

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>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	16	Pamela McCormick	38	1	20:52.90	6:44	1	21:56.13		1	56:46.78	21.4	1	57:35.38		1	1:18:58.4	6:54	1:18:58.4
2	27	Kerry Potter-Gydosh	38				3	23:37.44					2	58:17.98		2	1:21:53.8	7:36	1:21:53.8
3	30	Sandy Trocki	36	2	21:45.13	7:01	2	22:57.73		2	57:52.04	21.3	3	59:06.40		3	1:22:29.6	7:33	1:22:29.6

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>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	Aaron Garrity	33	2	17:50.74	5:45	3	18:41.54		1	47:48.34	25.6	1	48:27.38		1	1:08:04.6	6:20	1:08:04.6
2	2	Matthew Malone	25	3	17:53.84	5:46	2	18:37.18		2	50:15.09	23.5	2	50:58.14		2	1:09:59.4	6:08	1:09:59.4
3	3	Alexander Zarger	22	1	17:37.14	5:41	1	18:35.07		3	50:56.11	23.0	3	51:45.77		3	1:10:20.0	5:59	1:10:20.0

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>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	78	Pamela Morton	46	1	22:48.74	7:21	1	23:56.23		1	1:07:41.5	17.0	1	1:08:45.3		1	1:31:22.9	7:18	1:31:22.9

Overall Male Masters Winners

Place		Name	5k Run				T1			Bike			T2			5k Run			Total
Overall	Age		Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time	
1	6	Jim Samuels	44	1	18:30.53	5:58	1	19:28.40							1	1:12:47.8	17:12	1:12:47.8	

Age Group Results

Open

Female 19 & Under

Place		----- 5k Run -----						----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time	
1*	68	Grace Trucilla	14	1	21:41.43	7:00	1	22:22.11					4	1:05:22.5		2	1:28:24.8	7:26	1:28:24.8	
2*	90	Sara Merrifield	19	4	24:19.59	7:51	2	25:28.03		1	1:08:26.0	17.3				5	1:34:18.6	8:21	1:34:18.6	
3*	127	Samantha Owens	17	3	23:27.58	7:34	4	25:45.68		2	1:18:06.5	14.2	3	1:19:26.1		1	1:41:16.0	7:02	1:41:16.0	
4	136	Danielle Munsee	16	2	23:25.74	7:33	3	25:42.10		4	1:18:09.6	14.2	2	1:19:28.0		3	1:43:00.0	7:35	1:43:00.0	
5	141	Taylor Grenz	17				5	25:47.79		3	1:18:11.7	14.2	1	1:19:29.8		4	1:44:09.2	7:57	1:44:09.2	

Male 19 & Under

Place		----- 5k Run -----						----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time	
1*	14	Patrick Kloecker	16				4	19:33.83		1	58:09.29	19.3	1	58:59.84		1	1:18:00.2	6:08	1:18:00.2	
2*	43	Tyler Bowers	19	1	19:12.14	6:12	1	20:05.23		2	59:57.36	18.7	2	1:00:48.9		2	1:24:33.8	7:39	1:24:33.8	
3*	117	Ben Busko	14	2	24:27.75	7:53	2	25:24.39		3	1:13:36.6	15.4	3	1:14:29.8		3	1:39:33.4	8:05	1:39:33.4	
4	188	Quinton Stempora	13	3	25:37.34	8:16	3	27:00.50		4	1:17:50.7	14.6	4	1:19:08.5		4	1:58:56.5	12:50	1:58:56.5	

Female 20 to 24

Place		----- 5k Run -----						----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time	
1	104	Tara Sturey	21	2	23:58.01	7:44	1	24:58.42		1	1:07:57.4	17.3	1	1:08:36.2		3	1:36:14.5	8:55	1:36:14.5	
2	105	Natalie Kremer	24	4	25:08.12	8:06				2	1:10:34.2	16.4	2	1:11:21.8		1	1:36:27.4	8:05	1:36:27.4	
3	160	Lauren Gianoni	23	3	24:57.34	8:03	5	26:31.20		6	1:21:48.6	13.5	4	1:23:02.9		2	1:48:10.1	8:06	1:48:10.1	
4	166	Karli Lucas	22	6	28:52.16	9:19	3	30:16.17		3	1:16:25.0	16.1	3	1:17:36.4		4	1:49:17.6	10:13	1:49:17.6	
5	176	Allison Gianoni	20	5	27:48.06	8:58	4	29:13.73		5	1:17:13.0	15.5	5	1:18:31.8		5	1:52:54.1	11:05	1:52:54.1	

Age Group Results

Open

Male 20 to 24

Place		----- 5k Run -----				----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total	
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	5	Justin Allen	22	1	17:29.74	5:38	1	18:13.67		3	54:18.49	20.6	1	54:54.88		1	1:12:45.7	5:45	1:12:45.7
2	17	Brennan Donnelly	23	4	21:20.78	6:53				1	55:43.04	21.6	2	56:48.48		3	1:19:15.3	7:14	1:19:15.3
3	31	Daniel Hafner	20	3	20:08.07	6:30	3	21:11.37		5	59:36.75	19.4				4	1:22:55.2	7:31	1:22:55.2
4	37	Robert Trnavsky	24	2	20:06.52	6:29	4	22:19.78		6	1:00:49.1	19.3	5	1:02:55.7		2	1:23:40.0	6:41	1:23:40.0
5	62	Paulo Colmenares	23	5	24:05.71	7:46	2	25:08.55		2	1:01:12.8	20.6	3	1:02:23.2		6	1:27:27.8	8:05	1:27:27.8
6	70	Jordan Abbott	22				5	26:04.33		4	1:03:10.4	20.1	4	1:04:22.2		5	1:28:44.4	7:52	1:28:44.4
7	88	Peter John Gauriloff	24	6	25:13.94	8:08				7	1:05:48.0	18.3	6	1:08:02.0		7	1:33:50.9	8:19	1:33:50.9

Female 25 to 29

Place		----- 5k Run -----				----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total	
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	58	Chrissy Welsh	27				3	25:00.41					4	1:01:14.0		1	1:26:59.0	8:18	1:26:59.0
2	84	Lauren Mogavero	25	2	24:32.18	7:55				1	1:05:45.8	18.1	1	1:07:01.1		2	1:33:07.5	8:25	1:33:07.5
3	115	Lindsay Olivieri	25	3	24:47.38	8:00	1	26:29.53		2	1:09:03.0	17.5	3	1:10:49.8		3	1:39:06.0	9:07	1:39:06.0
4	144	Jenny Turak-Peters	26	4	25:02.40	8:05	2	26:53.21		3	1:14:30.4	15.6	2	1:15:47.4		4	1:44:36.9	9:18	1:44:36.9

Male 25 to 29

Place		----- 5k Run -----				----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total	
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	4	Christopher Welsh	28	2	18:36.12	6:00	3	19:31.44		1	51:53.36	23.0	2	52:39.60		1	1:12:07.3	6:16	1:12:07.3
2	19	Patrick Krott	27	4	22:14.00	7:10	1	22:52.83					8	57:17.24		2	1:19:41.6	7:14	1:19:41.6
3	52	Chad Lander	25	5	22:29.90	7:15	2	23:24.60		2	59:58.96	20.3	5	1:00:55.7		5	1:25:55.3	8:04	1:25:55.3
4	66	Jeremy Lander	26	3	22:08.76	7:08	4	23:04.40		5	1:04:25.9	18.0	1	1:05:03.8		3	1:28:11.7	7:27	1:28:11.7
5	73	Jeremy Rosenthal	27				6	23:02.54		6	1:04:40.9	17.9	6	1:05:41.6		4	1:30:37.5	8:02	1:30:37.5
6	82	Matthew Weller	25	8	24:55.76	8:02	8	24:42.26		3	1:04:47.6	18.6	4	1:05:39.8		7	1:32:26.0	8:38	1:32:26.0

Age Group Results

Open

Male 25 to 29

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>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>
7	89	Jeff Waeger	27	7	24:23.98	7:52				4	1:04:38.8	18.5	7	1:06:33.0		8	1:33:59.6	8:51	1:33:59.6
8	119	Steve Bailey	28	6	24:09.21	7:47	5	25:40.04		7	1:12:32.5	15.9	3	1:13:21.1		6	1:39:38.4	8:29	1:39:38.4

Female 30 to 34

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>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	34	Kelli Proctor	33				11	23:06.73		3	1:00:21.9	20.0	3	1:01:38.6		1	1:23:27.0	7:02	1:23:27.0
2	44	Stephanie	30	3	23:49.85	7:41	12	23:12.13		2	59:26.29	20.5				4	1:24:41.8	8:09	1:24:41.8
3	55	Melissa McNett	32	1	23:08.47	7:28	4	24:50.57		1	1:00:18.3	21.0	4	1:01:40.5		3	1:26:22.1	7:58	1:26:22.1
4	75	Bobby Rainey	30	2	23:14.87	7:30	6	25:02.37		4	1:05:14.2	18.5	6	1:06:46.2		2	1:30:54.6	7:47	1:30:54.6
5	124	Kari Masone	32	5	26:22.45	8:30	1	27:29.38		7	1:10:43.3	17.2	1	1:11:44.7		7	1:40:41.0	9:20	1:40:41.0
6	126	Cheryl McChesney	34	6	27:00.01	8:43	3	28:33.96		6	1:10:41.0	17.7	7	1:12:14.7		6	1:40:48.7	9:13	1:40:48.7
7	164	Carrie Hamilton	32	7	29:24.50	9:29	8	31:19.91		5	1:11:46.4	18.4	9	1:13:48.4		11	1:48:20.0	11:08	1:48:20.0
8	172	Miranda Galbreath	31	8	29:48.65	9:37	9	34:37.50		11	1:24:05.7	15.0	2	1:25:14.7		5	1:51:37.8	8:31	1:51:37.8
9	178	Mentha Benek	31	9	30:37.74	9:53	2	32:00.73		10	1:20:02.4	15.5	8	1:21:49.1		8	1:54:08.1	10:25	1:54:08.1
10	184	Karen Amon	34	4	25:21.61	8:11	10	33:29.61		8	1:17:23.9	16.9	10	1:23:45.4		10	1:57:25.7	10:52	1:57:25.7
11	190	Brook Kramer	30	10	31:51.44	10:16	7	33:41.70		9	1:20:22.7	15.9	5	1:21:47.0		12	1:59:05.3	12:02	1:59:05.3
12	196	Karen Pkelnicky	33	11	32:07.55	10:22	5	33:51.00					11	1:42:08.2		9	2:15:28.1	10:45	2:15:28.1

Age Group Results

Open

Male 30 to 34

Place		Name	Age	5k Run		T1			Bike			T2			5k Run			Total		
Overall	Place			Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time	
1	23	Jamin Bookhamer	34	3	22:01.86	7:06					13	1:08:57.8	15.9	13	56:52.00		4	1:20:42.1	7:41	1:20:42.1
2	26	Andrew Lincoln	33	1	21:39.09	6:59	3	23:00.17			3	57:40.53	21.5	4	58:49.71		3	1:21:33.9	7:20	1:21:33.9
3	32	Benjamin Snyder	33	2	21:43.28	7:00					7	59:21.91	19.8	3	1:00:20.7		2	1:23:03.5	7:19	1:23:03.5
4	33	Christopher Bradley	30	4	22:18.08	7:12					2	56:26.48	21.8	1	56:54.41		10	1:23:12.9	8:29	1:23:12.9
5	35	Scott Proctor	33	7	23:45.96	7:40	9	23:08.58			6	1:00:24.4	20.0	5	1:01:36.8		1	1:23:27.7	7:03	1:23:27.7
6	46	Eric Ellis	34								15	59:31.66	12.5				8	1:25:00.9	8:13	1:25:00.9
7	50	Robert Powell	32	10	24:29.65	7:54					1	56:52.39	23.0	12	1:00:53.4		7	1:25:40.2	7:59	1:25:40.2
8	56	Mark Ams	30	5	22:26.26	7:14	6	24:21.69			4	1:00:16.3	20.7	9	1:02:08.5		6	1:26:38.9	7:54	1:26:38.9
9	77	Kevin Amon	32	8	23:59.66	7:44					8	1:03:07.3	19.0	8	1:04:47.9		11	1:31:09.7	8:30	1:31:09.7
10	86	Steven Krauza	33	11	26:41.57	8:36	2	28:02.63			5	1:04:54.7	20.2	6	1:06:27.3		13	1:33:35.8	8:45	1:33:35.8
11	96	Aaron Pietro	31	6	23:31.18	7:35	1	24:33.58			11	1:08:09.9	17.1	2	1:08:53.1		9	1:34:54.7	8:24	1:34:54.7
12	111	Steven Yahn	33	9	24:11.24	7:48	4	25:51.69			14	1:13:22.6	15.7				5	1:37:44.2	7:51	1:37:44.2
13	121	Jason Curry	31	12	27:41.95	8:56	8	30:03.69			9	1:10:25.8	18.4	10	1:13:06.7		12	1:40:03.6	8:41	1:40:03.6
14	145	David Krauza	34	14	28:19.07	9:08	5	30:00.70			12	1:13:54.0	17.0	7	1:15:34.0		14	1:44:43.0	9:24	1:44:43.0
15	161	Tom Camillo	34	13	28:09.31	9:05	7	30:20.01			10	1:13:15.8	17.3	11	1:16:02.1		15	1:48:15.7	10:24	1:48:15.7

Female 35 to 39

Place		Name	Age	5k Run		T1			Bike			T2			5k Run			Total		
Overall	Place			Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time	
1	41	Severine Paul	38														12	1:24:05.5	27:07	1:24:05.5
2	61	Melinda	37	1	23:32.75	7:35	1	24:30.82			2	1:02:47.4	19.4	1	1:03:26.9		1	1:27:21.9	7:43	1:27:21.9
3	128	Ingrid Bookhamer	37	8	28:44.81	9:16	3	30:07.19			1	55:54.91	28.9	10	1:10:04.0		8	1:41:30.5	10:08	1:41:30.5
4	130	Helen Agresti	36	2	26:28.14	8:32	10	29:38.97			3	1:12:27.6	17.4	8	1:14:34.0		2	1:41:54.3	8:49	1:41:54.3
5	138	Amy Allen	38	3	26:45.04	8:38	5	28:17.98			4	1:13:05.1	16.6	5	1:14:23.4		3	1:43:15.7	9:19	1:43:15.7
6	146	Barbara Welton	39	4	26:50.04	8:39					7	1:13:42.2	15.9	2	1:14:36.1		7	1:44:48.4	9:45	1:44:48.4
7	151	Jennifer Davis	37	6	28:23.42	9:09	2	29:32.34			6	1:15:03.5	16.3	4	1:16:14.5		6	1:45:31.2	9:26	1:45:31.2
8	158	Dawn Campbell	38	5	28:17.20	9:07	4	29:49.07			8	1:17:28.1	15.6	3	1:18:38.6		4	1:47:37.5	9:21	1:47:37.5

Age Group Results

Open

Female 35 to 39

Place		----- 5k Run -----				----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total	
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
9	175	Nadine Hoppe	37	7	28:40.85	9:15	8	31:14.80		9	1:21:30.5	14.8	9	1:23:48.7		5	1:52:50.6	9:22	1:52:50.6
10	177	Ruth Benner	36	9	29:18.85	9:27	7	31:02.58		5	1:16:08.6	16.5	7	1:17:41.1		9	1:53:13.4	11:28	1:53:13.4
11	192	Cynthia McCrea	37	10	32:13.30	10:24	9	34:52.49		10	1:26:27.2	14.4	11	1:09:14.1		11	2:06:14.7	18:23	2:06:14.7
12	194	Colleen Dunn	39	11	33:54.00	10:56	6	35:31.36		11	1:31:06.2	13.4	6	1:32:35.6		10	2:10:00.4	12:04	2:10:00.4

Male 35 to 39

Place		----- 5k Run -----				----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total	
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	9	Michael Hertner	38	3	20:57.25	6:45	2	21:58.34		1	52:49.58	24.1	2	53:41.21		2	1:15:39.4	7:05	1:15:39.4
2	11	Daryl Clarke	38							14	54:59.54	13.5				1	1:16:04.4	6:48	1:16:04.4
3	18	Jim Huff	37	1	20:02.14	6:28	1	20:59.84		5	56:59.87	20.7	1	57:38.76		3	1:19:37.5	7:05	1:19:37.5
4	29	Jason Ruhlman	35	2	20:42.34	6:41	6	22:15.57		4	58:13.10	20.7	4	59:09.61		4	1:22:02.7	7:23	1:22:02.7
5	38	Eric Consiglio	38	4	21:46.69	7:01	5	23:13.70		3	58:49.10	20.9	5	1:00:05.8		6	1:23:46.0	7:38	1:23:46.0
6	49	Corey Fedor	35	5	22:19.75	7:12	3	23:39.80		6	1:00:43.4	20.1	8	1:02:04.9		5	1:25:35.7	7:35	1:25:35.7
7	54	Greg Johnston	36	6	22:28.09	7:15	7	24:01.93		7	1:01:15.0	20.0	6	1:02:33.0		7	1:26:16.7	7:39	1:26:16.7
8	65	Brian Carroll	36	7	22:31.51	7:16	9	24:19.51		2	59:38.34	21.1	13	1:04:02.1		8	1:28:07.0	7:46	1:28:07.0
9	110	Larry Mroz	39				13	28:13.60		8	1:07:00.5	19.2	9	1:08:39.5		10	1:37:33.0	9:19	1:37:33.0
10	131	Michael Agresti	39	10	26:29.45	8:33	12	29:37.49		10	1:12:29.1	17.4	11	1:14:32.7		9	1:41:55.0	8:50	1:41:55.0
11	139	Gary Johnson	38	8	25:29.77	8:13	10	27:34.18		11	1:12:12.6	16.7	12	1:14:37.9		11	1:43:39.1	9:22	1:43:39.1
12	142	Michael Hackett	35	9	26:26.67	8:32	4	27:49.55		12	1:13:32.9	16.3	3	1:14:28.1		13	1:44:30.8	9:41	1:44:30.8
13	165	Douglas Buffone	38	11	28:11.11	9:05	8	29:53.27		13	1:17:38.9	15.6	7	1:18:58.7		12	1:48:38.2	9:34	1:48:38.2
14	185	Thad Jackman	38	12	28:59.97	9:21	11	31:09.51		9	1:13:30.5	17.6	10	1:15:21.5		14	1:57:43.0	13:40	1:57:43.0

Age Group Results

Open

Female 40 to 44

Place		----- 5k Run -----				----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total	
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	97	Heather Bedell	41	1	23:42.55	7:39	7	28:07.60		1	1:05:23.6	20.0	2	1:07:02.6		1	1:35:13.8	9:05	1:35:13.8
2	122	Cynthia Johnson	44	4	27:35.74	8:54	2	29:09.33		2	1:09:24.5	18.5				4	1:40:13.8	9:56	1:40:13.8
3	132	Leone	40	3	26:39.47	8:36	5	28:43.88					6	1:12:58.0		3	1:42:14.2	9:26	1:42:14.2
4	162	Julie Munsee	43	2	26:16.25	8:28	4	28:16.43		6	1:18:54.7	14.7	1	1:19:54.1		2	1:48:16.6	9:09	1:48:16.6
5	168	Karyn Polaski	40	5	29:43.56	9:35	1	31:12.67		5	1:17:31.2	16.1	7	1:00:40.2		7	1:49:31.4	15:45	1:49:31.4
6	181	Peggy Maloney	44	6	32:11.34	10:23	3	34:07.18		4	1:19:38.5	16.3	4	1:21:45.1		5	1:56:50.9	11:19	1:56:50.9
7	187	Abby Wurst	42	7	32:53.96	10:36	6	35:00.64		3	1:18:42.8	17.0	3	1:20:45.1		6	1:58:30.4	12:11	1:58:30.4

Male 40 to 44

Place		----- 5k Run -----				----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total	
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	22	Keith Peterson	42	5	22:21.84	7:13	6	23:59.35		1	55:03.55	23.9	7	56:18.25		5	1:20:18.9	7:45	1:20:18.9
2	24	Barry Waiter	43	2	21:30.11	6:56	2	22:44.14		3	57:42.44	21.3	3	58:51.54		1	1:21:08.3	7:11	1:21:08.3
3	25	Michael Mang	41	3	22:05.88	7:07				2	56:58.05	21.3	1	57:52.08		4	1:21:11.4	7:31	1:21:11.4
4	39	Michael Blackburn	40	4	22:16.55	7:11	3	23:31.61		4	59:35.14	20.6	5	1:00:47.4		3	1:23:54.5	7:27	1:23:54.5
5	48	Mike Vybiral	42	1	21:28.15	6:55	1	22:17.61					17	1:02:30.3		2	1:25:12.3	7:19	1:25:12.3
6	69	Kirk Warner	42	7	23:02.14	7:26	8	24:47.57		7	1:02:28.8	19.7	6	1:03:41.5		6	1:28:40.0	8:03	1:28:40.0
7	72	Eric Marendt	40	8	23:09.88	7:28	10	25:06.53		6	1:02:45.7	19.8	13	1:04:35.4		9	1:30:13.4	8:16	1:30:13.4
8	81	Joe Rys	42	9	23:51.70	7:42	11	25:49.73		9	1:04:45.4	19.1	11	1:06:22.8		10	1:32:03.0	8:17	1:32:03.0
9	87	Mark Munsee	44	6	22:40.55	7:19				14	1:08:47.0	16.1				7	1:33:47.3	8:04	1:33:47.3
10	92	Michael Wurst	43	10	24:22.05	7:52				11	1:04:35.4	18.5	2	1:05:44.2		14	1:34:33.8	9:18	1:34:33.8
11	98	David MacHmer	44	13	26:35.30	8:35	4	27:51.44		5	1:04:53.1	20.1	16	1:07:46.3		13	1:35:19.3	8:53	1:35:19.3
12	101	Chris Busko	44				14	26:56.88		12	1:07:25.1	18.4	4	1:08:34.4		11	1:35:51.5	8:48	1:35:51.5
13	123	Scott Gotham	41	14	27:04.55	8:44	5	28:36.06		8	1:06:49.3	19.5	12	1:08:37.8		16	1:40:26.2	10:15	1:40:26.2
14	163	Jeff Upton	43	11	25:24.62	8:12	13	30:09.43		13	1:13:45.2	17.1	15	1:16:33.3		15	1:48:19.6	10:15	1:48:19.6
15	169	Clay McWilliams	40	12	26:24.95	8:31	9	28:21.24		15	1:21:55.4	13.9	8	1:23:18.4		12	1:50:39.4	8:49	1:50:39.4
16	182	Chuck Swantek Jr	41	16	33:13.20	10:43	12	35:43.99		10	1:15:23.6	18.8	14	1:17:30.1		18	1:57:11.5	12:48	1:57:11.5

Age Group Results

Open

Male 40 to 44

Place		----- 5k Run -----						----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time	
17	186	Michael Dunn	41	17	33:55.61	10:56	7	35:35.67		16	1:30:57.2	13.4	10	1:32:33.9		8	1:57:46.8	8:08	1:57:46.8	
18	193	Brian Fullem	43	15	31:06.55	10:02				17	1:30:25.7	12.5	9	1:31:49.2		17	2:09:44.6	12:14	2:09:44.6	

Female 45 to 49

Place		----- 5k Run -----						----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time	
1	79	Mary Kay Migdal	49	1	24:45.45	7:59	3	26:06.48		1	1:03:16.5	20.0	2	1:31:25.8	9:05	1:31:25.8		1:31:25.8		
2	85	Susan	46	3	26:33.36	8:34	2	27:46.53		2	1:05:25.4	19.8	2	1:06:34.9	8:42	1:33:34.6	8:42	1:33:34.6		
3	99	Denise Bauman	47	2	25:46.42	8:19	4	27:25.11		3	1:05:21.5	19.6	3	1:06:48.3	9:15	1:35:29.6	9:15	1:35:29.6		
4	152	Rebecca Maziarz	48	5	28:12.75	9:06	5	30:29.44		4	1:12:46.4	17.6	4	1:15:01.8	9:54	1:45:42.2	9:54	1:45:42.2		
5	171	Sandra Markle	49	4	27:19.94	8:49	1	28:23.11		5	1:21:39.3	14.0	1	1:22:36.0	9:20	1:51:33.6	9:20	1:51:33.6		

Male 45 to 49

Place		----- 5k Run -----						----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time	
1	8	Craig Zonna	48	5	21:14.86	6:51	1	22:05.66		1	52:29.31	24.5	3	53:18.14	6:57	1:14:51.2	6:57	1:14:51.2		
2	13	Mike Kosteniuk	45	3	20:40.10	6:40	2	21:33.80		3	55:34.27	21.9	2	56:16.57	6:52	1:17:32.8	6:52	1:17:32.8		
3	20	Curt Bachus	46	1	18:10.60	5:52	20	20:14.73		13	58:04.07	19.7	18	59:39.63	6:29	1:19:45.8	6:29	1:19:45.8		
4	21	Christopher Mrozowski	49	2	20:31.56	6:37	3	21:27.84		4	55:44.84	21.7	13	57:10.74	7:22	1:20:01.1	7:22	1:20:01.1		
5	28	Tom Eberlein	48	6	21:16.75	6:52	8	22:42.27		2	55:40.47	22.6	8	56:57.79	8:03	1:21:55.3	8:03	1:21:55.3		
6	45	Jeff Suesser	45	12	23:12.93	7:29	4	24:10.30		8	59:54.34	20.8	4	1:00:44.4	7:44	1:24:43.4	7:44	1:24:43.4		
7	51	Scott Robertson	48	14	24:07.60	7:47				7	59:28.15	21.1			8:27	1:25:41.3	8:27	1:25:41.3		
8	53	Ted Williams	49	10	22:46.49	7:21	5	23:46.78		14	1:01:56.8	19.5	5	1:02:49.9	7:31	1:26:09.7	7:31	1:26:09.7		
9	59	Denny Morell	47				25	25:14.10		5	1:00:20.2	21.2	16	1:01:55.1	8:08	1:27:10.0	8:08	1:27:10.0		
10	60	Tom Rinke	47	4	20:48.15	6:43	6	22:09.65		22	1:02:49.2	18.3	19	1:04:27.8	7:22	1:27:18.8	7:22	1:27:18.8		

Age Group Results

Open

Male 45 to 49

Place		----- 5k Run -----				----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total	
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
11	63	John Armstrong	46	9	22:42.24	7:19	11	24:14.13		17	1:02:54.3	19.2	12	1:04:16.5		9	1:27:51.9	7:36	1:27:51.9
12	64	Richard Miller	49	11	23:04.04	7:26				20	1:03:36.4	18.4	17	1:05:11.7		4	1:27:54.3	7:19	1:27:54.3
13	67	Steve Ermer	49	15	24:15.57	7:49	9	25:43.93		9	1:02:31.0	20.2	10	1:03:49.4		12	1:28:22.1	7:55	1:28:22.1
14	71	Mike Moore	48	7	22:10.45	7:09	13	23:49.84		18	1:03:31.0	18.7	21	1:05:13.7		11	1:29:21.6	7:47	1:29:21.6
15	76	Lee Myers	48	8	22:23.69	7:13	23	24:52.95		21	1:05:27.9	18.3	26	1:07:43.0		7	1:30:58.9	7:30	1:30:58.9
16	80	Joe Barbaro	49	17	25:17.10	8:09	14	26:58.54		6	1:02:08.7	21.2	22	1:03:55.8		18	1:31:42.9	8:58	1:31:42.9
17	93	Jack Hanrahan	45	13	24:01.70	7:45	18	25:59.27		16	1:04:28.2	19.3	14	1:05:56.3		20	1:34:37.2	9:15	1:34:37.2
18	100	Louis Colaizzo	48	19	25:48.84	8:19	21	28:00.93		11	1:05:30.3	19.8	24	1:07:37.8		19	1:35:45.6	9:04	1:35:45.6
19	103	Richard McGee	47	20	25:58.67	8:23	19	27:56.93		10	1:04:58.2	20.1	11	1:06:17.7		24	1:36:09.1	9:38	1:36:09.1
20	106	Pat Huntley	45	23	27:27.04	8:51	7	28:52.01		12	1:06:28.5	19.8	7	1:07:39.3		22	1:36:41.4	9:22	1:36:41.4
21	107	Wally Kerr	46	22	27:06.36	8:45	17	28:59.74		15	1:07:27.1	19.3	20	1:09:08.9		17	1:36:41.8	8:53	1:36:41.8
22	116	James Nealon	49	16	24:53.72	8:02	16	26:43.67		23	1:08:16.6	17.9	23	1:10:07.5		21	1:39:08.6	9:22	1:39:08.6
23	125	John Bucci	48	24	27:54.81	9:00	24	30:43.51					27	1:11:09.2		23	1:40:43.6	9:32	1:40:43.6
24	148	Jeff Stempora	48	18	25:18.97	8:10	10	26:49.45		27	1:17:10.3	14.8	6	1:18:20.7		16	1:45:00.4	8:36	1:45:00.4
25	156	Curtis Mertz	46	25	29:40.45	9:34	22	31:58.93		24	1:14:59.7	17.3	25	1:17:07.9		26	1:47:29.5	9:47	1:47:29.5
26	157	Anthony Lawrence	46	21	26:57.64	8:42				26	1:16:03.7	15.2	9	1:17:21.1		25	1:47:32.5	9:44	1:47:32.5
27	179	Michael Hilbert	49	27	33:10.87	10:42	15	34:55.81		19	1:14:56.8	18.6	15	1:16:29.5		28	1:54:52.8	12:23	1:54:52.8
28	183	Bert Straub	48	26	32:01.75	10:20	12	33:38.66		25	1:18:56.8	16.4	1	1:19:38.5		27	1:57:23.0	12:10	1:57:23.0

Female 50 to 54

Place		----- 5k Run -----				----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total	
Place	Overall	Name	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	140	Karen Drach-Parker	54	2	28:14.22	9:06	2	29:45.56		3	1:13:11.0	17.1	1	1:14:05.1		2	1:44:08.0	9:41	1:44:08.0
2	150	Ginnie Haid	53	3	29:05.46	9:23	4	30:40.56		1	1:12:55.3	17.6	3	1:14:25.2		3	1:45:19.7	9:58	1:45:19.7
3	154	Liz Rinderle	54	1	26:02.13	8:24	3	27:36.04		4	1:16:19.0	15.3	2	1:17:46.4		1	1:46:44.8	9:21	1:46:44.8
4	174	Elizabeth Kelly	52	5	31:59.51	10:19	1	33:12.55		2	1:16:14.0	17.3	4	1:17:53.3		5	1:52:32.4	11:11	1:52:32.4
5	180	Karen Seevers	52	4	30:59.54	10:00	5	32:44.51		5	1:21:37.2	15.2	5	1:23:27.3		4	1:56:50.4	10:46	1:56:50.4

Age Group Results

Open

Male 50 to 54

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>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	7	John Trucilla	50	2	19:52.14	6:25	3	20:49.44		1	52:42.92	23.3				2	1:13:44.7	6:47	1:13:44.7
2	12	Christopher Borgia	51	1	19:18.94	6:14	1	20:06.97		3	54:27.69	21.7	1	55:24.84		1	1:16:24.7	6:46	1:16:24.7
3	15	Steven Wright	52	3	21:12.70	6:50	2	22:03.46		2	55:01.53	22.6	12	53:30.59		6	1:18:10.0	7:57	1:18:10.0
4	40	Jamie Mead	53	4	22:14.76	7:10	5	23:20.58		4	59:29.69	20.6				5	1:23:56.0	7:53	1:23:56.0
5	57	David Gianoni	54	5	22:44.15	7:20	10	24:25.28		6	1:01:03.6	20.3	7	1:02:41.8		4	1:26:44.3	7:45	1:26:44.3
6	74	Jerry Rouch	50	6	22:59.34	7:25	9	24:29.10		11	1:06:31.1	17.7	5	1:07:41.0		3	1:30:39.8	7:25	1:30:39.8
7	83	Mark Rossman	53	9	25:35.25	8:15	7	26:47.47		8	1:05:06.9	19.4	2	1:06:05.1		7	1:32:54.3	8:39	1:32:54.3
8	94	Jay Little	51	8	25:15.57	8:09				9	1:04:56.3	18.8	6	1:06:25.4		12	1:34:38.3	9:06	1:34:38.3
9	95	Mike Rawls	52	7	24:17.74	7:50	12	26:34.15		7	1:04:49.5	19.5				13	1:34:44.3	9:39	1:34:44.3
10	109	Gregg Haid	52	13	27:37.84	8:55	4	28:38.73		10	1:08:48.7	18.5	3	1:09:50.4		10	1:37:27.2	8:54	1:37:27.2
11	112	Robert McDonald	54	10	25:39.16	8:16	6	26:45.54		13	1:09:15.7	17.5	4	1:10:22.7		11	1:38:01.0	8:55	1:38:01.0
12	118	Mike Parker	53	11	25:52.01	8:21	13	28:11.10					11	1:12:25.7		8	1:39:36.9	8:46	1:39:36.9
13	120	Chris Berdis	50				14	27:37.92		12	1:09:49.4	17.6	10	1:12:11.7		9	1:39:47.4	8:54	1:39:47.4
14	135	Nick Konzel	51	12	27:34.07	8:54	11	29:47.47		5	1:06:21.6	20.3	9	1:08:23.3		15	1:42:35.7	11:02	1:42:35.7
15	189	Craig Peck	52	14	33:07.93	10:41	8	34:35.64		14	1:23:05.9	15.3	8	1:24:52.3		14	1:58:57.9	11:00	1:58:57.9

Female 55 to 59

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>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	114	Annie Schiester	55	1	25:40.94	8:17	1	27:31.31					2	1:12:27.8		1	1:38:40.0	8:27	1:38:40.0
2	195	Edith Jackman	55							1	1:29:32.2	8.31	1	1:31:24.4		2	2:10:44.2	12:41	2:10:44.2

Age Group Results

Open

Male 55 to 59

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>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	10	Tom Saginak	56	1	19:55.04	6:25	1	21:09.35		3	54:56.42	22.0	2	55:57.67		1	1:15:58.2	6:27	1:15:58.2
2	36	Rich Haft	57	3	22:03.46	7:07	7	23:43.73		4	59:05.40	21.0	8	1:00:45.9		3	1:23:32.2	7:21	1:23:32.2
3	42	Kevin Gearity	58	5	24:59.65	8:04	3	26:22.26		2	59:07.07	22.7	5	1:00:25.5		4	1:24:06.5	7:38	1:24:06.5
4	47	Mark Ruttenberg	57	2	22:00.24	7:06	2	23:17.95		6	1:01:58.6	19.2	1	1:02:44.6		2	1:25:08.1	7:13	1:25:08.1
5	102	Roger Burzak	56	7	26:03.93	8:24	10	28:05.97		5	1:05:04.4	20.1	7	1:06:42.9		7	1:36:06.0	9:29	1:36:06.0
6	129	Gary Counts	55	4	24:49.96	8:00				9	1:10:18.8	16.4	4	1:11:32.9		10	1:41:49.0	9:46	1:41:49.0
7	134	Larry Maxwell	59	9	27:59.69	9:02	9	29:55.09		1	52:45.55	32.6	12	1:11:55.1		11	1:42:26.2	9:51	1:42:26.2
8	143	Tom New	55	10	28:15.84	9:07	8	29:58.01		7	1:12:03.1	17.7	11	1:14:47.6		8	1:44:32.8	9:36	1:44:32.8
9	149	Steve Yahn	57	6	25:10.26	8:07	5	26:41.85		12	1:17:37.3	14.6	6	1:19:01.6		5	1:45:16.0	8:28	1:45:16.0
10	159	Ross Fonticella	58	11	29:29.96	9:31	11	31:42.17		8	1:14:20.1	17.5	10	1:16:31.2		12	1:47:43.0	10:04	1:47:43.0
11	167	Patrick Rafferty	59	8	27:57.31	9:01	6	29:29.71		11	1:18:21.5	15.2	9	1:20:13.1		6	1:49:19.8	9:23	1:49:19.8
12	170	Steve Henderson	55	12	30:39.28	9:53	4	32:05.09		10	1:20:00.3	15.5	3	1:21:08.7		9	1:50:58.6	9:37	1:50:58.6

Female 60 and over

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>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*	147	Kathy Schreckengost	62	1	30:19.37	9:47	1	32:14.17		1	1:09:39.8	19.9	1	1:11:53.3		1	1:44:55.0	10:39	1:44:55.0

Age Group Results

Open

Men 60 and over

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>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*	91	Richard McClay	63	1	24:13.57	7:49	1	25:34.47		5	1:07:29.1	17.8	1	1:08:25.3		1	1:34:19.1	8:21	1:34:19.1
2*	108	Bob Kiel	65	4	27:02.94	8:43	5	29:07.64		3	1:08:51.7	18.7	8	1:11:00.7		2	1:37:22.2	8:30	1:37:22.2
3*	113	Ronald Rawls	62	2	25:28.17	8:13	4	27:23.13		1	1:05:19.5	19.6	6	1:07:18.4		6	1:38:24.8	10:02	1:38:24.8
4	133	Tom Murray	69	5	29:10.44	9:25	9	23:10.38		8	1:08:55.9	16.3	2	1:10:05.7		9	1:42:20.5	10:24	1:42:20.5
5	137	George Loren	61	3	26:18.28	8:29	3	28:04.34		7	1:13:03.1	16.5	3	1:14:31.3		3	1:43:12.1	9:15	1:43:12.1
6	153	James Uhrmaeher	64	6	30:42.19	9:54	6	33:26.23		2	1:12:35.1	19.0	5	1:14:21.8		8	1:45:56.3	10:11	1:45:56.3
7	155	Jim Jackman	65	8	31:08.84	10:03	2	32:46.44		4	1:14:08.6	18.0	4	1:15:51.7		7	1:47:08.5	10:05	1:47:08.5
8	173	Rick Marendt	61	7	31:04.61	10:01	8	34:50.67		6	1:17:02.2	17.6	9	1:20:48.6		4	1:51:44.1	9:58	1:51:44.1
9	191	Bernie Bleil	67	9	31:56.76	10:18	7	34:54.05		9	1:26:30.1	14.4	7	1:28:30.7		5	1:59:32.9	10:01	1:59:32.9