

Race Date
June 08, 2025

2025 Knox County Triathlon and Duathlon
Age Group Results
Tri Age Group

Female Overall Winners

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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	7	Kate Patterson	145	47	1	3:19.2	1:40	1:15.2	1	27:26.0	21.9	1:14.3	2	24:33.4	7:54	57:47.9
2	8	Laura Finch	121	57	2	3:38.6	1:49	1:05.6	2	29:47.7	20.1	1:29.9	1	22:41.5	7:18	58:43.0
3	12	Emily Dale	114	27	3	3:46.8	1:53	1:21.7	3	31:16.2	19.2	1:09.2	3	25:09.3	8:06	1:02:43.0

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Age Group Results

Tri Age Group

Female 19 and Under

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	53	Sarah Winfrey	161	19	1	6:13.5	3:07	2:21.1	1	54:27.7	11.0	0:58.5	1	29:33.8	9:31	1:33:34.5
2 *	59	Riley Drummond	117	14	2	7:16.2	3:38	3:08.6	2	56:16.4	10.7	2:10.8	2	56:00.4	18:02	2:04:52.2

Female 20 to 24

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	48	Aubree McGiffen	138	22	1	4:01.3	2:01	4:42.1	1	37:19.1	16.1	0:51.0	1	40:54.0	13:10	1:27:47.3

Female 25 to 29

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	20	Christin Donahoe	168	27	1	3:52.7	1:56	2:00.8	1	33:32.5	17.9	1:06.8	1	28:20.3	9:07	1:08:52.9
2 *	40	Miranda Reeverts	148	28	2	5:21.1	2:41	3:40.1	2	40:22.7	14.9	1:03.0	2	31:26.1	10:07	1:21:52.8

Female 30 to 34

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	28	Leslie Schenk	151	31	1	3:34.2	1:47	2:52.7	2	37:19.9	16.1	2:27.2	2	30:47.4	9:55	1:17:01.2
2 *	32	Randi Conrad-Bogard	109	34	2	4:04.8	2:02	1:54.6	3	40:27.3	14.8	1:18.4	1	30:32.6	9:50	1:18:17.6
3 *	41	Charlotte Kaiser	165	32	3	5:03.0	2:31	2:40.0	1	36:47.9	16.3	2:37.1	3	35:30.0	11:26	1:22:37.8
4	55	Lydia Wright	163	34	4	5:10.8	2:35	5:04.2	4	49:24.3	12.1	2:20.7	4	36:34.2	11:46	1:38:34.1

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Age Group Results

Tri Age Group

Female 35 to 39

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	30	Amy Murry	141	35	2	5:11.7	2:36	3:22.8	1	37:22.2	16.1	1:27.2	1	30:43.5	9:53	1:18:07.2
2 *	47	Katie Vanhoy	179	36	1	3:43.5	1:52	3:08.5	2	41:43.2	14.4	0:55.1	2	37:11.9	11:58	1:26:41.9

Female 40 to 44

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	14	Jessica Deckard	115	40	1	3:49.6	1:55	1:26.8	1	33:20.3	18.0	1:04.9	2	25:50.0	8:19	1:05:31.4
2 *	16	Kate Schwartzkopf	178	42	4	5:06.7	2:33	2:09.7	2	33:41.8	17.8	1:19.2	1	24:16.2	7:49	1:06:33.4
3 *	38	Holly Jahn	131	40	2	4:33.6	2:17	2:09.1	5	46:20.4	12.9	2:05.9	3	25:59.7	8:22	1:21:08.6
4	42	Lisa Kinser	136	44	3	4:57.3	2:29	2:44.7	4	41:43.4	14.4	1:14.0	4	32:54.1	10:35	1:23:33.3
5	45	Marisa Snider	156	41	5	7:17.6	3:39	3:03.4	3	40:35.9	14.8	1:02.6	5	34:37.3	11:09	1:26:36.7

Female 45 to 49

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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	Athena Benson	182	46	1	4:37.1	2:19	1:07.2	1	33:25.1	18.0	0:53.8	2	28:21.1	9:08	1:08:24.2
2 *	24	Tracey Ford	123	45	3	5:12.3	2:36	2:04.7	3	34:08.4	17.6	1:31.6	3	29:44.1	9:34	1:12:40.9
3 *	26	Jennifer Wells	160	47	5	5:55.1	2:58	2:43.9	4	36:37.7	16.4	2:15.4	1	27:24.5	8:49	1:14:56.3
4	27	Jessica Jones	135	48	2	4:58.1	2:29	2:11.9	2	33:46.6	17.8	1:11.3	4	32:58.7	10:37	1:15:06.3
5	61	Darcy Hensel	129	46	4	5:28.1	2:44	4:19.6	5	1:00:11.7	10.0	1:23.0	5	55:20.1	17:49	2:06:42.4

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Age Group Results

Tri Age Group

Female 50 to 54

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	43	Kristie Shoemaker	153	51	2	5:26.5	2:43	3:02.5	1	39:08.4	15.3	1:15.1	2	36:01.9	11:36	1:24:54.2
2 *	44	Joan Noblitt	143	50	1	5:17.8	2:39	3:14.9	3	46:02.0	13.0	2:05.7	1	29:17.3	9:26	1:25:57.6
3 *	50	Micah Phillips	146	50	3	5:39.3	2:50	2:56.0	2	40:05.0	15.0	1:39.6	3	40:08.3	12:55	1:30:28.0

Female 60 to 64

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	37	Gayle Priest	147	63	1	5:28.2	2:44	2:49.5	1	36:04.4	16.6	2:10.2	2	34:35.0	11:08	1:21:07.2
2 *	51	Kathleen Quatro	169	61	2	10:27.4	5:14	5:19.0	2	37:06.0	16.2	4:20.2	1	34:22.9	11:04	1:31:35.3

Female 65 to 69

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	46	Jane Russell	150	66	1	7:42.0	3:51	2:27.4	1	42:35.6	14.1	1:32.6	1	32:21.5	10:25	1:26:38.9

Female 70 to 74

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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 *	57	Sara Frenz	125	72	1	6:48.5	3:24	3:57.5	1	50:47.3	11.8	1:54.7	2	49:59.7	16:05	1:53:27.5
2 *	58	Elaine Workman	162	74	2	9:54.2	4:57	3:37.5	2	59:40.6	10.1	2:01.5	1	44:33.4	14:20	1:59:47.1

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2025 Knox County Triathlon and Duathlon
Age Group Results
Tri Age Group

Male Overall Winners

Place					----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
<u>Place</u>	<u>Overall</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	1	Matthew Bartsch	102	43	1	2:52.9	1:26	1:16.3	1	23:30.6	25.5	0:52.3	1	17:11.3	5:32	45:43.3
2	2	Dustin Beck	103	40	2	3:20.4	1:40	0:39.4	3	26:18.7	22.8	0:37.0	2	18:37.8	6:00	49:33.1
3	3	Nathan Smith	155	30	3	3:44.7	1:52	1:14.0	2	25:51.8	23.2	1:06.1	3	20:04.2	6:28	52:00.6

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Age Group Results**Tri Age Group**

Male 19 and Under

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</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 *	39	Eli Jahn	133	12	1	4:43.6	2:22	2:10.9	1	46:17.2	13.0	2:07.9	1	25:51.1	8:19	1:21:10.6

Male 20 to 24

Place			----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	22	Evan McGuire	170	23	1	4:49.3	2:25	3:10.9	2	37:54.9	15.8	0:58.7	1	24:52.4	8:00	1:11:46.1
2 *	25	Phillip Noblitt	142	24	2	6:45.0	3:22	3:11.6	1	36:55.2	16.3	1:07.3	2	24:59.0	8:02	1:12:57.8

Male 25 to 29

Place			----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	6	Owen Klipsch	137	25	1	3:34.6	1:47	1:52.3	1	29:15.6	20.5	1:23.5	1	20:36.7	6:38	56:42.5
2 *	10	Joe Bobe	183	28	3	4:56.8	2:28	1:46.7	2	31:12.9	19.2	0:43.8	2	20:53.1	6:43	59:33.1
3 *	13	Cody Warren	177	26	5	6:50.5	3:25	2:31.2	3	33:42.0	17.8	0:48.3	3	21:09.8	6:49	1:05:01.6
4	23	Cameron Engstrom	119	29	2	4:23.0	2:11	2:38.0	4	35:30.4	16.9	0:46.0	5	28:50.4	9:17	1:12:07.6
5	36	James Rice	149	26	4	5:41.7	2:51	3:13.3	5	43:05.7	13.9	0:51.8	4	27:54.3	8:59	1:20:46.6

Male 30 to 34

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</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 *	5	Silas Jochem	134	34	1	3:14.3	1:37	1:46.0	1	27:37.7	21.7	1:14.0	1	20:42.7	6:40	54:34.5

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Age Group Results

Tri Age Group

Male 30 to 34

Place			----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
2 *	11	Adam Elkins	180	30	3	3:26.3	1:43	1:44.6	2	30:22.9	19.7	0:43.0	2	24:00.6	7:44	1:00:17.3
3 *	31	Brayton Cummins	176	30	2	3:26.0	1:43	1:36.9	3	39:35.3	15.2	0:57.3	3	32:42.0	10:31	1:18:17.3

Male 35 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</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 *	9	Andrew Epperson	120	36	1	5:17.1	2:39	2:09.6	1	26:10.4	22.9	1:49.5	1	23:36.5	7:36	59:02.8

Male 40 to 44

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	17	Noah Childers	108	42	3	5:47.5	2:54	1:42.0	1	29:41.2	20.2	1:23.1	2	28:21.6	9:08	1:06:55.2
2 *	19	Nick Jahn	132	43	2	4:44.5	2:22	3:21.9	2	34:44.5	17.3	1:03.6	1	24:40.2	7:56	1:08:34.5
3 *	35	Kyle Gilmore	127	41	1	4:09.0	2:04	2:11.0	3	38:30.4	15.6	0:59.7	3	34:08.2	10:59	1:19:58.1

Male 45 to 49

Place			----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	15	Benjamin Ford	124	48	1	4:01.3	2:01	2:45.8	1	29:37.6	20.3	2:16.3	1	27:46.3	8:56	1:06:27.2
2 *	33	Patrick Glass	128	47	2	5:03.1	2:32	2:31.4	3	36:04.5	16.6	2:18.0	2	32:39.1	10:31	1:18:36.0
3 *	34	Danny Hinton	130	49	3	5:28.8	2:44	3:56.3	2	33:42.8	17.8	1:48.9	3	34:55.6	11:14	1:19:52.3

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Age Group Results

Tri Age Group

Male 50 to 54

Place			----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	21	Joel Corey	110	51	2	5:16.7	2:38	3:01.5	1	32:54.7	18.2	1:07.7	1	27:11.4	8:45	1:09:31.7
2 *	52	Micheal Moore	140	50	3	6:12.5	3:06	4:57.1	3	40:57.2	14.7	2:22.3	2	37:33.5	12:05	1:32:02.5
3 *	56	Chris Haaff	229	53	1	4:03.5	2:02	1:57.4	2	33:15.6	18.0	11:20.0	3	1:01:07.5	19:40	1:51:43.8

Male 55 to 59

Place			----- Swim -----				T1	----- Bike -----			T2	----- Run -----			Total	
<u>Place</u>	<u>Overall</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 *	4	Shawn McCoy	171	55	1	3:28.0	1:44	1:03.8	1	26:04.6	23.0	1:06.5	1	21:24.4	6:53	53:07.2

Male 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Overall</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 *	29	Charles Gilles	181	62	1	4:05.1	2:03		1	31:01.0	19.3		1	42:34.0	13:42	1:17:40.0

Male 70 to 74

Place			----- Swim -----					T1	----- Bike -----			T2	----- Run -----			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1 *	49	Greg Webb	159	73	1	6:01.1	3:01	3:03.2	2	43:57.3	13.7	1:40.9	1	35:18.9	11:22	1:30:01.2
2 *	54	Jeff Okes	144	73	2	7:26.3	3:43	5:08.2	1	43:02.5	13.9	2:07.2	2	39:18.3	12:39	1:37:02.3
3 *	60	Randy Earnest	118	73	3	10:02.0	5:01	4:52.9	3	49:15.4	12.2	2:18.8	3	58:34.3	18:51	2:05:03.3