

Overall Female Open Winners

<u>Place</u>	<u>Place</u>		<u>Age</u>	<u>Run</u>			<u>Bike</u>			<u>Run</u>			<u>Total</u>
	<u>Overall</u>	<u>Name</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>	
1	10	Julie Lewis Sroka	47	2	23:26.24	7:34	1	35:38.46	20.9	4	24:01.60	7:45	1:23:06.3
2	13	Cherie Jackson	22	1	20:27.57	6:36	4	43:41.62	17.0	1	19:58.44	6:26	1:24:07.6
3	16	Donnelle Super	36	4	23:46.15	7:40	2	37:36.17	19.8	3	23:52.20	7:42	1:25:14.5
4	21	Sara Harper	21				5	1:03:17.0	11.8	2	23:39.36	7:38	1:26:56.4
5	23	Stephanie Montgomery	29	3	23:30.74	7:35	3	39:49.66	18.7	5	24:01.90	7:45	1:27:22.3

Age Group Results

Open

Female 19 & Under

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1 *	42	Olivia Skirnick	18	2	27:46.73	8:57	1	44:01.71	16.9	2	29:16.41	9:26	1:41:04.8
2 *	64	Rachel Smith	19	1	22:33.04	7:16	2	1:13:04.8	10.2	1	24:18.60	7:50	1:59:56.5

Female 20 to 24

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	30	Kevlin Kauffman	24	3	27:29.68	8:52	1	42:26.16	17.5	2	28:08.79	9:05	1:38:04.6
2	34	Abby Zehe	23	1	27:15.01	8:47				4	1:11:52.0	23:11	1:39:07.0
3	35	Holly Teufel	21	4	27:43.19	8:56	2	43:11.87	17.2	3	28:30.53	9:12	1:39:25.5
4	36	Carrie Salvia	23	2	27:26.35	8:51	3	44:55.30	16.6	1	27:08.75	8:45	1:39:30.4

Female 25 to 29

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	65	Bethany Groff	27	5	34:59.98	11:17	1	50:19.17	14.8	1	35:06.08	11:19	2:00:25.2
2	66	Angela Lombardozi	26	2	30:50.25	9:57	5	1:02:52.6	11.8	2	35:17.82	11:23	2:09:00.7
3	67	Annakaye Gier	25	1	30:48.60	9:56	4	1:02:51.2	11.8	4	35:21.27	11:24	2:09:01.0
4	68	Jenna Fitch	25	3	33:26.20	10:47	3	1:00:14.8	12.4	3	35:20.42	11:24	2:09:01.4
5	69	Heather Kistler	26	4	34:48.86	11:14	2	58:49.45	12.6	5	40:31.27	13:04	2:14:09.5

Female 30 to 34

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	41	Carin Stuart	32	1	24:13.80	7:49	2	52:39.56	14.1	1	24:09.74	7:47	1:41:03.1
2	60	Brook Kramer	30	2	32:23.91	10:27	1	47:45.16	15.6	2	32:39.99	10:32	1:52:49.0

Female 35 to 39

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	48	Barbara Welton	39	1	29:03.90	9:22	1	46:29.81	16.0	1	29:24.74	9:29	1:44:58.4
2	54	Diana Woolf	39	2	31:10.06	10:03	2	47:33.35	15.6	2	30:58.70	9:59	1:49:42.1
3	70	Apryl Spencer	38	3	46:36.89	15:02				3	1:57:06.0	37:46	2:43:42.9

Age Group Results

Open

Female 40 to 44

Place			----- Run -----			----- Bike -----			----- Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	50	Beth Piersol	43	1	29:40.83	9:34	1	47:08.40	15.8	1	29:06.73	9:23	1:45:55.9
2	53	Cynthia Johnson	44	2	30:03.80	9:42	2	47:39.94	15.6	2	31:14.75	10:05	1:48:58.4

Female 45 to 49

Place			----- Run -----			----- Bike -----			----- Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	33	Susan Nientimp-Suesser	46	2	29:38.27	9:34				2	1:09:23.0	22:23	1:39:01.3
2	38	Suzanne Golz	47	1	29:32.46	9:32	1	43:06.29	17.3	1	27:24.68	8:50	1:40:03.4

Female 55 to 59

Place			----- Run -----			----- Bike -----			----- Run -----			Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	62	Annie Schuster	55	1	32:22.44	10:26	1	52:33.00	14.2	1	29:17.02	9:27	1:54:12.4

Overall Male Open Winners

<u>Place</u>	<u>Place</u>		<u>Age</u>	<u>Run</u>			<u>Bike</u>			<u>Run</u>			<u>Total</u>
	<u>Overall</u>	<u>Name</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>	
1	1	Dallen Ashby	34	2	18:33.03	5:59	1	32:06.42	23.2	1	17:57.23	5:47	1:08:36.6
2	2	Phil Friedman	57	3	20:25.45	6:35	2	34:07.20	21.8	3	20:30.29	6:37	1:15:02.9
3	3	Mike Williamson	19	1	18:21.64	5:55	5	39:38.07	18.8	2	19:00.86	6:08	1:17:00.5
4	4	Mike Kosteniuk	44	5	21:27.54	6:55	3	35:55.50	20.7	5	21:43.00	7:00	1:19:06.0
5	5	Rick Shigo	48	4	21:10.84	6:50	4	36:40.50	20.3	4	21:23.04	6:54	1:19:14.3

Age Group Results

May 07, 2011

Open

Male 19 & Under

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1 *	47	Ben Busko	17	2	26:54.43	8:41	1	51:43.45	14.4	1	25:51.95	8:20	1:44:29.8
2 *	56	Ethan Dovensky	19	1	25:30.83	8:14	2	56:52.95	13.1	2	27:53.55	9:00	1:50:17.3

Male 25 to 29

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	6	Jon Rodgers	29	2	21:56.91	7:05	1	35:17.14	21.1	2	22:22.11	7:13	1:19:36.1
2	12	Marcus Effner	25	1	21:46.10	7:01	2	40:01.48	18.6	1	22:03.32	7:07	1:23:50.9
3	25	James Groff	26				3	1:07:35.5	11.0	3	25:27.62	8:13	1:33:03.2

Male 30 to 34

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	14	Eric Ellis	33	1	21:47.76	7:02	2	39:45.01	18.7	1	22:53.65	7:23	1:24:26.4
2	18	Randy Harris	34	2	24:57.88	8:03	1	35:37.06	20.9	2	25:41.97	8:17	1:26:16.9
3	51	Pat Frick	30	3	30:52.47	9:57				3	1:15:15.9	24:16	1:46:08.4

Male 35 to 39

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	9	Mike Hertner	38	1	24:08.26	7:47	1	34:24.52	21.6	1	23:35.21	7:36	1:22:07.9
2	44	Mike Gustafson	38	3	27:49.51	8:58	2	49:02.67	15.2	2	26:20.21	8:30	1:43:12.3
3	52	Kregg Heenan	38	2	27:13.41	8:47				3	1:20:36.9	26:00	1:47:50.4
4	71	Gunnar Spencer	38	4	46:34.87	15:01				4	1:57:08.3	37:47	2:43:43.2

Male 40 to 44

Place			----- Run -----				----- Bike -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	11	Michael Mang	40	1	23:29.01	7:35				8	59:52.44	19:19	1:23:21.4
2	22	Jeff Suesser	44	2	24:34.00	7:55	1	37:48.23	19.7	2	24:38.23	7:57	1:27:00.4
3	24	Eric Marendt	40	3	25:14.73	8:08	3	40:18.66	18.5	1	24:22.93	7:52	1:29:56.3
4	28	Larry Smith	41	4	27:07.58	8:45	4	41:12.57	18.1	3	28:01.38	9:02	1:36:21.5
5	32	David MacHmer	43	6	28:23.10	9:09				9	1:10:06.9	22:37	1:38:30.0
6	43	James Ghofaleo	40	5	28:07.99	9:04	2	39:58.11	18.6	5	33:17.49	10:44	1:41:23.5
7	45	Chris Busko	44	7	29:23.63	9:29	7	45:18.31	16.4	4	28:45.87	9:16	1:43:27.8
8	59	Dennis Albreuczynski	42	8	32:26.44	10:28	5	42:50.02	17.4	6	36:15.04	11:42	1:51:31.5

Age Group Results

May 07, 2011

Open

Male 40 to 44

Place			Run		Bike			Run			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
9	61	Charles Swantek	41	9	33:02.37	10:39	6	42:51.77	17.4	7	37:42.50	12:10	1:53:36.6

Male 45 to 49

Place			Run		Bike			Run			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	7	Greg Beardsley	49	1	20:33.96	6:38	2	39:14.97	19.0	1	20:54.90	6:45	1:20:43.8
2	15	Tom Eberlein	48	2	25:24.69	8:12	1	35:08.02	21.2	2	24:01.03	7:45	1:24:33.7
3	29	Scott Steinbrink	49	6	29:18.69	9:27	3	40:56.22	18.2	3	26:57.66	8:42	1:37:12.5
4	37	James Nealon	49	3	26:04.55	8:25	4	45:10.86	16.5	4	28:17.85	9:07	1:39:33.2
5	40	Patrick Huntley	45	5	29:08.41	9:24				6	1:11:49.5	23:10	1:40:57.9
6	46	Mike Hirsch	49	4	28:48.73	9:17	5	45:46.54	16.3	5	29:29.62	9:31	1:44:04.8

Male 50 to 54

Place			Run		Bike			Run			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	17	Jamie Mead	52	1	23:15.99	7:30	2	39:47.17	18.7	1	22:51.24	7:22	1:25:54.4
2	20	Mark Ballachino	51	2	24:25.58	7:53	1	38:30.62	19.3	2	23:48.39	7:41	1:26:44.5
3	26	Ron Hartle	54	4	26:20.00	8:30	4	41:34.01	17.9	3	25:26.42	8:12	1:33:20.4
4	27	William Dorsch	50	3	26:17.07	8:29	3	41:26.18	18.0	4	26:55.10	8:41	1:34:38.3
5	49	Seigh Smith	52	5	29:05.43	9:23	5	43:52.44	17.0	7	32:22.42	10:26	1:45:20.2
6	55	Philip Hirsch	53	6	30:17.25	9:46	7	50:21.11	14.8	5	29:16.62	9:26	1:49:54.9
7	58	Craig Peck	52	7	30:59.14	10:00	6	47:46.20	15.6	6	31:53.76	10:17	1:50:39.1

Male 55 to 59

Place			Run		Bike			Run			Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Age</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>Time</u>
1	8	Bob Foster	57	1	23:04.29	7:26	1	35:48.05	20.8	1	22:19.39	7:12	1:21:11.7
2	19	Jim Bower	56	2	25:02.64	8:05	2	37:17.03	20.0	2	24:17.26	7:50	1:26:36.9
3	39	Robert Steffer	55	3	26:08.73	8:26	3	46:23.91	16.0	3	28:08.34	9:05	1:40:40.9

Men 60 and over

<u>Place</u>	<u>Place</u>		<u>Age</u>	<u>Run</u>			<u>Bike</u>			<u>Run</u>			<u>Total</u> <u>Time</u>
	<u>Overall</u>	<u>Name</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>	
1 *	31	Richard McClay	63	1	25:54.80	8:21	1	46:23.60	16.0	1	25:48.10	8:19	1:38:06.5
2 *	57	Richard Nichols	68	2	31:33.54	10:11				3	1:18:44.1	25:24	1:50:17.6
3 *	63	Rick Marendt	64	3	34:14.77	11:03	2	50:09.57	14.8	2	33:42.00	10:52	1:58:06.3