

## 2019 3 for 3 Triathlon

Overall Results

## Adult Swim

Place	Name	Age	Gnd	----- Swim -----			----- Trans 1 -----			----- Bike -----			----- Trans 2 -----			----- Run -----			Total Time
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	
1	Scott Flagle	33	M	3	3:43.8		2	0:40.8		1	23:55.1	25.1	14	0:35.2		3	16:11.1	6:28	45:06.0
2	Brennan Ralph	19	M	1	3:35.6		5	1:00.9		9	28:44.5	20.9	5	0:26.2		1	14:51.6	5:57	48:38.8
3	Jeremy Fein	57	M	21	4:51.2		27	1:46.1		2	24:56.8	24.1	21	0:39.3		5	16:59.2	6:48	49:12.6
4	Jake Wild Crea	26	M	12	4:21.7		3	0:52.7		6	26:51.4	22.3	11	0:32.6		4	16:58.4	6:47	49:36.8
5	Joe Reeves	44	M	26	5:04.0		1	0:34.4		7	27:07.1	22.1	22	0:39.7		10	18:21.2	7:20	51:46.4
6	Steven Burnside	32	M	23	4:56.9		8	1:04.1		3	25:30.1	23.5	30	0:46.1		21	20:24.4	8:10	52:41.6
7	Andrew Jarocki	21	M	4	3:47.1		22	1:33.1		22	31:30.2	19.0	1	0:20.8		2	15:30.4	6:12	52:41.6
8	Scott Martin	55	M	31	5:29.7		7	1:03.1		5	26:32.0	22.6	39	1:05.7		12	18:44.3	7:30	52:54.8
9	Gil Bell	60	M	19	4:45.8		9	1:08.6		4	26:07.0	23.0	27	0:43.7		20	20:19.0	8:08	53:04.1
10	Brian Lee	21	M	6	3:54.5		15	1:17.7		14	29:59.8	20.0	6	0:27.9		7	17:40.1	7:04	53:20.0
11	Ike Shipman	40	M	13	4:28.1		31	1:54.6		8	27:44.2	21.6	38	1:05.1		11	18:22.1	7:21	53:34.1
12	Lauren Milovich	35	F	9	4:07.7		19	1:23.5		12	29:38.9	20.2	16	0:37.6		15	19:28.6	7:47	55:16.3
13	Niu Yuanhao	27	M	24	4:58.3		21	1:32.2		15	30:11.8	19.9	24	0:41.0		8	17:55.3	7:10	55:18.6
14	Ben Rudenga	36	M	11	4:21.1		12	1:11.5		11	29:08.0	20.6	35	0:53.2		18	20:10.9	8:04	55:44.7
15	Jordan Mentock	28	F	27	5:04.7		4	1:00.5		25	32:11.3	18.6	26	0:43.6		6	17:25.2	6:58	56:25.3
16	Gabor Szekelyhidi	38	M	14	4:33.2		24	1:34.0		10	28:48.2	20.8	8	0:32.1		28	21:40.1	8:40	57:07.6
17	Bridget Ralph	21	F	2	3:36.9		25	1:39.4		30	32:58.8	18.2	18	0:38.9		9	18:15.3	7:18	57:09.3
18	Lisa Nelson	39	F	33	5:38.3		10	1:08.7		13	29:48.3	20.1	20	0:39.2		17	20:04.1	8:02	57:18.6
19	Jason Critchlow	37	M	7	3:55.4		34	2:04.1		16	30:41.4	19.6	33	0:52.0		26	21:38.0	8:39	59:10.9
20	Andy Warzon	40	M	20	4:51.0		32	1:55.1		27	32:42.4	18.3	12	0:32.6		14	19:19.1	7:44	59:20.2
21	Frieda Fein	27	F	22	4:52.8		29	1:49.6		20	31:23.7	19.1	13	0:33.6		24	20:51.0	8:20	59:30.7
22	Adam Heiss	24	M	29	5:14.3		33	2:02.6		19	31:10.5	19.2	3	0:23.1		25	20:52.0	8:21	59:42.5
23	Antoinette Fein	57	F	28	5:09.4		30	1:50.1		21	31:26.0	19.1	9	0:32.3		23	20:50.6	8:20	59:48.4
24	Raegen Dent	21	F	10	4:17.1		14	1:16.3		23	31:36.5	19.0	7	0:29.4		31	22:32.4	9:01	1:00:11.7
25	Michelle Almanza	24	F	32	5:31.3		35	2:06.3		28	32:49.0	18.3	2	0:22.0		19	20:13.5	8:05	1:01:02.1
26	Kristi Rudenga	37	F	25	5:01.2		36	2:09.0		29	32:53.3	18.2	44	1:43.3		16	20:03.2	8:01	1:01:50.0
27	Geoffrey Warner	34	M	35	5:46.7		26	1:44.9		24	31:43.4	18.9	19	0:39.1		30	22:21.4	8:57	1:02:15.5
28	Chris Meyer	39	F	34	5:43.3		17	1:19.3		18	31:07.5	19.3	23	0:39.7		33	23:34.1	9:26	1:02:23.9
29	Rick Johnson	58	M	42	7:14.1		44	2:41.6		17	30:59.8	19.4	37	0:58.1		22	20:36.3	8:15	1:02:29.9
30	Eric Matz	49	M	16	4:39.8		40	2:21.1		26	32:37.1	18.4	15	0:37.1		36	25:51.4	10:21	1:06:06.5
31	Steven Truex	41	M	18	4:42.1		42	2:38.1		35	36:41.1	16.4	17	0:37.9		27	21:38.3	8:39	1:06:17.5
32	Amy Thibault	41	F	5	3:47.5		20	1:27.0		40	40:46.5	14.7	4	0:26.1		29	22:08.1	8:51	1:08:35.2
33	Andrew Putman	39	M	17	4:41.9		41	2:27.6		31	33:08.2	18.1	45	2:16.7		37	27:02.8	10:49	1:09:37.2

Race Date  
September 22, 2019

## 2019 3 for 3 Triathlon

### Overall Results

#### Adult Swim

Place	Name	Age	Gnd	----- Swim -----			----- Trans 1 -----			----- Bike -----			----- Trans 2 -----			----- Run -----			Total Time
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	
34	Laura Slusher	46	F	37	5:52.2		18	1:22.7		32	33:25.0	18.0	34	0:52.2		40	29:17.2	11:43	1:10:49.3
35	Celia Geark	62	F	38	6:27.4		16	1:17.9		34	34:37.7	17.3	29	0:44.7		38	28:39.1	11:28	1:11:46.8
36	Kris Schleinkofer	45	M	46	7:51.3		39	2:17.0		36	39:03.8	15.4	36	0:54.8		32	23:07.5	9:15	1:13:14.4
37	Michael Murphy	29	M	44	7:27.3		28	1:47.8		37	39:05.3	15.3	31	0:47.7		35	24:59.2	10:00	1:14:07.3
38	Lauren Wills	15	F	40	6:45.3		45	2:57.7		44	44:53.2	13.4	32	0:47.8		13	19:00.9	7:36	1:14:24.9
39	Hannah Myers	20	F	8	3:57.3		23	1:33.7		39	40:26.1	14.8	10	0:32.3		46	33:20.7	13:20	1:19:50.1
40	Heather Jones	39	F	30	5:21.0		43	2:38.7		47	50:15.0	11.9	40	1:06.3		34	23:40.6	9:28	1:23:01.6
41	Kaitlyn Bayko	23	F	45	7:47.5		11	1:09.8		41	41:26.1	14.5	42	1:28.9		41	33:01.8	13:13	1:24:54.1
42	Christina Coulter	23	F	39	6:30.9		6	1:00.9		46	47:41.6	12.6	25	0:42.4		39	29:12.4	11:41	1:25:08.2
43	John Bayko	26	M	47	8:17.9		13	1:11.9		42	41:26.6	14.5	41	1:26.9		42	33:01.9	13:13	1:25:25.2
44	Gretchen Zehring	45	F	43	7:25.3		46	4:03.3		38	40:04.2	15.0	43	1:41.9		44	33:20.3	13:20	1:26:35.0
45	Stephanie Allen	35	F	15	4:38.3		37	2:14.5		45	45:59.7	13.0	28	0:43.7		43	33:18.8	13:20	1:26:55.0
46	Lisa May	55	F	36	5:51.5		47	5:53.8		33	33:25.6	17.9	47	8:24.5		45	33:20.5	13:20	1:26:55.9
47	Lisa Brady	0	F	41	6:50.5		38	2:17.0		43	43:24.9	13.8	46	4:20.3		47	46:11.4	18:29	1:43:04.1