

Age Group Results

Open

Overall Female Open Winners

Place		----- 5k Run -----				T1	----- Bike -----			T2	----- 5k Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	13	Pamela McCormick	36	3	19:54.40	6:25	00:53.90	1	32:51.50	2:39	00:45.40	2	20:46.60	6:42	1:15:11.8
2	18	Jenni Keil	31	1	19:42.25	6:21	00:48.35	2	34:45.35	2:48	00:43.65	1	20:45.75	6:42	1:16:45.3
3	36	Jessica Dahlberg	29	2	19:43.25	6:22	01:15.00	3	38:11.55	3:05	01:24.00	3	21:32.75	6:57	1:22:06.5

Overall Male Open Winners

Place		----- 5k Run -----				T1	----- Bike -----			T2	----- 5k Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Alex Eversmeyer	28	2	17:48.45	5:45	00:35.30	1	30:57.15	2:30	00:30.90	3	18:05.25	5:50	1:07:57.0
2	2	Joshua Loren	29	1	16:42.80	5:23	00:41.45	2	32:33.05	2:38	00:45.00	2	17:45.15	5:44	1:08:27.4
3	3	Kert St. John	37	3	17:49.55	5:45	00:37.25	3	32:59.65	2:40	00:31.80	1	17:41.95	5:42	1:09:40.2

Overall Female Masters Winners

Place		----- 5k Run -----				T1	----- Bike -----			T2	----- 5k Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	50	Debbie Mizikowski	52	1	23:38.15	7:37	01:14.60	1	34:49.25	2:48	01:24.25	1	24:19.70	7:51	1:25:25.9

Overall Male Masters Winners

Place		Name	Age	---- 5k Run ----		T1	---- Bike ----			T2	---- 5k Run ----			Total	
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	5	Jim Samuels	41	1	17:56.45	5:47	00:49.80	1	33:19.25	2:41	00:46.80	1	19:37.55	6:20	1:12:29.8

Age Group Results

Open

Female 19 & Under

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Overall	Rnk			Time	Pace	Rnk		Time	Pace	Rnk		Time	Pace		
1*	123	Colleen McClung	17	1	25:41.95	8:17	01:15.00	1	45:06.60	3:38	00:39.20	4	30:50.20	9:57	1:43:32.9
2*	125	Rebecca Easley	14	4	27:51.75	8:59	01:21.90	3	47:03.55	3:48	01:03.35	1	27:35.80	8:54	1:44:56.3
3*	127	Alicia Perras	19	2	27:17.70	8:48	02:01.60	2	45:08.15	3:38	01:46.65	3	29:20.25	9:28	1:45:34.3
4	151	Zoe Siegel	17	5	29:35.65	9:33	01:24.95	4	53:49.40	4:20	00:41.45	2	28:09.60	9:05	1:53:41.0
5	156	Emily Pinto	19	3	27:45.45	8:57	01:13.35	5	54:03.65	4:22	00:51.10	5	34:25.85	11:06	1:58:19.4

Male 19 & Under

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Overall	Rnk			Time	Pace	Rnk		Time	Pace	Rnk		Time	Pace		
1*	33	Andrew Church	18	2	21:28.15	6:55	00:45.45	1	34:21.45	2:46	00:39.60	1	24:13.05	7:49	1:21:27.7
2*	37	Kody McCracken	15	1	21:21.15	6:53	00:49.30	2	34:22.10	2:46	01:03.60	2	24:54.60	8:02	1:22:30.7

Female 20 to 24

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Overall	Rnk			Time	Pace	Rnk		Time	Pace	Rnk		Time	Pace		
1	54	Kristin O'Hern	21				23:50.15	1	38:25.70	3:06	00:38.15	1	24:27.55	7:53	1:27:21.5
2	109	Cassandra Garrison	24	1	26:57.60	8:42	01:49.05	2	39:31.65	3:11	01:34.65	2	30:14.60	9:45	1:40:07.5
3	132	Kirsten Rispin	24	3	28:53.30	9:19	01:00.60	4	45:01.80	3:38	00:44.80	3	31:40.45	10:13	1:47:20.9
4	161	Lindsay Deering	24	2	28:19.35	9:08	04:49.50	5	56:46.10	4:35	02:09.00	4	33:27.75	10:47	2:05:31.7
5	164	Heather Dudley	24	6	35:27.35	11:26	01:43.95	3	44:26.05	3:35	01:31.65	7	43:24.20	14:00	2:06:33.2
6	172	Courtney Tedesco	24	5	31:38.15	10:12	02:30.30	7	1:07:34.6	5:27	02:17.65	6	36:06.00	11:39	2:20:06.7
7	173	Melissa Brockett	24	4	31:38.00	10:12	02:30.65	6	1:07:30.7	5:27	02:21.60	5	36:05.75	11:38	2:20:06.7

Age Group Results

Open

Male 20 to 24

Place		Name	Age	----- 5k Run -----			T1	----- Bike -----			T2	----- 5k Run -----			Total
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	19	Alexander Zarger	20	1	19:29.10	6:17	01:10.70	4	34:45.20	2:48	01:12.65	1	20:29.80	6:36	1:17:07.4
2	29	Dan Snyder	24	4	22:04.45	7:07	01:02.40	2	34:32.65	2:47	01:01.75	3	22:14.80	7:10	1:20:56.0
3	31	Christopher Comer	20	3	21:19.75	6:53	01:48.00	1	33:10.05	2:40	01:22.70	4	23:42.45	7:39	1:21:22.9
4	35	Jason Czerwinski	24	2	20:14.25	6:32	00:53.65	5	37:59.60	3:04	00:44.35	2	21:48.85	7:02	1:21:40.7
5	65	Brennan Donnelly	21	6	23:36.00	7:37	01:30.65	3	34:38.90	2:48	01:28.45	7	27:43.25	8:56	1:28:57.2
6	78	Evan Thomas	21	5	22:46.10	7:21	01:27.40	8	42:00.50	3:23	00:59.95	5	26:02.90	8:24	1:33:16.8
7	91	Ben Deppen	20	7	25:18.50	8:10	00:57.00	7	41:53.20	3:23	00:44.75	6	27:22.00	8:50	1:36:15.4
8	117	Peter J. Gauriloff	22	8	26:08.95	8:26	02:42.25	6	40:59.35	3:18	02:24.25	8	30:29.70	9:50	1:42:44.5
9	174	Jarad Roach	24	9	28:21.65	9:09	04:49.90	9	1:11:03.1	5:44	02:52.05	9	41:17.80	13:19	2:28:24.5

Female 25 to 29

Place		Name	Age	----- 5k Run -----			T1	----- Bike -----			T2	----- 5k Run -----			Total
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	49	Stephanie Montgomery	28	1	21:44.65	7:01	01:23.10	1	36:46.50	2:58	01:19.40	2	23:50.20	7:41	1:25:03.8
2	60	Sarah Bergman	26	2	23:29.40	7:35	01:30.20	2	39:21.80	3:10	01:22.75	1	22:29.70	7:15	1:28:13.8
3	77	Liz Mellers	28	3	24:14.05	7:49					41:53.80	3	26:48.05	8:39	1:32:55.9
4	107	Chrissy Welsh	25	6	27:21.65	8:49	01:30.35	3	39:28.60	3:11	01:17.45	7	30:00.00	9:41	1:39:38.0
5	114	Heather Pietro	29	5	27:10.75	8:46	01:35.55	5	43:20.75	3:30	01:25.00	5	28:36.65	9:14	1:42:08.7
6	121	Nicole Hunter	27	7	27:52.70	8:59	00:55.90	7	45:36.05	3:41	00:45.20	4	28:10.45	9:05	1:43:20.3
7	133	Alisha Travepiece	29	12	32:35.35	10:31	01:05.85	4	39:54.00	3:13	01:05.35	8	33:12.75	10:43	1:47:53.3
8	142	Mauriella Ditommaso	28	8	28:03.40	9:03	02:26.50	10	49:34.40	4:00	01:23.85	6	29:06.30	9:23	1:50:34.4
9	147	Jennie Ives	25	9	28:39.55	9:15	01:19.55	6	44:51.40	3:37	01:11.70	11	35:45.35	11:32	1:51:47.5
10	148	Leanne Krause	28	4	26:37.10	8:35	01:52.95	8	46:15.15	3:44	01:28.25	10	35:37.05	11:29	1:51:50.5
11	152	Sara Lasher	27	10	29:38.05	9:34	01:33.30	9	49:11.05	3:58	01:40.95	9	33:26.45	10:47	1:55:29.8
12	167	Cindy Styer	29	11	31:46.90	10:15	01:27.60	11	54:35.50	4:24	01:25.15	12	39:16.35	12:40	2:08:31.5

Age Group Results

Open

Male 25 to 29

Place		Name	Age	---- 5k Run ----			T1	---- Bike ----			T2	---- 5k Run ----			Total
Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	4	Christopher Welsh	26	1	18:04.20	5:50	00:56.50	3	32:02.50	2:35	01:13.55	3	19:43.10	6:22	1:11:59.8
2	10	Jeremy Lowry	28	2	18:19.75	5:55	01:28.25	7	34:16.50	2:46	00:54.45	1	19:02.25	6:08	1:14:01.2
3	14	Jared Lowry	26	4	18:31.45	5:58	02:08.80	8	34:27.55	2:47	01:14.45	2	19:13.70	6:12	1:15:35.9
4	16	Andrew Rose	26	7	21:08.55	6:49	01:08.55	1	31:02.15	2:30	01:07.25	5	21:54.25	7:04	1:16:20.7
5	17	Brian Tillett	29	3	18:30.30	5:58	01:18.70	4	32:47.85	2:39	01:17.55	7	22:44.90	7:20	1:16:39.3
6	21	Alex Daquila	29	6	21:04.35	6:48	01:08.30	2	31:17.90	2:31	01:09.85	8	23:34.55	7:36	1:18:14.9
7	24	Lewis Cody	29	5	19:10.45	6:11	00:38.45	9	36:37.85	2:57	00:36.90	4	21:38.95	6:59	1:18:42.6
8	26	Eric Mellers	28	8	21:35.75	6:58	00:50.75	6	33:39.05	2:43	00:40.30	6	22:30.40	7:15	1:19:16.2
9	43	Christopher Bradley	28	9	23:37.05	7:37	00:55.65	5	32:58.45	2:40	00:49.75	9	25:01.15	8:04	1:23:22.0
10	86	Chris Kozik	29	10	25:33.95	8:15	01:32.95	10	38:34.40	3:07	01:25.95	10	27:33.95	8:53	1:34:41.2
11	141	Daniel Miller	27	12	28:03.35	9:03	02:23.95	11	49:37.55	4:00	01:23.00	12	29:06.25	9:23	1:50:34.1
12	154	Steven Bailey	26	11	26:17.55	8:29	01:37.05	13	58:59.40	4:45	01:31.40	11	28:34.00	9:13	1:56:59.4
13	162	Jon Mengham	25	13	28:19.65	9:08	04:47.35	12	56:46.60	4:35	02:10.55	13	33:27.85	10:47	2:05:32.0

Female 30 to 34

Place		Name	Age	---- 5k Run ----			T1	---- Bike ----			T2	---- 5k Run ----			Total
Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	39	Donnelle Super	34	1	22:39.70	7:18	01:16.55	1	33:29.05	2:42	01:12.15	1	23:59.90	7:44	1:22:37.3
2	74	Sarah Hoffman	34	2	24:14.35	7:49	01:09.90	2	38:56.35	3:08	01:11.05	2	26:09.35	8:26	1:31:41.0
3	82	Kari Frost	30	3	24:34.75	7:55	01:00.75	3	40:15.05	3:15	00:37.75	3	27:48.15	8:58	1:34:16.4
4	124	Catherine Zawadski	30	4	27:01.55	8:43	01:20.50	5	46:53.45	3:47	00:53.15	4	28:07.80	9:04	1:44:16.4
5	136	Cheryl McChesney	32	5	28:34.45	9:13	02:13.10	4	44:17.20	3:34	01:48.50	5	31:15.85	10:05	1:48:09.1

Age Group Results

Open

Male 30 to 34

Place		Name	Age	----- 5k Run -----			T1	----- Bike -----			T2	----- 5k Run -----			Total
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	6	Rob Jung	30	3	20:42.15	6:41	00:45.20	2	32:05.95	2:35	00:42.35	1	18:36.00	6:00	1:12:51.6
2	7	Aaron Garrity	31	1	19:02.75	6:08	00:51.15	1	30:08.25	2:26	00:52.15	3	22:00.45	7:06	1:12:54.7
3	25	Benjamin Snyder	31	2	20:23.20	6:35	01:03.30	3	35:56.50	2:54	00:52.85	2	20:52.85	6:44	1:19:08.7
4	53	Jeff Wolfe	31	4	21:20.55	6:53	01:48.05	7	39:43.60	3:12	01:11.25	4	22:51.95	7:22	1:26:55.4
5	67	Eric Wilkosz	31	5	23:10.95	7:28	01:02.45	4	38:16.00	3:05	00:57.60	7	25:53.05	8:21	1:29:20.0
6	72	Gregory Johnson	30	7	24:11.90	7:48	01:02.05	9	40:14.75	3:15	00:57.55	5	24:42.90	7:58	1:31:09.1
7	73	Corey Fedor	33	6	23:36.30	7:37	01:20.35	8	39:54.00	3:13	01:31.25	6	24:53.70	8:02	1:31:15.6
8	81	Ryan Victory	34	8	24:44.35	7:59	01:40.95	6	39:22.05	3:10	01:32.80	9	26:41.40	8:36	1:34:01.5
9	98	David Cerniglia	33	10	27:34.90	8:54	01:37.05	10	40:26.65	3:16	01:38.70	8	26:39.35	8:36	1:37:56.6
10	115	Will Taylor	34	9	27:28.75	8:52	02:33.40	5	38:20.85	3:05	02:15.60	10	31:36.85	10:12	1:42:15.4
11	163	Tice Ashurst	34	11	32:15.05	10:24	04:37.55	11	52:07.20	4:12	02:30.15	11	34:51.30	11:15	2:06:21.2

Female 35 to 39

Place		Name	Age	----- 5k Run -----			T1	----- Bike -----			T2	----- 5k Run -----			Total
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	62	Ellen Bannick-Kellar	36	1	24:26.15	7:53	01:19.70	1	36:06.10	2:55	01:20.35	3	25:14.05	8:08	1:28:26.3
2	79	Susan Wawrzyn	36	3	25:02.85	8:05	01:45.00	3	40:13.25	3:15	01:44.35	1	24:33.15	7:55	1:33:18.6
3	102	Phoebe Clemente	35	2	24:41.40	7:58	01:10.80	4	46:43.85	3:46	00:54.90	2	24:52.00	8:01	1:38:22.9
4	106	Tracy Riedel	38	4	27:26.90	8:51	02:07.45	2	39:50.95	3:13	01:57.20	4	28:06.75	9:04	1:39:29.2
5	153	Kimberly Kloecker	36	5	29:16.25	9:26	05:53.80	5	49:51.45	4:01	01:37.70	5	29:22.25	9:28	1:56:01.4
6	165	Clare Yannella	36	6	30:18.80	9:46	01:26.30	6	58:30.10	4:43	01:35.70	6	35:26.30	11:26	2:07:17.2

Age Group Results

Open

Male 35 to 39

Place		Name	Age	----- 5k Run -----			T1	----- Bike -----			T2	----- 5k Run -----			Total
Overall				Rnk	Time	Pace	Time	Rnk	Time	Pace	Time	Rnk	Time	Pace	Time
1	12	Kevin Rinehardt	38	1	19:06.55	6:10	01:06.90	1	32:24.95	2:37	01:27.75	1	20:53.15	6:44	1:14:59.3
2	30	Pete Eaglen	38	2	21:10.60	6:50	01:07.70	3	33:56.85	2:44	01:02.80	5	23:54.05	7:43	1:21:12.0
3	32	Eric Consiglio	36	3	21:18.10	6:52	01:21.90	2	33:43.30	2:43	01:17.95	4	23:44.25	7:39	1:21:25.5
4	46	Bryan Delio	36	6	21:36.35	6:58	01:22.05	4	35:17.70	2:51	01:21.10	7	24:11.90	7:48	1:23:49.1
5	47	Mark Papa	36	4	21:22.55	6:54	01:15.60	6	37:52.15	3:03	01:19.10	2	22:08.55	7:08	1:23:57.9
6	61	Michael Mang	39	8	24:20.45	7:51	02:04.30	5	36:31.70	2:57	01:52.35	3	23:36.35	7:37	1:28:25.1
7	69	Jason Weismiller	35	7	22:13.35	7:10	01:34.25	10	40:38.40	3:17	01:13.20	8	24:19.80	7:51	1:29:59.0
8	85	Michael Mowery	37	5	21:33.45	6:57	02:23.95	17	45:22.85	3:40	01:12.90	6	23:57.45	7:44	1:34:30.6
9	93	Donald Hill	36									19	1:37:06.4	31:19	1:37:06.4
10	97	Tim Romanski	35	9	24:40.60	7:57	01:37.70	12	41:04.00	3:19	01:21.35	11	29:04.00	9:23	1:37:47.6
11	104	Larry Mroz	37	12	27:27.50	8:51	01:26.00	7	39:38.20	3:12	01:46.75	10	28:10.75	9:05	1:38:29.2
12	110	Steve McKenrick	36	11	27:11.05	8:46	01:13.20	15	44:44.55	3:36	01:04.05	9	26:13.40	8:27	1:40:26.2
13	112	Scott Teeter	35	10	25:32.00	8:14	02:01.65	8	39:42.45	3:12	02:01.45	15	32:39.95	10:32	1:41:57.5
14	129	Tim May	39	13	27:40.15	8:55	01:47.20	16	45:04.95	3:38	01:22.85	13	29:46.00	9:36	1:45:41.1
15	130	Steven Matusiak	36	14	27:46.55	8:57	01:08.30	18	46:40.35	3:46	00:55.50	12	29:17.70	9:27	1:45:48.4
16	134	Scott Gotham	39	16	29:49.65	9:37	01:59.45	11	41:02.30	3:19	02:20.60	16	32:42.85	10:33	1:47:54.8
17	137	Christopher Johns	39	15	29:49.00	9:37	02:37.20	9	40:20.45	3:15	02:17.40	17	33:20.70	10:45	1:48:24.7
18	143	Richard Griola	36	18	30:53.75	9:58	03:33.30	13	41:38.40	3:21	02:55.95	14	31:45.15	10:15	1:50:46.5
19	150	James McKenrick	39	17	30:16.60	9:46	01:49.50	14	44:17.70	3:34	01:13.05	18	36:03.10	11:38	1:53:39.9

Age Group Results

Open

Female 40 to 44

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Overall	Rnk			Time	Pace	Rnk		Time	Pace	Rnk		Time	Pace		
1	63	Kristen Pakela	41	1	24:05.55	7:46	01:22.85	1	37:37.70	3:02	01:00.30	1	24:37.55	7:56	1:28:43.9
2	75	Kelly Frager	41	3	24:28.55	7:54	01:43.90	2	38:05.55	3:04	01:15.40	3	26:34.20	8:34	1:32:07.6
3	76	Laurie Thompson	44	2	24:15.00	7:49	02:08.60	3	38:33.45	3:07	01:35.15	2	25:50.30	8:20	1:32:22.5
4	131	Dawn Egan	42	5	30:05.95	9:42	01:42.90	5	43:42.15	3:31	01:33.50	4	30:04.05	9:42	1:47:08.5
5	135	Tara Plimpton	41	4	30:05.55	9:42	01:47.40	4	43:41.75	3:31	01:33.95	5	30:55.05	9:58	1:48:03.7
6	168	Mikah Simmons	42	6	34:50.30	11:14	04:15.75	6	50:00.40	4:02	02:59.05	6	37:03.25	11:57	2:09:08.7

Male 40 to 44

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Overall	Rnk			Time	Pace	Rnk		Time	Pace	Rnk		Time	Pace		
1	20	Mike Elleman	40	1	18:46.10	6:03	01:17.40	5	36:59.95	2:59	01:18.35	1	19:08.25	6:10	1:17:30.0
2	23	Chris Coulston	41	3	20:25.65	6:35	00:52.85	2	33:53.20	2:44	00:51.05	5	22:34.35	7:17	1:18:37.1
3	28	Tony Mazza	44	2	20:17.95	6:33	01:22.10	3	35:25.25	2:51	01:12.20	4	22:26.00	7:14	1:20:43.5
4	34	Steve Pakela	42	5	21:11.70	6:50	01:02.55	4	36:03.10	2:54	00:50.85	3	22:23.90	7:13	1:21:32.1
5	42	Pete Simon	41	7	22:45.50	7:20	01:36.30	1	33:02.35	2:40	00:56.10	9	24:40.15	7:57	1:23:00.4
6	45	Steven Vogt	40	4	20:26.10	6:35	01:06.00	7	39:03.75	3:09	00:45.75	2	22:08.90	7:08	1:23:30.5
7	58	Mark Lorei	43	8	22:46.75	7:21	01:19.70	6	37:58.30	3:04	01:19.05	8	24:23.00	7:52	1:27:46.8
8	66	Dana Ellis	43	9	23:11.05	7:29	00:50.30	8	41:00.30	3:18	00:39.40	6	23:30.05	7:35	1:29:11.1
9	99	Anthony Berdis	42	10	23:41.45	7:38	01:00.65	9	42:03.40	3:23	01:22.00	10	29:55.30	9:39	1:38:02.8
10	113	Mike Salamon	41	6	21:27.35	6:55	02:10.50	12	53:34.05	4:19	01:09.60	7	23:43.65	7:39	1:42:05.1
11	158	Dana Hogue	44	11	31:35.30	10:11	02:18.40	10	51:04.00	4:07	02:10.95	11	32:16.10	10:25	1:59:24.7
12	166	Jamie Howard	44	12	36:35.60	11:48	01:30.30	11	51:49.80	4:11	02:11.20	12	35:20.85	11:24	2:07:27.7

Age Group Results

Open

Female 45 to 49

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Overall				Rnk	Time	Pace		Rnk	Time	Pace		Rnk	Time	Pace	
1	55	Ann Morris	48	2	23:44.55	7:39	00:54.95	1	36:28.10	2:56	01:03.00	1	25:17.00	8:09	1:27:27.6
2	138	Anita Parker	47	3	27:45.25	8:57	01:52.35	2	45:07.05	3:38	01:35.95	2	32:18.35	10:25	1:48:38.9
3	171	Carol Emanuel	48	4	40:04.15	12:55	01:28.15	3	56:17.55	4:32	01:14.80	3	39:47.00	12:50	2:18:51.6

Male 45 to 49

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Overall				Rnk	Time	Pace		Rnk	Time	Pace		Rnk	Time	Pace	
1	8	John Trucilla	48	3	19:26.40	6:16	00:51.85	2	31:13.40	2:31	00:45.80	3	20:41.25	6:40	1:12:58.7
2	9	Chris Borgia	49	1	19:00.15	6:08	00:42.25	4	33:01.00	2:40	00:40.80	2	20:19.05	6:33	1:13:43.2
3	11	Rick Shigo	46	2	19:05.00	6:09	01:03.95	3	32:47.05	2:39	01:12.55	1	19:58.80	6:26	1:14:07.3
4	15	Craig Zonna	46	6	21:08.95	6:49	01:03.10	1	30:45.75	2:29	00:50.75	7	22:32.10	7:16	1:16:20.6
5	27	Dan Young	49	5	20:58.65	6:46	01:02.10	5	34:11.40	2:45	01:10.70	6	22:14.05	7:10	1:19:36.9
6	40	Steve Easley	48	7	21:26.20	6:55	00:53.75	10	37:35.95	3:02	00:45.75	5	21:56.25	7:05	1:22:37.9
7	41	Kiyoshi Hayakawa	45	4	20:05.60	6:29	02:01.55	9	37:13.75	3:00	02:06.15	4	21:30.15	6:56	1:22:57.2
8	52	Ted Williams	47	8	22:33.20	7:16	00:51.85	13	38:41.75	3:07	00:45.05	8	23:11.05	7:29	1:26:02.9
9	56	Dave Perkowski	48	10	22:51.30	7:22	01:13.85	11	37:37.15	3:02	01:22.90	9	24:35.45	7:56	1:27:40.6
10	64	Denny Morell	45	14	25:04.15	8:05	01:42.50	7	36:02.15	2:54	01:20.85	10	24:47.30	8:00	1:28:56.9
11	68	Gerald Cermak	45	11	23:04.45	7:26	01:36.55	8	37:11.80	3:00	01:45.55	12	25:47.40	8:19	1:29:25.7
12	80	Kevin Rose	49	12	24:22.15	7:52	02:13.45	14	39:02.80	3:09	01:56.65	13	25:57.05	8:22	1:33:32.1
13	83	Jack Hines	45	9	22:45.45	7:20	02:47.70	16	41:03.85	3:19	02:09.65	11	25:31.05	8:14	1:34:17.7
14	87	Laith Wardi	47	15	25:20.75	8:10	01:46.90	6	35:56.95	2:54	02:31.30	17	29:20.90	9:28	1:34:56.8
15	92	Scott Steinbrink	47	17	27:26.85	8:51	01:44.70	15	39:39.40	3:12	01:19.00	14	26:52.10	8:40	1:37:02.0
16	95	Bill Dorsch	48	16	27:03.75	8:44	02:37.10	12	37:45.05	3:03	01:34.50	16	28:19.60	9:08	1:37:20.0
17	103	Chris Berdis	47	13	24:52.35	8:01	01:49.80	18	42:38.80	3:26	02:11.35	15	26:52.75	8:40	1:38:25.0
18	122	John Bucci	46	18	27:39.15	8:55	02:10.20	17	41:12.35	3:19	02:11.90	18	30:12.80	9:45	1:43:26.4
19	145	Joe Barbado	47	19	31:19.10	10:06	01:37.50	19	43:29.40	3:30	01:25.70	19	33:23.65	10:46	1:51:15.3
20	159	Randy Davis	47	20	35:06.60	11:19	01:12.80	20	52:28.00	4:14	01:32.85	20	33:29.20	10:48	2:03:49.4

Age Group Results

Open

Female 50 to 54

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Overall	Rnk			Time	Pace	Rnk		Time	Pace	Rnk		Time	Pace		
1	108	Allison Keenan	52	1	27:26.15	8:51	01:23.80	1	39:31.70	3:11	01:30.70	2	30:01.20	9:41	1:39:53.5
2	116	Ginnie Haid	51	3	28:10.00	9:05	01:15.15	2	41:21.85	3:20	01:15.95	3	30:28.00	9:50	1:42:30.9
3	140	Annie Schuster	53	2	27:56.55	9:01	02:11.70	4	49:09.75	3:58	01:54.95	1	28:29.80	9:11	1:49:42.7
4	146	Sherri Siegel	52	4	29:35.50	9:33	01:22.70	3	48:19.70	3:54	00:56.20	4	31:19.45	10:06	1:51:33.5
5	160	Leslie Szall	53	5	33:13.45	10:43	01:22.00	5	50:34.50	4:05	01:06.10	5	38:31.10	12:25	2:04:47.1
6	175	Peggy Thomas	51	6	39:06.85	12:37	02:28.60	6	1:06:33.4	5:22	03:54.25	6	42:17.25	13:38	2:34:20.4

Male 50 to 54

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Overall	Rnk			Time	Pace	Rnk		Time	Pace	Rnk		Time	Pace		
1	22	Bob Prelerson	53	2	20:16.35	6:32	01:30.90	2	34:41.95	2:48	01:12.45	1	20:41.35	6:40	1:18:23.0
2	38	Jamie Mead	51	4	22:17.65	7:11	01:01.80	3	35:16.25	2:51	01:07.45	3	22:50.55	7:22	1:22:33.7
3	44	Tom Adamczyk	51	3	22:11.35	7:09	01:16.10	1	33:59.95	2:44	02:01.50	4	23:54.45	7:43	1:23:23.3
4	48	Mark Osborne	51	1	20:06.30	6:29	00:54.10	9	41:16.35	3:20	00:54.40	2	21:10.80	6:50	1:24:21.9
5	71	David Komlenic	50	7	24:26.45	7:53	01:36.80	4	37:12.90	3:00	01:19.45	7	26:18.65	8:29	1:30:54.2
6	88	Ron Hartle	53	10	25:58.25	8:23	01:32.60	6	39:50.65	3:13	01:49.80	8	26:32.55	8:34	1:35:43.8
7	90	Daniel Scutella	50	5	24:05.55	7:46	01:15.45	12	43:55.35	3:33	01:05.00	6	25:49.65	8:20	1:36:11.0
8	94	Jeffrey Presogna	52	6	24:21.85	7:51	02:12.50	8	41:03.40	3:19	01:58.95	10	27:31.70	8:53	1:37:08.4
9	96	Erich Zech	51	9	25:53.25	8:21	01:17.50	10	42:46.45	3:27	01:45.70	5	25:41.30	8:17	1:37:24.2
10	100	Gregg Haid	50	13	27:51.35	8:59	00:49.50	7	40:45.80	3:17	00:55.95	11	27:42.35	8:56	1:38:04.9
11	101	Roger Burzak	54	11	26:05.35	8:25	02:39.60	5	39:46.55	3:12	02:28.45	9	27:12.35	8:46	1:38:12.3
12	105	Vang Nguyen	53	8	25:43.55	8:18	01:04.45	11	42:56.65	3:28	00:50.55	12	28:13.90	9:06	1:38:49.1
13	126	Don DeWolf	50	12	26:35.70	8:35	01:41.90	13	44:20.05	3:35	01:26.60	13	31:10.40	10:03	1:45:14.6
14	157	James Riley	54	14	32:32.10	10:30	01:16.50	14	50:02.60	4:02	01:34.25	14	33:23.25	10:46	1:58:48.7

Age Group Results

Open

Female 55 to 59

Place		Name	Age	----- 5k Run -----		T1 Time	----- Bike -----		T2 Time	----- 5k Run -----		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	139	Barbara Bensur	59	1	30:21.05	9:47	02:14.05	1	44:03.30	3:33	01:54.35	1	30:12.40	9:45	1:48:45.1

Male 55 to 59

Place		Name	Age	----- 5k Run -----		T1 Time	----- Bike -----		T2 Time	----- 5k Run -----		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	57	Kevin Gearity	56	3	25:38.25	8:16	01:41.25	1	35:13.55	2:50	01:21.60	1	23:50.50	7:41	1:27:45.1
2	59	Peter Bates	59	1	22:17.05	7:11	01:24.20	3	38:26.95	3:06	01:24.35	2	24:18.55	7:50	1:27:51.1
3	70	Randy Douth	55	2	23:57.95	7:44	01:44.45	2	36:56.50	2:59	01:45.55	3	26:07.10	8:25	1:30:31.5
4	111	Patrick Rafferty	57	5	26:44.15	8:37	01:24.55	4	44:08.40	3:34	01:10.65	5	28:13.90	9:06	1:41:41.6
5	118	George Loren	59	4	26:22.75	8:30	01:19.25	6	45:25.20	3:40	01:21.75	6	28:20.20	9:08	1:42:49.1
6	119	David Young	57	6	29:05.70	9:23	00:54.95	5	44:24.65	3:35	00:53.30	4	27:39.10	8:55	1:42:57.7

Female 60 and over

Place		Name	Age	----- 5k Run -----		T1 Time	----- Bike -----		T2 Time	----- 5k Run -----		Total Time			
Overall				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1*	128	Kathy Schreckengost	60	1	31:23.20	10:07	02:16.25	1	37:41.75	3:02	02:09.20	1	32:08.50	10:22	1:45:38.9
2*	169	Bev DiCarlo	65	2	38:37.70	12:27	02:06.75	2	47:51.05	3:52	02:11.60	2	39:40.05	12:48	2:10:27.1

Age Group Results

Open

Men 60 and over

<u>Place</u>			<u>----- 5k Run -----</u>				<u>T1</u>	<u>----- Bike -----</u>			<u>T2</u>	<u>----- 5k Run -----</u>			<u>Total</u>
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1*	51	Paul Bates	61	1	22:14.65	7:10	01:30.05	1	37:16.90	3:00	01:13.65	1	23:24.60	7:33	1:25:39.8
2*	84	Paul Zebrowski	62	2	23:30.30	7:35	01:31.55	3	42:31.25	3:26	01:10.15	3	25:39.90	8:16	1:34:23.1
3*	89	Bob Clark	60	3	24:11.90	7:48	01:19.35	5	43:49.60	3:32	00:59.40	2	25:28.35	8:13	1:35:48.6
4	120	Steve Walling	66	4	26:18.95	8:29	02:50.50	4	43:35.40	3:31	02:38.70	4	27:52.85	8:59	1:43:16.4
5	144	Ron Bennett	62	5	27:50.25	8:59	03:01.75	6	46:30.30	3:45	02:03.65	5	31:35.20	10:11	1:51:01.1
6	149	James Uhrmacher	62	6	29:49.90	9:37	02:38.95	2	39:39.00	3:12	01:36.50	7	39:38.80	12:47	1:53:23.1
7	155	Lawrence Berdis	75	7	31:30.55	10:10	01:12.60	7	48:41.65	3:56	01:17.15	6	35:02.40	11:18	1:57:44.3
8	170	Richard West	68	8	38:25.10	12:24	01:31.60	8	50:58.85	4:07	01:57.50	8	42:13.75	13:37	2:15:06.8