33:01.8 | | 1:24:54.1 |
| 6 | 42 | Christina Coulter | 64 | 23 | 5 | 6:30.9 | | 1 | 1:00.9 | | 6 | 47:41.6 | 12.6 | 5 | 0:42.4 | | 4 | 29:12.4 | | 1:25:08.2 |

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 | Brennan Ralph | 93 | 19 | 1 | 3:35.6 | | 1 | 1:00.9 | | 1 | 28:44.5 | 20.9 | 3 | 0:26.2 | | 1 | 14:51.6 | | 48:38.8 |
| 2 | 7 | Andrew Jarocki | 77 | 21 | 2 | 3:47.1 | | 3 | 1:33.1 | | 4 | 31:30.2 | 19.0 | 1 | 0:20.8 | | 2 | 15:30.4 | | 52:41.6 |
| 3 | 10 | Brian Lee | 80 | 21 | 3 | 3:54.5 | | 2 | 1:17.7 | | 2 | 29:59.8 | 20.0 | 4 | 0:27.9 | | 3 | 17:40.1 | | 53:20.0 |
| 4 | 22 | Adam Heiss | 74 | 24 | 4 | 5:14.3 | | 4 | 2:02.6 | | 3 | 31:10.5 | 19.2 | 2 | 0:23.1 | | 4 | 20:52.0 | | 59:42.5 |

Race Date
September 22, 2019

2019 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 | Rate | Rnk | Time | Pace | Rnk | Time | Pace | Time |
| 1 | 15 | Jordan Mentock | 85 | 28 | 3 | 5:04.7 | | 1 | 1:00.5 | | 2 | 32:11.3 | 18.6 | 2 | 0:43.6 | | 1 | 17:25.2 | | 56:25.3 |
| 2 | 21 | Frieda Fein | 71 | 27 | 2 | 4:52.8 | | 2 | 1:49.6 | | 1 | 31:23.7 | 19.1 | 1 | 0:33.6 | | 2 | 20:51.0 | | 59:30.7 |
| 3 | 45 | Stephanie Allen | 55 | 35 | 1 | 4:38.3 | | 3 | 2:14.5 | | 3 | 45:59.7 | 13.0 | 3 | 0:43.7 | | 3 | 33:18.8 | | 1:26:55.0 |

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 | Rate | Rnk | Time | Pace | Rnk | Time | Pace | Time |
| 1 | 4 | Jake Wild Crea | 111 | 26 | 1 | 4:21.7 | | 1 | 0:52.7 | | 2 | 26:51.4 | 22.3 | 1 | 0:32.6 | | 1 | 16:58.4 | | 49:36.8 |
| 2 | 6 | Steven Burnside | 63 | 32 | 2 | 4:56.9 | | 2 | 1:04.1 | | 1 | 25:30.1 | 23.5 | 4 | 0:46.1 | | 3 | 20:24.4 | | 52:41.6 |
| 3 | 13 | Niu Yuanhao | 114 | 27 | 3 | 4:58.3 | | 4 | 1:32.2 | | 3 | 30:11.8 | 19.9 | 3 | 0:41.0 | | 2 | 17:55.3 | | 55:18.6 |
| 4 | 27 | Geoffrey Warner | 109 | 34 | 4 | 5:46.7 | | 5 | 1:44.9 | | 4 | 31:43.4 | 18.9 | 2 | 0:39.1 | | 4 | 22:21.4 | | 1:02:15.5 |
| 5 | 37 | Michael Murphy | 88 | 29 | 5 | 7:27.3 | | 6 | 1:47.8 | | 5 | 39:05.3 | 15.3 | 5 | 0:47.7 | | 5 | 24:59.2 | | 1:14:07.3 |
| 6 | 43 | John Bayko | 58 | 26 | 6 | 8:17.9 | | 3 | 1:11.9 | | 6 | 41:26.6 | 14.5 | 6 | 1:26.9 | | 6 | 33:01.9 | | 1:25:25.2 |

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 | 18 | Lisa Nelson | 91 | 39 | 4 | 5:38.3 | | 1 | 1:08.7 | | 1 | 29:48.3 | 20.1 | 2 | 0:39.2 | | 2 | 20:04.1 | | 57:18.6 |
| 2 | 26 | Kristi Rudenga | 97 | 37 | 2 | 5:01.2 | | 4 | 2:09.0 | | 3 | 32:53.3 | 18.2 | 6 | 1:43.3 | | 1 | 20:03.2 | | 1:01:50.0 |
| 3 | 28 | Chris Meyer | 86 | 39 | 5 | 5:43.3 | | 2 | 1:19.3 | | 2 | 31:07.5 | 19.3 | 3 | 0:39.7 | | 4 | 23:34.1 | | 1:02:23.9 |
| 4 | 32 | Amy Thibault | 103 | 41 | 1 | 3:47.5 | | 3 | 1:27.0 | | 5 | 40:46.5 | 14.7 | 1 | 0:26.1 | | 3 | 22:08.1 | | 1:08:35.2 |
| 5 | 40 | Heather Jones | 79 | 39 | 3 | 5:21.0 | | 5 | 2:38.7 | | 6 | 50:15.0 | 11.9 | 4 | 1:06.3 | | 5 | 23:40.6 | | 1:23:01.6 |
| 6 | 44 | Gretchen Zehring | 115 | 45 | 6 | 7:25.3 | | 6 | 4:03.3 | | 4 | 40:04.2 | 15.0 | 5 | 1:41.9 | | 6 | 33:20.3 | | 1:26:35.0 |

Race Date
September 22, 2019

2019 3 for 3 Triathlon
Age Group Results

Adult Swim

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 | 5 | Joe Reeves | 94 | 44 | 8 | 5:04.0 | | 1 | 0:34.4 | | 1 | 27:07.1 | 22.1 | 4 | 0:39.7 | | 1 | 18:21.2 | | 51:46.4 |
| 2 | 11 | Ike Shipman | 99 | 40 | 3 | 4:28.1 | | 4 | 1:54.6 | | 2 | 27:44.2 | 21.6 | 8 | 1:05.1 | | 2 | 18:22.1 | | 53:34.1 |
| 3 | 14 | Ben Rudenga | 96 | 36 | 2 | 4:21.1 | | 2 | 1:11.5 | | 4 | 29:08.0 | 20.6 | 6 | 0:53.2 | | 4 | 20:10.9 | | 55:44.7 |
| 4 | 16 | Gabor Szekelyhidi | 102 | 38 | 4 | 4:33.2 | | 3 | 1:34.0 | | 3 | 28:48.2 | 20.8 | 1 | 0:32.1 | | 7 | 21:40.1 | | 57:07.6 |
| 5 | 19 | Jason Critchlow | 65 | 37 | 1 | 3:55.4 | | 6 | 2:04.1 | | 5 | 30:41.4 | 19.6 | 5 | 0:52.0 | | 5 | 21:38.0 | | 59:10.9 |
| 6 | 20 | Andy Warzon | 110 | 40 | 7 | 4:51.0 | | 5 | 1:55.1 | | 6 | 32:42.4 | 18.3 | 2 | 0:32.6 | | 3 | 19:19.1 | | 59:20.2 |
| 7 | 31 | Steven Truex | 106 | 41 | 6 | 4:42.1 | | 9 | 2:38.1 | | 8 | 36:41.1 | 16.4 | 3 | 0:37.9 | | 6 | 21:38.3 | | 1:06:17.5 |
| 8 | 33 | Andrew Putman | 92 | 39 | 5 | 4:41.9 | | 8 | 2:27.6 | | 7 | 33:08.2 | 18.1 | 9 | 2:16.7 | | 9 | 27:02.8 | | 1:09:37.2 |
| 9 | 36 | Kris Schleinkofer | 98 | 45 | 9 | 7:51.3 | | 7 | 2:17.0 | | 9 | 39:03.8 | 15.4 | 7 | 0:54.8 | | 8 | 23:07.5 | | 1:13:14.4 |

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 | 34 | Laura Slusher | 101 | 46 | 2 | 5:52.2 | | 1 | 1:22.7 | | 1 | 33:25.0 | 18.0 | 1 | 0:52.2 | | 1 | 29:17.2 | | 1:10:49.3 |
| 2 | 46 | Lisa May | 84 | 55 | 1 | 5:51.5 | | 2 | 5:53.8 | | 2 | 33:25.6 | 17.9 | 2 | 8:24.5 | | 2 | 33:20.5 | | 1:26:55.9 |

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 | Rate | Rnk | Time | Pace | Rnk | Time | Pace | Time |
| 1 | 8 | Scott Martin | 82 | 55 | 2 | 5:29.7 | | 1 | 1:03.1 | | 1 | 26:32.0 | 22.6 | 2 | 1:05.7 | | 1 | 18:44.3 | | 52:54.8 |
| 2 | 30 | Eric Matz | 83 | 49 | 1 | 4:39.8 | | 2 | 2:21.1 | | 2 | 32:37.1 | 18.4 | 1 | 0:37.1 | | 2 | 25:51.4 | | 1:06:06.5 |

2019 3 for 3 Triathlon
Age Group Results
Adult Swim

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 | 23 | Antoinette Fein | 70 | 57 | 1 | 5:09.4 | | 2 | 1:50.1 | | 1 | 31:26.0 | 19.1 | 1 | 0:32.3 | | 1 | 20:50.6 | | 59:48.4 |
| 2 | 35 | Celia Geark | 73 | 62 | 2 | 6:27.4 | | 1 | 1:17.9 | | 2 | 34:37.7 | 17.3 | 2 | 0:44.7 | | 2 | 28:39.1 | | 1:11:46.8 |

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 | 3 | Jeremy Fein | 69 | 57 | 2 | 4:51.2 | | 2 | 1:46.1 | | 1 | 24:56.8 | 24.1 | 1 | 0:39.3 | | 1 | 16:59.2 | | 49:12.6 |
| 2 | 9 | Gil Bell | 59 | 60 | 1 | 4:45.8 | | 1 | 1:08.6 | | 2 | 26:07.0 | 23.0 | 2 | 0:43.7 | | 2 | 20:19.0 | | 53:04.1 |
| 3 | 29 | Rick Johnson | 78 | 58 | 3 | 7:14.1 | | 3 | 2:41.6 | | 3 | 30:59.8 | 19.4 | 3 | 0:58.1 | | 3 | 20:36.3 | | 1:02:29.9 |