

# 2018 Rocketchix with a Sole Triathlon

Race Date

July 21, 2018

## Overall Results

### Triathlon Individuals

| <u>Place</u> | <u>Name</u>           | <u>Bib No</u> | <u>AG Place</u> | <u>----- 300M Rnk</u> | <u>----- Time</u> | <u>----- Pace</u> | <u>T-1 Time</u> | <u>----- Rnk</u> | <u>----- 12M Time</u> | <u>----- Rate</u> | <u>T-2 Time</u> | <u>----- Rnk</u> | <u>----- 2M Run Time</u> | <u>----- Pace</u> | <u>Total Time</u> |
|--------------|-----------------------|---------------|-----------------|-----------------------|-------------------|-------------------|-----------------|------------------|-----------------------|-------------------|-----------------|------------------|--------------------------|-------------------|-------------------|
| 1            | Cathy McManus         | 1             | 1:F Open        | 28                    | 8:20.3            |                   | 0:51.2          | 1                | 35:21.8               | 20.4              | 0:44.4          | 1                | 14:45.0                  | 7:23              | 1:00:02.8         |
| 2            | Tess Talbot           | 151           | 1:F Master      | 24                    | 8:13.9            |                   | 0:51.3          | 2                | 35:48.6               | 20.1              | 1:19.1          | 27               | 19:45.0                  | 9:53              | 1:05:58.1         |
| 3            | Ashley Smith-Mcdonner | 80            | 1:F 45-49       | 16                    | 7:37.7            |                   | 1:32.3          | 5                | 38:32.5               | 18.7              | 1:14.1          | 4                | 17:13.4                  | 8:37              | 1:06:10.1         |
| 4            | Kimberly Vigee        | 164           | 2:F 45-49       | 71                    | 9:48.8            |                   | 1:06.1          | 3                | 37:01.4               | 19.5              | 0:57.1          | 13               | 18:21.1                  | 9:11              | 1:07:14.8         |
| 5            | Holly Champagne       | 157           | 1:F 35-39       | 11                    | 7:22.5            |                   | 1:32.9          | 4                | 37:54.9               | 19.0              | 1:31.7          | 23               | 18:56.1                  | 9:28              | 1:07:18.3         |
| 6            | Stephanie Fontenot    | 212           | 1:F 30-34       | 7                     | 7:10.3            |                   | 1:37.5          | 15               | 40:22.1               | 17.8              | 1:04.9          | 11               | 18:09.1                  | 9:05              | 1:08:24.1         |
| 7            | Daniene Guichard      | 96            | 3:F 45-49       | 18                    | 7:51.9            |                   | 2:00.2          | 20               | 40:35.4               | 17.7              | 1:18.7          | 3                | 16:50.4                  | 8:25              | 1:08:36.9         |
| 8            | Chelsea Obney         | 163           | 2:F 30-34       | 4                     | 6:55.5            |                   | 1:19.1          | 19               | 40:32.7               | 17.8              | 1:51.0          | 8                | 17:58.5                  | 8:59              | 1:08:36.9         |
| 9            | Sunny Downer          | 214           | 2:F 35-39       | 20                    | 7:57.2            |                   | 1:33.7          | 13               | 39:57.6               | 18.0              | 1:32.1          | 12               | 18:20.7                  | 9:10              | 1:09:21.5         |
| 10           | Dana Dufrene          | 22            | 4:F 45-49       | 65                    | 9:34.3            |                   | 0:58.3          | 16               | 40:22.5               | 17.8              | 0:52.2          | 7                | 17:35.7                  | 8:48              | 1:09:23.3         |
| 11           | Katherine Arnold      | 91            | 5:F 45-49       | 39                    | 8:40.9            |                   | 1:58.0          | 7                | 38:44.0               | 18.6              | 1:42.4          | 26               | 19:42.6                  | 9:51              | 1:10:48.0         |
| 12           | Maralien Orantes      | 123           | 6:F 45-49       | 46                    | 8:55.8            |                   | 1:21.8          | 6                | 38:33.7               | 18.7              | 1:09.6          | 42               | 20:50.4                  | 10:25             | 1:10:51.4         |
| 13           | Lisa Diambrosio       | 125           | 1:F 40-44       | 26                    | 8:16.3            |                   | 2:07.6          | 12               | 39:35.0               | 18.2              | 1:20.3          | 30               | 19:53.5                  | 9:57              | 1:11:12.9         |
| 14           | Jennifer Boice        | 51            | 3:F 30-34       | 58                    | 9:18.4            |                   | 1:58.5          | 14               | 40:20.1               | 17.9              | 0:55.6          | 24               | 19:00.9                  | 9:30              | 1:11:33.8         |
| 15           | Spring Stanger        | 170           | 2:F 40-44       | 53                    | 9:10.0            |                   | 2:03.1          | 8                | 38:48.1               | 18.6              | 1:39.1          | 31               | 19:55.3                  | 9:58              | 1:11:35.8         |
| 16           | Hailey Moon           | 94            | 4:F 30-34       | 36                    | 8:38.1            |                   | 1:57.9          | 9                | 38:51.9               | 18.5              | 1:38.0          | 38               | 20:39.6                  | 10:20             | 1:11:45.7         |
| 17           | Nancy Webb            | 138           | 5:F 30-34       | 31                    | 8:27.5            |                   | 1:53.0          | 32               | 43:12.1               | 16.7              | 1:01.7          | 6                | 17:25.3                  | 8:43              | 1:11:59.7         |
| 18           | Kelli Daniel          | 17            | 3:F 35-39       | 77                    | 9:55.1            |                   | 1:46.1          | 10               | 39:10.4               | 18.4              | 1:21.2          | 29               | 19:52.0                  | 9:56              | 1:12:04.9         |
| 19           | Lisa Greenwaldt       | 133           | 1:F GMaster     | 44                    | 8:52.3            |                   | 2:35.5          | 18               | 40:30.3               | 17.8              | 1:46.4          | 20               | 18:51.4                  | 9:26              | 1:12:36.1         |
| 20           | Carla Lambert         | 156           | 6:F 30-34       | 1                     | 5:55.7            |                   | 2:30.2          | 70               | 47:13.9               | 15.2              | 1:24.5          | 2                | 16:11.9                  | 8:06              | 1:13:16.5         |
| 21           | Aimee Alleman         | 41            | 4:F 35-39       | 13                    | 7:28.5            |                   | 1:36.3          | 22               | 41:04.8               | 17.5              | 1:21.3          | 64               | 22:17.4                  | 11:09             | 1:13:48.5         |
| 22           | Jessica Nicolosi      | 9             | 7:F 30-34       | 29                    | 8:21.7            |                   | 1:58.3          | 23               | 41:11.5               | 17.5              | 1:23.7          | 43               | 20:54.8                  | 10:27             | 1:13:50.2         |
| 23           | Bonnie Gaudin         | 56            | 7:F 45-49       | 35                    | 8:37.4            |                   | 1:44.6          | 28               | 41:46.4               | 17.2              | 1:29.7          | 35               | 20:22.7                  | 10:11             | 1:14:01.0         |
| 24           | Traci Brumund         | 111           | 1:F 50-54       | 43                    | 8:48.9            |                   | 2:51.0          | 29               | 41:51.5               | 17.2              | 1:39.2          | 21               | 18:55.5                  | 9:28              | 1:14:06.2         |
| 25           | Cindy Perret          | 221           | 1:F 65-69       | 3                     | 6:49.4            |                   | 1:21.2          | 26               | 41:26.1               | 17.4              | 1:15.7          | 77               | 23:39.0                  | 11:50             | 1:14:31.6         |
| 26           | Emilie Osterfeld      | 49            | 5:F 35-39       | 59                    | 9:27.1            |                   | 2:00.3          | 39               | 44:11.5               | 16.3              | 1:33.4          | 5                | 17:21.9                  | 8:41              | 1:14:34.3         |
| 27           | Lynn Cavalier         | 126           | 1:F 55-59       | 38                    | 8:39.2            |                   | 1:44.9          | 21               | 40:49.2               | 17.6              | 1:59.9          | 57               | 21:51.2                  | 10:56             | 1:15:04.6         |
| 28           | Margaret Meyer        | 169           | 1:F 60-64       | 8                     | 7:19.5            |                   | 1:28.4          | 38               | 43:53.1               | 16.4              | 1:57.1          | 48               | 21:08.4                  | 10:34             | 1:15:46.7         |
| 29           | Rachelle Hill         | 145           | 6:F 35-39       | 27                    | 8:19.5            |                   | 2:04.6          | 58               | 45:34.8               | 15.8              | 1:05.9          | 19               | 18:43.0                  | 9:22              | 1:15:47.9         |
| 30           | Laurie Holbrook       | 67            | 3:F 40-44       | 85                    | 10:21.0           |                   | 2:28.7          | 33               | 43:20.9               | 16.6              | 1:18.7          | 14               | 18:27.4                  | 9:14              | 1:15:56.8         |
| 31           | Nicole Fleming        | 26            | 4:F 40-44       | 32                    | 8:29.9            |                   | 2:59.4          | 59               | 45:35.9               | 15.8              | 0:54.7          | 17               | 18:42.1                  | 9:21              | 1:16:42.2         |
| 32           | Wendy Martin          | 210           | 8:F 45-49       | 5                     | 6:56.5            |                   | 1:54.4          | 50               | 45:04.0               | 16.0              | 1:59.4          | 49               | 21:09.5                  | 10:35             | 1:17:04.0         |
| 33           | Kelly Pesantes        | 106           | 5:F 40-44       | 52                    | 9:08.0            |                   | 1:51.3          | 31               | 42:20.7               | 17.0              | 1:36.3          | 62               | 22:12.0                  | 11:06             | 1:17:08.4         |

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Race Date

July 21, 2018

## Overall Results

### Triathlon Individuals

| <u>Place</u> | <u>Name</u>            | <u>Bib No</u> | <u>AG Place</u> | <u>----- 300M -----</u> |             | <u>T-1</u>  |             | <u>----- 12M -----</u> |             | <u>T-2</u>  |             | <u>----- 2M Run -----</u> |             | <u>Total</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> |
| 34           | Terri Burke            | 108           | 2:F 50-54       | 69                      | 9:44.0      |             | 1:57.9      | 35                     | 43:38.3     | 16.5        | 1:17.3      | 40                        | 20:47.7     | 10:24        | 1:17:25.5   |
| 35           | Milan Alvarez          | 137           | 1:F 0-19        | 25                      | 8:14.7      |             | 1:40.2      | 61                     | 45:56.1     | 15.7        | 0:50.3      | 46                        | 21:04.4     | 10:32        | 1:17:45.8   |
| 36           | Alana Adams            | 103           | 8:F 30-34       | 54                      | 9:11.7      |             | 2:15.2      | 40                     | 44:12.1     | 16.3        | 1:05.5      | 45                        | 21:04.3     | 10:32        | 1:17:48.9   |
| 37           | Leah Edmonds           | 65            | 7:F 35-39       | 51                      | 9:07.6      |             | 1:15.8      | 60                     | 45:52.1     | 15.7        | 1:21.1      | 34                        | 20:15.1     | 10:08        | 1:17:51.9   |
| 38           | Kelli Gueho            | 53            | 9:F 45-49       | 19                      | 7:54.6      |             | 1:26.1      | 24                     | 41:22.6     | 17.4        | 1:28.9      | 93                        | 26:00.2     | 13:00        | 1:18:12.5   |
| 39           | Amanda Runge           | 110           | 9:F 30-34       | 42                      | 8:47.5      |             | 1:54.6      | 45                     | 44:32.8     | 16.2        | 1:15.2      | 68                        | 22:24.0     | 11:12        | 1:18:54.3   |
| 40           | Gina Smith             | 129           | 3:F 50-54       | 34                      | 8:36.6      |             | 2:12.4      | 66                     | 46:31.9     | 15.5        | 0:55.2      | 39                        | 20:46.8     | 10:23        | 1:19:03.0   |
| 41           | Courtney Donatto       | 101           | 8:F 35-39       | 120                     | 12:39.1     |             | 2:21.5      | 36                     | 43:42.5     | 16.5        | 1:11.4      | 25                        | 19:20.3     | 9:40         | 1:19:15.1   |
| 42           | Karen Styron           | 127           | 9:F 35-39       | 30                      | 8:24.2      |             | 1:39.8      | 48                     | 44:55.3     | 16.0        | 0:54.7      | 75                        | 23:30.8     | 11:45        | 1:19:25.0   |
| 43           | Janna Oetting          | 95            | 4:F 50-54       | 6                       | 7:05.3      |             | 2:08.4      | 76                     | 48:10.3     | 14.9        | 0:47.2      | 50                        | 21:18.7     | 10:39        | 1:19:30.1   |
| 44           | Natalie Arant          | 143           | 1:F 25-29       | 66                      | 9:34.9      |             | 2:23.5      | 74                     | 47:41.8     | 15.1        | 0:55.6      | 22                        | 18:55.8     | 9:28         | 1:19:31.8   |
| 45           | Pam Steinsiek          | 77            | 2:F 55-59       | 33                      | 8:35.7      |             | 2:22.1      | 30                     | 42:13.8     | 17.1        | 1:48.1      | 84                        | 24:43.7     | 12:22        | 1:19:43.6   |
| 46           | Madison Felker         | 161           | 2:F 0-19        | 15                      | 7:32.9      |             | 1:39.6      | 56                     | 45:33.4     | 15.8        | 1:29.5      | 76                        | 23:33.0     | 11:47        | 1:19:48.6   |
| 47           | Megan Vicknair         | 141           | 10:F 35-39      | 78                      | 9:55.5      |             | 2:22.5      | 46                     | 44:34.7     | 16.2        | 0:44.0      | 63                        | 22:12.0     | 11:06        | 1:19:48.9   |
| 48           | Emma Weir              | 74            | 6:F 40-44       | 81                      | 10:03.6     |             | 3:01.0      | 51                     | 45:10.4     | 15.9        | 1:10.3      | 36                        | 20:28.3     | 10:14        | 1:19:53.8   |
| 49           | Angela Leonards        | 147           | 11:F 35-39      | 21                      | 8:04.1      |             | 2:28.5      | 78                     | 48:38.4     | 14.8        | 0:55.5      | 28                        | 19:48.8     | 9:54         | 1:19:55.5   |
| 50           | Miki Rieth             | 102           | 7:F 40-44       | 37                      | 8:38.4      |             | 4:38.8      | 41                     | 44:19.0     | 16.2        | 1:51.4      | 44                        | 20:55.1     | 10:28        | 1:20:22.8   |
| 51           | Wendy Bates            | 69            | 8:F 40-44       | 68                      | 9:41.8      |             | 1:42.8      | 54                     | 45:25.9     | 15.9        | 0:46.7      | 71                        | 22:48.0     | 11:24        | 1:20:25.4   |
| 52           | Jamie Burgess          | 85            | 10:F 45-49      | 103                     | 11:17.5     |             | 3:39.7      | 25                     | 41:24.5     | 17.4        | 2:34.8      | 53                        | 21:34.6     | 10:47        | 1:20:31.3   |
| 53           | Tanya MacLoud          | 28            | 11:F 45-49      | 73                      | 9:49.0      |             | 1:41.8      | 27                     | 41:32.3     | 17.3        | 1:21.4      | 94                        | 26:08.1     | 13:04        | 1:20:32.7   |
| 54           | Andree Gingles         | 59            | 2:F 65-69       | 84                      | 10:12.4     |             | 2:22.2      | 37                     | 43:50.1     | 16.4        | 1:53.2      | 65                        | 22:19.3     | 11:10        | 1:20:37.3   |
| 55           | Lauren Marcel          | 119           | 12:F 35-39      | 82                      | 10:06.6     |             | 2:12.3      | 42                     | 44:22.0     | 16.2        | 1:27.0      | 70                        | 22:39.0     | 11:20        | 1:20:47.0   |
| 56           | Shanna Felker          | 232           | 13:F 35-39      | 95                      | 10:56.0     |             | 1:13.8      | 64                     | 46:24.4     | 15.5        | 1:20.9      | 47                        | 21:06.5     | 10:33        | 1:21:01.9   |
| 57           | Thelma Ceballos Meyers | 165           | 12:F 45-49      | 75                      | 9:51.0      |             | 2:34.1      | 55                     | 45:30.0     | 15.8        | 2:37.5      | 52                        | 21:23.7     | 10:42        | 1:21:56.3   |
| 58           | Natalie Adams          | 205           | 9:F 40-44       | 106                     | 11:25.8     |             | 2:06.3      | 17                     | 40:23.0     | 17.8        | 1:13.1      | 101                       | 26:51.8     | 13:26        | 1:22:00.2   |
| 59           | Phyllis Garrett        | 128           | 13:F 45-49      | 47                      | 8:57.5      |             | 1:57.1      | 98                     | 51:32.5     | 14.0        | 1:00.9      | 15                        | 18:35.3     | 9:18         | 1:22:03.5   |
| 60           | Megan Deville          | 144           | 10:F 30-34      | 9                       | 7:20.0      |             | 3:18.7      | 65                     | 46:28.9     | 15.5        | 1:05.1      | 79                        | 23:52.4     | 11:56        | 1:22:05.2   |
| 61           | Erika Levandoske       | 14            | 2:F 60-64       | 91                      | 10:45.7     |             | 2:28.6      | 79                     | 48:40.2     | 14.8        | 2:28.1      | 9                         | 17:58.6     | 8:59         | 1:22:21.4   |
| 62           | Juliette Gautreaux     | 122           | 10:F 40-44      | 41                      | 8:46.6      |             | 1:44.8      | 57                     | 45:34.6     | 15.8        | 1:36.0      | 83                        | 24:42.6     | 12:21        | 1:22:24.8   |
| 63           | Tamara Dupre           | 159           | 14:F 45-49      | 45                      | 8:52.3      |             | 3:20.6      | 44                     | 44:32.2     | 16.2        | 1:56.6      | 81                        | 24:13.4     | 12:07        | 1:22:55.2   |
| 64           | Tania Portier          | 223           | 5:F 50-54       | 119                     | 12:28.7     |             | 3:22.4      | 49                     | 44:59.7     | 16.0        | 1:57.9      | 33                        | 20:08.5     | 10:04        | 1:22:57.4   |
| 65           | Farrah Boudreaux       | 134           | 15:F 45-49      | 80                      | 9:58.9      |             | 2:26.2      | 71                     | 47:17.3     | 15.2        | 1:09.7      | 69                        | 22:32.2     | 11:16        | 1:23:24.5   |
| 66           | Arin Ricks             | 27            | 11:F 30-34      | 64                      | 9:31.5      |             | 2:20.4      | 83                     | 49:13.5     | 14.6        | 0:46.6      | 56                        | 21:49.2     | 10:55        | 1:23:41.4   |

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Race Date

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## Overall Results

### Triathlon Individuals

| <u>Place</u> | <u>Name</u>            | <u>Bib No</u> | <u>AG Place</u> | <u>----- 300M Rnk</u> | <u>----- Time</u> | <u>----- Pace</u> | <u>T-1 Time</u> | <u>----- Rnk</u> | <u>----- 12M Time</u> | <u>----- Rate</u> | <u>T-2 Time</u> | <u>----- Rnk</u> | <u>----- 2M Run Time</u> | <u>----- Pace</u> | <u>Total Time</u> |
|--------------|------------------------|---------------|-----------------|-----------------------|-------------------|-------------------|-----------------|------------------|-----------------------|-------------------|-----------------|------------------|--------------------------|-------------------|-------------------|
| 67           | Rhonda Sievers         | 15            | 14:F 35-39      | 114                   | 12:02.5           |                   | 3:09.8          | 88               | 49:26.7               | 14.6              | 1:15.4          | 16               | 18:36.0                  | 9:18              | 1:24:30.5         |
| 68           | Jennifer Membreno      | 62            | 11:F 40-44      | 87                    | 10:37.3           |                   | 2:24.3          | 62               | 46:11.6               | 15.6              | 1:30.4          | 78               | 23:48.2                  | 11:54             | 1:24:32.0         |
| 69           | Laura Haden            | 139           | 12:F 30-34      | 49                    | 9:03.7            |                   | 2:22.4          | 89               | 49:41.2               | 14.5              | 1:28.2          | 60               | 22:06.4                  | 11:03             | 1:24:42.0         |
| 70           | Jessica Wheeler        | 100           | 13:F 30-34      | 88                    | 10:39.7           |                   | 2:36.0          | 108              | 52:53.5               | 13.6              | 0:47.8          | 10               | 18:02.0                  | 9:01              | 1:24:59.2         |
| 71           | Vikki Talamo           | 11            | 6:F 50-54       | 89                    | 10:43.8           |                   | 2:02.0          | 87               | 49:24.2               | 14.6              | 1:34.0          | 51               | 21:21.7                  | 10:41             | 1:25:05.9         |
| 72           | Joyce Ryder            | 45            | 1:F 70-74       | 60                    | 9:28.8            |                   | 1:54.9          | 53               | 45:19.9               | 15.9              | 2:14.2          | 95               | 26:10.2                  | 13:05             | 1:25:08.1         |
| 73           | Sonia Brumen           | 4             | 14:F 30-34      | 83                    | 10:07.9           |                   | 2:19.4          | 102              | 51:54.5               | 13.9              | 0:46.7          | 32               | 20:00.6                  | 10:00             | 1:25:09.2         |
| 74           | Aimee Fairchild        | 18            | 15:F 35-39      | 61                    | 9:28.9            |                   | 2:23.1          | 77               | 48:35.4               | 14.8              | 1:42.8          | 74               | 23:30.2                  | 11:45             | 1:25:40.6         |
| 75           | Ellen Hahn             | 117           | 3:F 65-69       | 79                    | 9:57.5            |                   | 2:28.8          | 73               | 47:38.8               | 15.1              | 0:56.1          | 85               | 24:56.3                  | 12:28             | 1:25:57.6         |
| 76           | Xenia Silva-Gasc       | 66            | 15:F 30-34      | 62                    | 9:30.6            |                   | 3:29.0          | 91               | 50:15.8               | 14.3              | 1:08.0          | 55               | 21:48.8                  | 10:54             | 1:26:12.3         |
| 77           | Paula Robert           | 16            | 3:F 55-59       | 104                   | 11:21.3           |                   | 2:27.6          | 34               | 43:36.4               | 16.5              | 2:22.5          | 100              | 26:47.5                  | 13:24             | 1:26:35.5         |
| 78           | Ashleigh Alleman       | 40            | 16:F 30-34      | 48                    | 8:58.1            |                   | 2:11.3          | 43               | 44:29.3               | 16.2              | 1:18.9          | 117              | 29:53.3                  | 14:57             | 1:26:51.1         |
| 79           | Marcia Oursler         | 124           | 17:F 30-34      | 98                    | 10:57.2           |                   | 2:33.7          | 85               | 49:17.5               | 14.6              | 1:19.4          | 72               | 22:51.3                  | 11:26             | 1:26:59.3         |
| 80           | Heather Bennett        | 113           | 1:F 20-24       | 12                    | 7:25.0            |                   | 3:08.2          | 114              | 54:39.3               | 13.2              | 1:14.4          | 37               | 20:35.2                  | 10:18             | 1:27:02.2         |
| 81           | Belinda Rodriguez      | 2             | 16:F 45-49      | 74                    | 9:50.4            |                   | 2:11.3          | 67               | 46:47.6               | 15.4              | 1:40.0          | 98               | 26:35.0                  | 13:18             | 1:27:04.5         |
| 82           | Jamie Leblanc          | 149           | 17:F 45-49      | 92                    | 10:46.6           |                   | 2:08.4          | 63               | 46:13.3               | 15.6              | 2:27.3          | 97               | 26:30.3                  | 13:15             | 1:28:06.0         |
| 83           | Christi Rehage-Alvarez | 136           | 12:F 40-44      | 96                    | 10:56.4           |                   | 1:52.1          | 69               | 47:06.0               | 15.3              | 2:17.1          | 92               | 25:59.4                  | 13:00             | 1:28:11.1         |
| 84           | Melissa Breedlove      | 135           | 16:F 35-39      | 10                    | 7:20.7            |                   | 2:31.0          | 68               | 47:02.3               | 15.3              | 1:49.3          | 114              | 29:40.0                  | 14:50             | 1:28:23.4         |
| 85           | Aimee Moll             | 146           | 17:F 35-39      | 55                    | 9:12.2            |                   | 2:34.5          | 105              | 52:26.6               | 13.7              | 1:15.9          | 73               | 23:10.2                  | 11:35             | 1:28:39.5         |
| 86           | Amy Flower             | 44            | 18:F 35-39      | 100                   | 11:10.7           |                   | 2:54.1          | 96               | 51:13.8               | 14.1              | 1:13.3          | 67               | 22:20.9                  | 11:10             | 1:28:52.9         |
| 87           | Melissa Guarisco       | 112           | 2:F 20-24       | 14                    | 7:31.8            |                   | 3:09.7          | 106              | 52:30.3               | 13.7              | 1:44.5          | 80               | 24:05.2                  | 12:03             | 1:29:01.7         |
| 88           | Stacy Wilburn          | 105           | 13:F 40-44      | 57                    | 9:16.1            |                   | 1:55.9          | 112              | 54:23.1               | 13.2              | 2:12.1          | 54               | 21:37.6                  | 10:49             | 1:29:25.0         |
| 89           | Monica Carroum         | 34            | 18:F 30-34      | 107                   | 11:30.0           |                   | 1:34.1          | 72               | 47:22.6               | 15.2              | 1:36.7          | 104              | 27:52.9                  | 13:56             | 1:29:56.6         |
| 90           | Carrie Griffin         | 92            | 19:F 35-39      | 99                    | 11:04.2           |                   | 2:53.6          | 94               | 50:42.6               | 14.2              | 1:13.2          | 82               | 24:27.0                  | 12:14             | 1:30:20.7         |
| 91           | Shelly Stein           | 52            | 14:F 40-44      | 108                   | 11:33.7           |                   | 2:50.1          | 104              | 52:19.3               | 13.8              | 1:18.5          | 66               | 22:20.5                  | 11:10             | 1:30:22.3         |
| 92           | Karen Miller           | 88            | 15:F 40-44      | 110                   | 11:47.9           |                   | 1:37.5          | 113              | 54:26.4               | 13.2              | 0:52.6          | 58               | 21:51.9                  | 10:56             | 1:30:36.4         |
| 93           | Gail Blakley           | 162           | 19:F 30-34      | 124                   | 13:20.1           |                   | 1:55.7          | 84               | 49:14.2               | 14.6              | 0:52.9          | 90               | 25:20.6                  | 12:40             | 1:30:43.7         |
| 94           | Betsy Boudreaux        | 38            | 7:F 50-54       | 137                   | 20:04.7           |                   | 2:43.2          | 11               | 39:31.3               | 18.2              | 1:34.4          | 102              | 26:59.7                  | 13:30             | 1:30:53.5         |
| 95           | Kelsey Cameron         | 109           | 2:F 25-29       | 23                    | 8:11.1            |                   | 3:09.3          | 99               | 51:37.9               | 13.9              | 1:29.1          | 99               | 26:42.0                  | 13:21             | 1:31:09.5         |
| 96           | Sophie Kaiser          | 208           | 3:F 25-29       | 67                    | 9:36.7            |                   | 2:36.1          | 81               | 49:11.2               | 14.6              | 1:36.4          | 112              | 28:29.8                  | 14:15             | 1:31:30.5         |
| 97           | Beryl Leboeuf          | 216           | 4:F 55-59       | 123                   | 13:17.8           |                   | 2:27.5          | 52               | 45:19.8               | 15.9              | 2:41.2          | 111              | 28:29.0                  | 14:15             | 1:32:15.4         |
| 98           | Lauren Fontenot        | 76            | 4:F 25-29       | 93                    | 10:47.2           |                   | 3:31.6          | 122              | 57:51.9               | 12.4              | 1:41.0          | 18               | 18:42.2                  | 9:21              | 1:32:34.1         |
| 99           | Sharon Kleefisch       | 13            | 8:F 50-54       | 40                    | 8:45.7            |                   | 3:16.3          | 115              | 55:10.8               | 13.1              | 0:49.4          | 88               | 25:08.1                  | 12:34             | 1:33:10.4         |

# 2018 Rocketchix with a Sole Triathlon

Race Date

July 21, 2018

## Overall Results

### Triathlon Individuals

| <u>Place</u> | <u>Name</u>              | <u>Bib No</u> | <u>AG Place</u> | <u>----- 300M Rnk</u> | <u>----- Time</u> | <u>----- Pace</u> | <u>T-1 Time</u> | <u>----- Rnk</u> | <u>----- 12M Time</u> | <u>----- Rate</u> | <u>T-2 Time</u> | <u>----- Rnk</u> | <u>----- 2M Run Time</u> | <u>----- Pace</u> | <u>Total Time</u> |
|--------------|--------------------------|---------------|-----------------|-----------------------|-------------------|-------------------|-----------------|------------------|-----------------------|-------------------|-----------------|------------------|--------------------------|-------------------|-------------------|
| 100          | Kay Nelson               | 140           | 16:F 40-44      | 17                    | 7:41.0            |                   | 2:53.2          | 117              | 55:51.3               | 12.9              | 1:12.6          | 96               | 26:11.8                  | 13:06             | 1:33:50.0         |
| 101          | Litanya Stovall          | 10            | 9:F 50-54       | 138                   | 20:10.5           |                   | 2:42.0          | 86               | 49:18.3               | 14.6              | 0:57.4          | 41               | 20:49.3                  | 10:25             | 1:33:57.7         |
| 102          | Skyler Laroux            | 87            | 3:F 0-19        | 70                    | 9:45.7            |                   | 2:51.1          | 123              | 58:30.9               | 12.3              | 0:52.0          | 59               | 21:58.3                  | 10:59             | 1:33:58.2         |
| 103          | Edy Koonce               | 152           | 18:F 45-49      | 56                    | 9:12.9            |                   | 4:25.4          | 110              | 54:10.5               | 13.3              | 1:08.0          | 87               | 25:04.0                  | 12:32             | 1:34:01.0         |
| 104          | Mary Elizabeth Christian | 73            | 5:F 55-59       | 115                   | 12:07.2           |                   | 1:33.6          | 90               | 50:00.6               | 14.4              | 2:26.5          | 106              | 28:02.0                  | 14:01             | 1:34:10.2         |
| 105          | Jessica Sarkar           | 36            | 20:F 35-39      | 2                     | 6:42.9            |                   | 2:11.5          | 127              | 59:19.0               | 12.1              | 0:48.0          | 89               | 25:11.0                  | 12:36             | 1:34:12.6         |
| 106          | Joan Landry              | 90            | 10:F 50-54      | 72                    | 9:48.9            |                   | 2:53.2          | 101              | 51:42.5               | 13.9              | 1:27.0          | 109              | 28:26.9                  | 14:13             | 1:34:18.6         |
| 107          | Heather Palm             | 148           | 3:F 60-64       | 76                    | 9:54.0            |                   | 2:29.0          | 75               | 48:02.3               | 15.0              | 3:05.7          | 122              | 31:03.9                  | 15:32             | 1:34:35.2         |
| 108          | Kelly Carmena            | 120           | 21:F 35-39      | 50                    | 9:06.6            |                   | 3:40.6          | 93               | 50:41.9               | 14.2              | 1:22.5          | 116              | 29:44.4                  | 14:52             | 1:34:36.0         |
| 109          | Diann Daigle             | 130           | 19:F 45-49      | 130                   | 15:47.4           |                   | 3:17.1          | 47               | 44:35.3               | 16.1              | 2:03.7          | 115              | 29:41.9                  | 14:51             | 1:35:25.6         |
| 110          | Maureen Simoni           | 93            | 20:F 45-49      | 63                    | 9:30.8            |                   | 3:16.2          | 130              | 59:47.5               | 12.0              | 1:38.1          | 61               | 22:06.5                  | 11:03             | 1:36:19.3         |
| 111          | Danielle Hardy           | 50            | 17:F 40-44      | 116                   | 12:11.1           |                   | 2:43.1          | 80               | 48:53.5               | 14.7              | 2:17.2          | 119              | 30:19.8                  | 15:10             | 1:36:24.8         |
| 112          | Sharon Brubaker          | 48            | 11:F 50-54      | 102                   | 11:13.5           |                   | 3:35.5          | 109              | 53:58.1               | 13.3              | 0:40.4          | 107              | 28:07.9                  | 14:04             | 1:37:35.7         |
| 113          | Patricia Lagron          | 158           | 12:F 50-54      | 97                    | 10:56.6           |                   | 4:15.8          | 82               | 49:11.8               | 14.6              | 1:28.6          | 126              | 31:46.9                  | 15:53             | 1:37:39.9         |
| 114          | Gwendolyn Romano         | 47            | 21:F 45-49      | 105                   | 11:24.1           |                   | 3:31.8          | 107              | 52:33.6               | 13.7              | 0:50.8          | 113              | 29:26.4                  | 14:43             | 1:37:46.9         |
| 115          | Tricia Sparks            | 54            | 4:F 60-64       | 117                   | 12:12.6           |                   | 3:52.0          | 100              | 51:40.5               | 13.9              | 2:08.5          | 110              | 28:28.9                  | 14:14             | 1:38:22.8         |
| 116          | Danielle Johnson         | 81            | 22:F 35-39      | 122                   | 13:16.1           |                   | 3:09.8          | 92               | 50:24.2               | 14.3              | 1:22.5          | 120              | 30:22.2                  | 15:11             | 1:38:35.0         |
| 117          | April Schmidt            | 89            | 18:F 40-44      | 126                   | 13:57.0           |                   | 4:04.7          | 111              | 54:17.9               | 13.3              | 1:22.5          | 91               | 25:42.4                  | 12:51             | 1:39:24.6         |
| 118          | Karen Dufrene            | 8             | 23:F 35-39      | 121                   | 12:51.4           |                   | 3:12.5          | 103              | 52:15.2               | 13.8              | 2:45.9          | 118              | 30:15.3                  | 15:08             | 1:41:20.5         |
| 119          | Christina Richard        | 190           | 20:F 30-34      | 86                    | 10:22.3           |                   | 2:13.7          | 95               | 51:12.4               | 14.1              | 2:55.4          | 137              | 36:18.6                  | 18:09             | 1:43:02.6         |
| 120          | Joan Adams               | 160           | 5:F 60-64       | 118                   | 12:23.1           |                   | 2:15.8          | 97               | 51:17.2               | 14.0              | 2:12.2          | 136              | 34:59.8                  | 17:30             | 1:43:08.3         |
| 121          | Julie Vicknair           | 107           | 21:F 30-34      | 125                   | 13:49.4           |                   | 4:08.8          | 128              | 59:28.5               | 12.1              | 1:51.7          | 86               | 24:56.5                  | 12:28             | 1:44:15.1         |
| 122          | Christy Rowley           | 42            | 24:F 35-39      | 94                    | 10:48.3           |                   | 3:08.3          | 119              | 56:45.5               | 12.7              | 1:16.9          | 128              | 32:38.0                  | 16:19             | 1:44:37.3         |
| 123          | Regina Dies              | 20            | 4:F 65-69       | 90                    | 10:45.3           |                   | 2:03.0          | 118              | 56:03.9               | 12.8              | 2:57.3          | 132              | 33:17.2                  | 16:39             | 1:45:07.0         |
| 124          | Michelle Musso           | 57            | 22:F 45-49      | 127                   | 14:14.1           |                   | 4:26.4          | 120              | 57:24.7               | 12.5              | 2:35.0          | 105              | 27:58.6                  | 13:59             | 1:46:38.9         |
| 125          | Ellen Bush               | 99            | 6:F 60-64       | 101                   | 11:11.8           |                   | 3:27.8          | 116              | 55:34.9               | 13.0              | 3:36.6          | 131              | 32:57.8                  | 16:29             | 1:46:49.2         |
| 126          | Michelle Dugas           | 121           | 25:F 35-39      | 111                   | 11:55.1           |                   | 4:52.9          | 131              | 1:02:04.0             | 11.6              | 1:11.8          | 103              | 27:35.0                  | 13:48             | 1:47:39.0         |
| 127          | Jeannie Dwyer            | 3             | 19:F 40-44      | 113                   | 11:55.7           |                   | 4:31.8          | 125              | 58:57.4               | 12.2              | 1:25.1          | 127              | 32:22.5                  | 16:11             | 1:49:12.6         |
| 128          | Caroline Davis           | 83            | 20:F 40-44      | 112                   | 11:55.7           |                   | 4:17.3          | 124              | 58:37.7               | 12.3              | 1:45.8          | 130              | 32:41.4                  | 16:21             | 1:49:18.1         |
| 129          | Laurie Lapeyrouse        | 97            | 13:F 50-54      | 128                   | 14:17.7           |                   | 3:13.5          | 121              | 57:49.6               | 12.5              | 1:08.0          | 134              | 33:47.2                  | 16:54             | 1:50:16.1         |
| 130          | Leslie St. Julien        | 150           | 6:F 55-59       | 109                   | 11:40.0           |                   | 4:18.2          | 129              | 59:39.5               | 12.1              | 2:11.6          | 129              | 32:40.0                  | 16:20             | 1:50:29.6         |
| 131          | Dawn Horvath             | 142           | 14:F 50-54      | 132                   | 16:09.1           |                   | 4:00.0          | 126              | 59:11.5               | 12.2              | 2:01.6          | 135              | 34:29.9                  | 17:15             | 1:55:52.3         |
| 132          | Megan Dickey             | 75            | 22:F 30-34      | 131                   | 16:07.0           |                   | 3:33.4          | 134              | 1:06:41.8             | 10.8              | 1:49.3          | 125              | 31:06.8                  | 15:33             | 1:59:18.4         |

# 2018 Rocketchix with a Sole Triathlon

Race Date

July 21, 2018

## Overall Results

### Triathlon Individuals

| <u>Place</u> | <u>Name</u>    | <u>Bib No</u> | <u>AG Place</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>T-1</u> | <u>Rnk</u> | <u>Time</u> | <u>Rate</u> | <u>T-2</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Total</u> |
|--------------|----------------|---------------|-----------------|------------|-------------|-------------|------------|------------|-------------|-------------|------------|------------|-------------|-------------|--------------|
|              |                |               |                 | -----      | 300M        | -----       |            |            | -----       | 12M         | -----      |            |             | -----       |              |
| 133          | Barbara Novoa  | 6             | 26:F 35-39      | 134        | 16:22.8     |             | 3:34.5     | 133        | 1:06:36.6   | 10.8        | 1:52.7     | 124        | 31:06.7     | 15:33       | 1:59:33.6    |
| 134          | Aidin Prince   | 7             | 27:F 35-39      | 129        | 14:33.5     |             | 4:02.0     | 135        | 1:07:43.5   | 10.6        | 2:35.1     | 123        | 31:06.3     | 15:33       | 2:00:00.6    |
| 135          | Anne Hoerner   | 104           | 28:F 35-39      | 22         | 8:09.1      |             | 3:00.9     | 138        | 1:17:26.1   | 9.30        | 1:43.2     | 121        | 30:44.8     | 15:22       | 2:01:04.3    |
| 136          | Carolyn Moore  | 98            | 23:F 45-49      | 135        | 18:15.5     |             | 2:56.7     | 132        | 1:06:22.8   | 10.8        | 2:53.1     | 133        | 33:30.1     | 16:45       | 2:03:58.3    |
| 137          | Brandi Wicks   | 115           | 23:F 30-34      | 139        | 23:25.2     |             | 2:23.8     | 137        | 1:12:43.3   | 9.90        | 2:28.7     | 108        | 28:16.7     | 14:08       | 2:09:17.9    |
| 138          | Angela Gillies | 132           | 29:F 35-39      | 136        | 18:59.2     |             | 3:27.2     | 136        | 1:12:15.9   | 10.0        | 1:19.8     | 139        | 45:33.5     | 22:47       | 2:21:35.8    |
| 139          | Jeanne Sewell  | 131           | 24:F 45-49      | 133        | 16:15.9     |             | 8:42.1     | 139        | 1:20:13.8   | 8.98        | 3:52.3     | 138        | 44:32.7     | 22:16       | 2:33:37.0    |