

Paddle, Pedal & Pound the Pavement X Open

Lake Grapevine, May 30, 2009

Results By Race Management Systems, Inc.

Overall Female Open Winners

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	6	Dana Bullard	2319	31	3	5:21.9	1:47	0:40.7	3	37:39.5	19.8	0:24.2	1	21:53.6	5:53	1:05:59.9
2	8	Abby Cox	2301	28	1	4:20.0	1:27	0:48.1	2	36:07.2	20.6	0:39.7	2	24:57.4	6:42	1:06:52.5
3	13	Karen Robertson	2309	50	2	5:13.4	1:44	0:31.6	1	34:45.6	21.4	0:39.9	3	28:05.7	7:33	1:09:16.3

Female 20 to 24

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	59	Kristie Beaver	2334	20	3	7:00.0	2:20	1:21.0	2	47:02.3	15.8	0:40.6	1	28:18.9	7:36	1:24:22.8
2	72	Courtney Zaugg	2420	21	2	5:55.7	1:58	2:08.7	1	46:00.8	16.2	1:08.5	3	31:42.3	8:31	1:26:56.2
3	111	Erica Tate	2307	24	1	4:20.6	1:27	2:40.9	3	1:00:18.4	12.3	1:22.2	2	30:46.7	8:16	1:39:28.9

Female 25 to 29

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	32	Marianna Clement	2314	29	4	5:51.3	1:57	0:54.1	1	40:56.2	18.2	1:09.8	1	28:33.6	7:40	1:17:25.1
2	51	Lisa Finch	2306	28	1	4:45.1	1:35	1:01.6	3	43:16.7	17.2	1:22.0	3	31:49.4	8:33	1:22:14.9
3	54	Aubrey Steinbrink	2441	26	2	5:35.3	1:52	1:26.0	5	45:52.8	16.2	1:22.5	2	28:49.6	7:45	1:23:06.3
4	80	Adri Perry	2370	25	5	6:15.0	2:05	2:02.3	6	46:15.1	16.1	1:49.8	5	32:47.2	8:49	1:29:09.4
5	82	Jennifer West	2368	27	8	6:44.3	2:15	3:06.6	4	44:32.9	16.7	1:21.4	7	33:41.9	9:03	1:29:27.2

6	85	Abrah Stafford	2365	27	3	5:40.1	1:53	1:46.0	7	46:48.1	15.9	1:56.5	6	33:33.4	9:01	1:29:44.3	
7	95	Rachael Ryan	2375	28	9	7:06.9	2:22	2:42.7	2	43:05.6	17.3	2:25.6	10	38:19.1	10:18	1:33:40.0	
8	101	Nicole Salerno	2398	25	7	6:37.1	2:12	2:55.7	8	47:32.0	15.7	2:50.7	8	36:08.1	9:43	1:36:03.8	
9	107	Cayla Bland	2421	28	10	8:46.0	2:55	1:43.9	10	54:15.3	13.7	0:27.6	4	32:04.1	8:37	1:37:16.9	
10	112	Laura Bierck	2395	26	6	6:22.4	2:07	3:14.1	9	52:12.6	14.3	1:21.2	9	36:58.9	9:56	1:40:09.3	

Female 30 to 34

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>		
1	18	Sarah Reed	2331	30	2	5:33.9	1:51	0:57.2	1	38:19.1	19.4	0:42.9	2	26:21.1	7:05	1:11:54.2		
2	30	Erika Slater	2302	31	1	5:12.5	1:44	1:00.1	3	43:04.3	17.3	0:58.8	3	26:51.3	7:13	1:17:07.1		
3	44	Keri Blizzard	2391	31	10	8:27.9	2:49	1:35.5	4	44:42.7	16.6	1:05.8	1	25:24.2	6:50	1:21:16.2		
4	60	Cari Houser	2405	30	9	8:23.7	2:48	1:42.2	5	45:37.9	16.3	1:01.7	5	27:47.8	7:28	1:24:33.5		
5	61	Corie Woodard	2397	33	5	6:54.4	2:18	1:46.3	6	46:25.1	16.0	1:47.4	4	27:41.7	7:27	1:24:35.0		
6	74	Diana Cochrane	2363	30	6	7:11.2	2:24	1:05.9	2	42:37.2	17.5	1:30.7	7	35:12.3	9:28	1:27:37.3		
7	96	Anna Thompson	2399	32	8	8:05.8	2:42	2:05.2	9	49:02.7	15.2	1:34.7	6	33:21.7	8:58	1:34:10.1		
8	104	Elizabeth Siegert	2389	32	7	7:49.2	2:36	2:09.2	10	49:31.5	15.0	1:53.4	8	35:16.5	9:29	1:36:39.8		
9	106	Melissa Ketchand	2364	33	3	5:40.6	1:53	2:20.5	7	47:01.8	15.8	4:47.6	9	37:20.2	10:02	1:37:10.8		
10	119	Aeron Strybosch	2311	32	4	6:20.3	2:07	2:45.6	8	48:15.0	15.4	1:18.1	10	45:18.9	12:11	1:43:58.0		

Female 35 to 39

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>		
1	75	Michele Caywood	2366	35	3	6:57.8	2:19	1:34.4	2	46:53.3	15.9	0:50.0	1	31:27.2	8:27	1:27:42.9		
2	78	Jennifer Meldrum	2409	37	2	6:56.7	2:19	2:04.8	1	46:04.6	16.2	1:12.0	2	31:52.2	8:34	1:28:10.4		
3	94	Masako Yonemoto	2430	36	1	6:55.8	2:18	1:47.7	3	47:21.3	15.7	1:40.0	4	35:49.6	9:38	1:33:34.4		
4	113	Wendy Greenwood	2428	36	4	7:08.0	2:23	2:27.0	7	56:53.4	13.1	1:10.2	3	33:18.1	8:57	1:40:56.8		

5	122	Kristi Wagner	2325	39	6	8:45.5	2:55	2:49.9	6	55:16.7	13.5	0:56.6	6	41:38.4	11:12	1:49:27.2
6	123	Jennifer Rodriguez	2448	39	10	16:18.3	5:26	2:39.9	4	51:40.5	14.4	2:27.6	5	36:43.9	9:52	1:49:50.3
7	128	Angela Price	2443	37	8	9:46.3	3:15	3:03.6	8	59:41.7	12.5	1:57.1	7	42:00.9	11:17	1:56:29.7
8	129	Shelli Cusack	2447	37	9	11:31.8	3:50	4:40.8	5	54:36.2	13.6	1:46.7	9	45:18.2	12:11	1:57:53.7
9	130	Jennifer Rieck	2446	36	7	9:24.3	3:08	2:31.6	9	1:00:06.3	12.4	0:55.0	8	45:17.8	12:10	1:58:15.2
10	137	Kristen Tasker	2414	39	5	7:57.7	2:39	4:14.8	10	1:07:00.6	11.1	1:24.9	10	53:55.5	14:30	2:14:33.6

Female 40 to 44

Overall		----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	17	Carol Carpenter	2333	43	3	5:51.6	1:57	0:53.7	1	39:02.9	19.1	0:38.0	1	24:27.0	6:34	1:10:53.2
2	57	Renee Ickes	2343	40	2	5:46.0	1:55	1:09.9	3	44:12.1	16.8	1:45.4	2	31:08.5	8:22	1:24:02.0
3	67	Anne Somerfeld	2357	42	5	7:06.4	2:22	1:31.8	2	42:21.2	17.6	1:37.3	4	33:47.4	9:05	1:26:24.2
4	83	Lisa Lambert	2327	41	1	5:31.1	1:50	1:57.4	4	45:40.9	16.3	1:06.9	6	35:15.3	9:29	1:29:31.8
5	91	Kimberly Davis	2426	44	8	8:14.0	2:45	1:04.1	6	46:40.4	15.9	1:00.0	5	35:10.3	9:27	1:32:08.9
6	92	Tracy Scorse	2385	43	4	6:48.0	2:16	2:09.3	5	46:23.4	16.0	1:14.2	8	36:53.2	9:55	1:33:28.2
7	105	Kathi Samuelson	2442	43	10	8:57.8	2:59	3:21.1	8	50:12.6	14.8	1:05.8	3	33:26.0	8:59	1:37:03.5
8	108	Tia Metzger	2402	41	6	7:13.9	2:24	1:32.6	9	51:35.5	14.4	0:52.2	7	36:43.5	9:52	1:37:57.8
9	114	Janet Dixon	2417	41	9	8:42.2	2:54	2:08.4	7	47:04.9	15.8	1:35.0	9	41:58.5	11:17	1:41:29.1
10	127	Kelsi Borman	2424	40	7	7:52.7	2:37	4:36.0	10	55:15.5	13.5	1:42.9	10	44:34.7	11:59	1:54:01.8

Female 45 to 49

Overall		----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	45	Michelle Quinn	2341	48	3	6:35.1	2:12	1:54.6	1	41:43.2	17.8	1:30.3	2	29:51.2	8:01	1:21:34.4
2	52	Kat Sparks	2394	46	4	7:29.3	2:30	1:13.0	2	43:55.7	16.9	0:43.1	1	28:56.7	7:47	1:22:17.9
3	66	Lois Scheidt	2358	47	1	5:46.1	1:55	1:39.1	4	46:38.6	16.0	1:28.6	3	30:37.7	8:14	1:26:10.2

4	84	Michelle Putze	2373	46	7	8:07.9	2:42	2:17.4	3	45:41.3	16.3	1:31.9	4	32:00.3	8:36	1:29:38.9		
5	99	Nora Ruiz	2401	47	5	7:34.5	2:31	2:34.9	5	48:19.2	15.4	1:46.1	5	34:49.9	9:22	1:35:04.8		
6	110	Linda Schaefer	2369	46	2	6:30.9	2:10	3:31.7	6	49:16.0	15.1	2:15.5	6	37:48.9	10:10	1:39:23.0		
7	118	Diane Pettitt	2413	45	6	7:59.1	2:40	2:49.7	7	50:16.6	14.8	1:48.4	7	40:24.2	10:52	1:43:18.1		

Female 50 to 54

Overall		----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	97	Debbie Bryant	2423	50	1	8:31.8	2:50	1:47.4	1	47:38.2	15.6	1:23.7	1	35:00.3	9:25	1:34:21.5

Overall Male Open Winners

Overall		----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	1	Coby Bullard	2320	33	3	5:06.1	1:42	0:39.3	1	32:24.6	23.0	0:38.3	1	18:48.0	5:03	57:36.3
2	2	Sean Thompson	2303	49	1	4:19.9	1:26	0:28.4	2	32:28.1	22.9	0:24.2	3	22:49.3	6:08	1:00:30.0
3	3	Nicholas Luft	2308	30	2	4:48.0	1:36	0:31.4	3	33:42.3	22.1	0:28.0	2	21:29.8	5:47	1:00:59.6

Male 19 and under

Overall		----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total			
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	53	Taylor Reynolds	2326	17	1	7:39.4	2:33	1:18.7	1	50:01.7	14.9	0:30.5	1	23:23.8	6:17	1:22:54.1

Male 20 to 24

	Overall				----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	36	Jonathan Grice	2382	23	1	5:46.6	1:55	1:53.0	1	37:19.7	19.9	0:44.0	1	32:15.8	8:40	1:17:59.2
2	76	Long Dao	2437	21	2	6:43.2	2:14	0:53.8	3	44:39.2	16.7	0:40.5	2	34:47.7	9:21	1:27:44.5
3	89	Jeremy Warren	2440	20	3	6:44.8	2:15	1:08.7	2	43:33.8	17.1	1:48.0	3	38:02.4	10:13	1:31:17.7
4	117	Trent Bielefeldt	2427	23	4	7:39.0	2:33	2:07.9	4	52:34.4	14.2	0:40.1	4	40:13.0	10:49	1:43:14.4
5	135	Jamie Mullins	2433	23	5	9:23.5	3:08	5:14.1	5	1:12:21.5	10.3	2:10.3	5	40:30.2	10:53	2:09:39.7

Male 25 to 29

	Overall				----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	14	David Svoboda	2336	28	5	5:36.9	1:52	0:36.5	3	37:32.9	19.8	0:37.6	2	25:17.1	6:48	1:09:41.1
2	16	Patrick Bridegam	2313	29	3	5:18.5	1:46	2:04.1	2	36:05.7	20.6	0:41.4	4	26:21.6	7:05	1:10:31.5
3	20	John Saunders	2372	29	16	7:38.7	2:33	1:31.8	1	35:08.6	21.2	1:49.1	3	26:21.4	7:05	1:12:29.7
4	21	Justin Ragan	2335	28	2	5:07.5	1:42	1:24.4	4	38:35.4	19.3	1:01.5	5	26:32.6	7:08	1:12:41.5
5	26	Jacob Holmes	2353	25	12	6:32.8	2:11	2:28.0	6	41:03.7	18.1	0:42.4	1	23:53.2	6:25	1:14:40.3
6	31	Charles Capps	2347	28	6	5:48.4	1:56	1:04.8	5	39:29.1	18.8	0:41.5	8	30:13.9	8:07	1:17:17.9
7	40	Jake Menefee	2439	29	14	6:48.9	2:16	1:42.9	7	41:29.8	17.9	1:41.0	7	27:36.2	7:25	1:19:19.0
8	55	Brian Smith	2312	29	1	5:03.2	1:41	1:29.4	8	43:04.2	17.3	1:37.5	9	32:01.4	8:36	1:23:15.8
9	77	Zachary Dailey	2392	25	11	6:29.3	2:10	2:18.6	13	50:06.1	14.9	2:12.7	6	26:50.8	7:13	1:27:57.6
10	79	Russell Kerle	2383	28	13	6:42.7	2:14	3:26.0	9	44:57.9	16.6	1:20.4	12	32:24.6	8:43	1:28:51.6
11	87	Zak West	2367	27	10	6:29.3	2:10	3:37.9	10	45:16.1	16.4	1:00.4	14	34:03.2	9:09	1:30:27.1
12	88	Jason Distefano	2410	28	15	7:21.7	2:27	2:42.0	11	45:28.9	16.4	1:02.4	13	33:59.7	9:08	1:30:34.7
13	93	Chad Hoes	2346	28	8	6:00.8	2:00	1:33.1	15	53:22.7	13.9	0:24.4	11	32:11.0	8:39	1:33:32.0
14	100	Andrew Haldeman	2416	28	9	6:20.9	2:07	2:54.1	14	53:07.5	14.0	0:45.3	10	32:04.7	8:37	1:35:12.6
15	102	Jason Rienh	2304	29	4	5:25.0	1:48	2:08.2	12	49:15.1	15.1	1:30.4	15	38:00.4	10:13	1:36:19.1
16	136	Jared Mullins	2432	26	7	5:54.8	1:58	8:59.1	16	1:12:24.4	10.3	2:09.3	16	40:30.7	10:53	2:09:58.3

Male 30 to 34

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	9	Jimbo Cross	2316	33	3	5:31.2	1:50	0:32.8	1	36:42.5	20.3	0:28.5	1	23:58.8	6:27	1:07:13.9
2	12	Steve Cox	2318	30	1	5:17.0	1:46	0:32.7	2	37:18.3	19.9	0:32.9	2	25:10.9	6:46	1:08:51.8
3	23	Stephen Ybarra	2351	34	9	6:46.2	2:15	1:29.1	3	38:43.6	19.2	0:44.4	3	25:17.6	6:48	1:13:01.0
4	24	Martin Day	2323	33	2	5:17.9	1:46	1:13.0	5	39:17.2	18.9	1:29.5	4	25:43.7	6:55	1:13:01.4
5	27	George Williford	2362	34	8	6:45.0	2:15	1:35.6	4	38:55.6	19.1	0:45.7	5	26:41.3	7:10	1:14:43.4
6	35	Eric Reed	2332	33	4	5:32.2	1:51	0:47.7	6	39:50.7	18.7	1:30.0	8	30:15.3	8:08	1:17:56.0
7	39	Matt Campbell	2337	32	7	6:22.1	2:07	1:43.0	7	40:18.4	18.5	1:05.1	7	29:30.3	7:56	1:18:59.0
8	69	Andrew Norton	2342	32	5	5:49.4	1:56	2:02.9	8	42:24.8	17.5	1:24.2	11	34:59.5	9:24	1:26:40.9
9	73	Kevin Porter	2378	32	11	7:32.2	2:31	1:39.5	9	48:13.0	15.4	0:31.4	6	29:09.9	7:50	1:27:06.2
10	109	Kevin Hickman	2356	32	6	6:09.3	2:03	2:48.0	11	51:45.9	14.4	1:37.7	9	33:50.3	9:06	1:38:11.3*
11	133	Jason Cox	2381	32	10	7:13.1	2:24	1:42.0	10	50:02.5	14.9	2:42.1	12	1:00:15.8	16:12	2:01:55.6
12	134	Michael Hickey	2436	32	12	8:39.6	2:53	2:48.2	12	1:17:51.5	9.56	1:26.2	10	34:11.8	9:11	2:04:57.3

Male 35 to 39

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	5	Daniel Reilley	2305	35	1	4:46.7	1:35	1:15.3	1	38:02.7	19.6	0:42.2	1	21:05.5	5:40	1:05:52.4
2	33	Brian Harding	2371	38	3	6:04.8	2:01	0:55.8	3	40:08.7	18.5	0:53.0	4	29:26.3	7:55	1:17:28.6
3	41	Dennis Avendano	2388	35	8	6:55.5	2:18	0:51.7	5	41:01.2	18.1	1:06.0	5	29:43.8	7:59	1:19:38.4
4	42	Justin Powell	2400	35	10	8:21.3	2:47	1:05.9	2	39:50.6	18.7	1:17.3	6	30:10.0	8:07	1:20:45.2
5	43	John Greenwood	2350	36	6	6:22.9	2:07	1:35.1	4	40:38.5	18.3	1:46.9	7	30:33.3	8:13	1:20:56.8
6	46	Brian Stewart	2361	35	4	6:07.5	2:02	2:04.2	7	44:32.3	16.7	0:36.8	2	28:14.7	7:35	1:21:35.6
7	47	Erik Soderberg	2329	38	2	5:49.5	1:56	2:04.8	6	44:05.7	16.9	1:06.6	3	28:32.7	7:40	1:21:39.4

8	71	Jason Bahamundi	2431	35	7	6:55.3	2:18	2:20.7	8	45:35.2	16.3	1:22.2	8	30:39.6	8:14	1:26:53.2	
9	103	Shawn Ezzo	2355	35	5	6:22.3	2:07	2:53.7	9	51:48.3	14.4	1:36.0	9	33:50.9	9:06	1:36:31.3	
10	125	Daniel Hennessy	2315	35	9	7:35.5	2:32	2:48.6	11	57:17.1	13.0	0:56.0	11	42:00.0	11:17	1:50:37.2	
11	126	Jeffrey Tasker	2438	39	11	9:40.6	3:13	3:27.8	10	55:15.5	13.5	2:58.3	10	41:52.8	11:15	1:53:15.1	

Male 40 to 44

Overall		----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total				
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	7	Byron Benoit	2338	42	11	7:05.8	2:22	1:01.5	1	36:09.7	20.6	0:40.7	1	21:05.0	5:40	1:06:02.8	
2	11	Lee Rebodos	2374	41	9	6:47.6	2:16	1:12.9	2	38:00.3	19.6	0:32.2	2	22:18.0	6:00	1:08:51.1	
3	25	Robert Lamke	2340	43	1	5:57.5	1:59	1:05.5	4	40:24.1	18.4	0:42.8	3	26:19.2	7:04	1:14:29.2	
4	34	Chris Scorse	2376	44	3	6:21.5	2:07	2:12.2	3	38:01.8	19.6	1:10.9	7	29:54.6	8:02	1:17:41.1	
5	37	Joey Gauger	2349	44	4	6:24.3	2:08	1:52.4	5	41:11.2	18.1	0:40.5	5	28:13.1	7:35	1:18:21.6	
6	49	Larry Raney	2384	42	5	6:25.8	2:08	1:49.8	7	42:10.9	17.6	1:00.5	8	30:34.3	8:13	1:22:01.4	
7	50	Kyle Eberlein	2403	44	7	6:35.6	2:12	1:59.1	10	44:21.1	16.8	1:21.8	4	27:49.3	7:29	1:22:06.9	
8	56	Rob Cahill	2377	42	6	6:32.4	2:11	2:22.5	8	43:08.4	17.2	1:45.7	6	29:46.7	8:00	1:23:35.8	
9	63	Kevin Brown	2425	41	10	6:59.5	2:20	2:56.8	6	42:07.1	17.7	1:27.1	10	32:04.2	8:37	1:25:34.9	
10	68	John Lichtenfeld	2412	44	14	7:58.8	2:39	2:48.7	9	43:12.2	17.2	1:35.3	9	31:01.6	8:20	1:26:36.7	
11	90	Timothy Dell	2418	40	15	8:17.9	2:46	2:20.2	11	45:20.1	16.4	1:19.4	11	34:36.5	9:18	1:31:54.1	
12	115	David Covey	2396	41	13	7:13.6	2:24	2:38.0	12	49:11.9	15.1	1:26.1	13	41:51.1	11:15	1:42:20.8	
13	121	Cyle Nelson	2419	40	12	7:08.0	2:23	1:46.4	14	53:56.8	13.8	1:57.3	14	43:24.2	11:40	1:48:12.8	
14	124	Dan Borman	2406	42	8	6:37.3	2:12	2:42.2	15	55:54.2	13.3	2:48.5	12	41:49.4	11:14	1:49:51.8	
15	131	Steve Spence	2345	40	2	6:03.4	2:01	2:55.1	13	51:39.3	14.4	2:33.3	15	55:33.0	14:56	1:58:44.2	

Male 45 to 49

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	4	Brad Pearson	2324	45	1	5:27.4	1:49	0:48.6	1	34:43.0	21.4	0:37.3	1	22:22.4	6:01	1:03:58.8
2	15	Gerry Smith	2339	45	2	6:03.9	2:01	0:39.2	2	38:32.0	19.3	0:49.4	2	23:57.3	6:26	1:10:02.0
3	28	Leo Vassar	2344	45	3	6:05.5	2:02	1:30.4	3	40:24.6	18.4	0:55.1	4	26:33.5	7:08	1:15:29.2
4	38	Brad Liles	2422	46	8	8:22.4	2:47	1:30.4	4	42:28.2	17.5	0:40.6	3	25:37.5	6:53	1:18:39.2
5	62	Doug Dunbar	2328	45	4	6:20.6	2:07	1:55.2	8	46:32.3	16.0	0:26.5	6	30:08.0	8:06	1:25:22.7
6	65	Mark Hafner	2348	47	5	6:59.2	2:20	2:10.5	6	44:52.6	16.6	1:34.7	8	30:24.2	8:10	1:26:01.3
7	70	Gary Holderby	2359	47	6	7:08.2	2:23	1:48.6	7	45:25.3	16.4	0:47.7	9	31:33.8	8:29	1:26:43.7
8	81	Stan Nichols	2449	45	10	10:14.3	3:25	3:22.1	5	44:08.0	16.9	2:04.1	5	29:37.9	7:58	1:29:26.5
9	86	Eric Griffin	2386	47	7	7:40.3	2:33	2:19.8	9	48:22.2	15.4	1:15.4	7	30:14.8	8:08	1:29:52.6
10	98	Richard Kelley	2445	46	9	9:07.4	3:02	1:44.7	10	48:52.9	15.2	0:33.8	10	34:37.3	9:18	1:34:56.2

Male 50 to 54

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	19	Steve Bryant	2354	52	1	5:57.9	1:59	1:19.7	1	39:07.1	19.0	0:40.6	1	25:06.4	6:45	1:12:11.8
2	29	Tim Floy	2404	50	3	7:38.1	2:33	1:21.9	2	39:44.1	18.7	0:17.8	2	27:18.5	7:20	1:16:20.5
3	48	David Watts	2411	50	4	8:25.4	2:48	1:33.4	3	41:31.5	17.9	1:17.2	3	29:12.2	7:51	1:21:59.9
4	58	Keith Eichenhoster	2380	53	2	7:18.3	2:26	1:33.6	4	42:27.2	17.5	1:10.7	4	31:44.5	8:32	1:24:14.3
5	132	David Horton	2434	54	5	9:53.2	3:18	3:42.5	5	55:42.8	13.4	1:04.6	5	48:23.2	13:00	1:58:46.4

Male 55 to 59

Overall					----- 300yd Swim -----			T1	----- 20K Bike -----			T2	----- 6K Run -----			Total
Place	Place	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	10	Mike Devereaux	2310	55	1	5:18.2	1:46	0:33.1	1	37:26.7	19.9	0:49.0	1	24:39.1	6:38	1:08:46.1

2	64	Michael Costello	2390	55	3	7:27.4	2:29	1:35.3	2	38:52.3	19.1	1:27.6	2	36:30.4	9:49	1:25:53.2		
3	116	Daniel McIntyre	2352	55	2	7:19.0	2:26	2:44.7	4	52:39.7	14.1	1:02.6	3	39:10.1	10:32	1:42:56.2		
4	120	David Lester	2408	55	4	7:33.2	2:31	4:10.0	3	50:24.1	14.8	1:16.6	4	41:10.1	11:04	1:44:34.1		

Male 60 to 64

Overall		----- 300yd Swim -----				T1	----- 20K Bike -----			T2	----- 6K Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	22	Michael Doud	2321	60	1	5:42.2	1:54	0:54.6	1	38:51.5	19.2	0:50.0	1	26:33.9	7:08	1:12:52.4