

Race Date  
April 28, 2019

# White Lake Spring Sprint

## Overall Female WLSS

Place	Name	Bib No	AG Place	Swim		T1		Bike		T2		Run		Total Time	Penalty
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time				
1	Jet Francis	2	1:F Advance	2	12:18.4	2:07.3	3	40:53.4	0:45.3	2	19:29.9	1:15:34.5			
2	Cari Soleo	1	2:F Advance	3	12:52.7	2:44.7	2	39:42.3	1:05.4	5	21:55.0	1:18:20.2			
3	Joanna Younts	144	1:F 50-54	8	15:48.1	2:27.3	1	38:42.8	0:56.3	9	23:07.5	1:21:02.0			
4	Johanna Morgan	71	1:F 35-39	10	16:02.2	2:51.5	5	44:10.3	1:24.5	3	20:41.5	1:25:10.2			
5	Lisa Tarantino	151	2:F 50-54	4	14:29.9	2:27.3	4	43:57.5	0:58.9	21	25:25.6	1:27:19.3			
6	Lama King	75	1:F 30-34	12	16:12.8	2:55.4	8	45:03.0	0:55.5	10	23:33.3	1:28:40.1			
7	Rebecca Edwards	40	2:F 35-39	15	16:32.7	2:38.5	21	48:47.3	1:33.8	1	19:17.7	1:28:50.0			
8	Miki York	82	1:F 45-49	21	17:15.5	2:26.1	13	46:58.5	0:46.2	6	22:50.0	1:30:16.4			
9	Elizabeth Kamai	48	1:F 25-29	1	12:17.1	2:58.1	25	49:24.2	1:15.6	20	25:24.1	1:31:19.2			
10	Katy Ong	146	2:F 45-49	9	15:53.2	3:20.0	11	46:11.2	1:07.7	18	25:05.6	1:31:37.8			
11	Patrice Hinkson	109	1:F 15-19	13	16:18.6	2:16.6	29	51:14.7	0:37.8	4	21:12.9	1:31:40.7			
12	Ally Thornton	79	2:F 30-34	16	16:35.0	2:48.4	22	48:50.5	1:25.0	13	23:47.6	1:33:26.6			
13	Amor Maria Camatcho	135	1:F Novice	7	15:40.3	3:42.1	27	50:02.7	0:42.6	11	23:37.1	1:33:44.9			
14	Tiffany Ring	94	1:F 40-44	19	17:11.5	3:27.5	7	44:52.0	1:40.9	17	24:34.6	1:33:46.6	2:00		
15	Emmery Soroka	98	1:F 0-14	5	14:56.1	3:51.2	17	48:14.8	1:00.4	28	27:14.6	1:35:17.2			
16	Paula Rock	87	3:F 45-49	22	17:21.0	3:01.1	16	48:10.5	1:11.4	25	26:05.8	1:35:49.9			
17	Mary Waligora	26	3:F 30-34	23	17:27.6	3:05.9	28	50:33.2	0:48.4	14	24:02.3	1:35:57.4			
18	Jana Volitis	95	4:F 30-34	26	18:02.1	3:28.8	6	44:31.1	1:51.4	32	28:21.5	1:36:15.0			
19	Cassandra Shafer	72	4:F 45-49	17	16:41.6	3:34.6	10	45:08.1	1:22.7	38	29:40.0	1:36:27.2			
20	Joy Seward	49	1:F 20-24	6	15:34.2	2:16.0	26	49:27.0	0:34.1	36	29:08.6	1:37:00.0			
21	Debbie Degroot	83	5:F 45-49	27	19:40.9	2:53.2	15	47:31.3	1:21.4	23	26:01.8	1:37:28.8			
22	Martha Bryant	142	1:F 60-64	18	17:05.1	3:21.9	24	49:06.3	1:18.3	31	27:44.3	1:38:36.0			
23	Annina Pope	76	2:F 60-64	24	17:48.8	4:18.7	9	45:05.9	1:17.4	44	31:44.4	1:40:15.2			
24	Debbie Richmond	93	1:F 55-59	32	21:49.5	3:45.5	14	47:29.7	1:18.1	26	26:06.8	1:40:29.7			
25	Hayley Pickard	53	2:F 25-29	25	17:56.8	4:43.8	34	52:50.4	0:48.7	19	25:14.0	1:41:33.7			
26	Denise Carnahan	125	2:F Novice	30	20:48.5	3:14.6	32	52:19.2	1:02.5	15	24:17.4	1:41:42.4			
27	Kristen Harrell	90	2:F 40-44	34	22:05.2	3:16.7	31	51:59.1	1:26.6	8	23:07.2	1:41:54.9			
28	Becky Mansfield	70	3:F 35-39	28	19:52.5	4:35.2	23	48:57.5	2:46.3	27	26:30.9	1:42:42.4			
29	Nicole Halverson	63	3:F 25-29	31	21:07.2	3:23.5	18	48:35.4	0:44.4	37	29:32.4	1:43:22.9			
30	Shelly-Ann Sinclair	111	1:F ATHENA	29	20:43.3	4:31.9	19	48:40.3	1:55.6	30	27:33.8	1:43:25.0			
31	Gail McColgan	18	2:F 20-24	20	17:13.4	3:14.9	39	54:36.6	0:48.2	29	27:32.4	1:43:25.6			
32	Angela Richard	122	3:F Novice	45	24:50.2	3:29.8	33	52:32.8	1:30.1	7	23:05.6	1:45:28.6			
33	Madeleine Deese	133	4:F Novice	40	23:41.2	2:43.4	40	54:45.8	0:41.6	12	23:37.3	1:45:29.4			

\*Overall place within gender

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# White Lake Spring Sprint

## Overall Female WLSS

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>		<u>T1</u>		<u>Bike</u>		<u>T2</u>		<u>Run</u>		<u>Total</u>	<u>Penalty</u>	
				<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>		
34	Nicole Lund	121	5:F Novice	11	16:07.6	8:31.2	35	53:32.5	2:08.6	22	25:41.9	1:46:01.9				
35	Mary Aselin	103	6:F 45-49	44	24:19.4	3:22.8	20	48:42.3	1:15.7	35	29:00.2	1:46:40.5				
36	Laura Sageser	54	3:F 40-44	38	23:01.7	4:09.4	12	46:25.3	1:42.7	41	31:38.3	1:46:57.5				
37	Jennifer Isaac	86	3:F 20-24	14	16:24.2	4:12.3	38	54:16.4	2:04.0	40	31:07.3	1:48:04.3				
38	Kristen Johnson	84	4:F 35-39	35	22:24.5	3:47.8	30	51:18.7	1:46.0	39	30:05.6	1:49:22.7				
39	Khrystyna Pickett	126	6:F Novice	47	25:23.7	4:08.5	41	54:52.4	1:33.5	16	24:22.6	1:50:20.8				
40	Sarah Robertson	58	4:F 40-44	46	25:08.9	3:28.3	37	54:14.3	1:47.2	43	31:44.2	1:56:23.0				
41	Dianna Martin	55	2:F 55-59	36	22:44.4	3:54.1	42	55:15.1	2:19.2	47	33:16.8	1:57:29.6				
42	Amy-Kate Roedger-Stuckey	77	5:F 35-39	43	24:06.5	4:15.6	43	58:40.6	2:47.0	33	28:41.2	1:58:31.1				
43	Michelle Potter	28	5:F 40-44	48	25:32.8	3:51.8	46	1:01:43.5	0:39.9	34	28:54.8	2:00:42.8				
44	Lori McMillan	134	7:F Novice	39	23:13.9	6:40.5	45	1:00:50.7	1:35.3	48	35:07.5	2:07:28.0				
45	Erin Degerman	130	8:F Novice	37	22:49.2	4:46.5	48	1:08:59.4	0:57.0	42	31:38.3	2:09:10.5				
46	Lisa Wolff	119	9:F Novice	49	30:40.9	6:53.7	44	59:30.9	2:10.9	46	32:33.9	2:11:50.3				
47	Hannah Lennon	25	6:F 40-44	41	23:44.3	5:01.2	47	1:08:46.3	2:44.2	45	32:28.7	2:12:44.7				
48	Anoosha Lamica	158	2:F ATHENA	50	31:29.8	4:55.4	36	53:59.9	2:46.2	50	40:49.5	2:14:00.8				
49	Alexandra Rowell	21	5:F 30-34	42	23:44.8	13:41.5	49	1:14:09.9	1:01.3	49	37:39.7	2:30:17.4				
50	Jasmine Bamlet	19	4:F 25-29	33	21:50.2	11:48.1	50	1:35:35.4	1:08.7	24	26:05.6	2:36:28.1				

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