

Age Group Results

**Open**

Overall Female Open Winners

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----			Total	
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	16	Pamela McGormick	34	1	19:42.85	6:21	00:57.75	1	31:43.15	23.5	00:49.95	1	21:03.55	6:47	1:14:17.2

Overall Male Open Winners

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----			Total	
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	1	Josh Loren	28	1	16:25.45	5:18	00:43.90	1	31:49.55	23.4	00:51.05	1	17:26.50	5:37	1:07:16.4

Age Group Results

## Open

## Female 19 &amp; Under

Place		Name	Age	----- 5k Run -----			T1	----- Bike -----			T2	----- 5k Run -----			Total
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1*	119	Kelly Irene Knorr	19	1	26:08.95	8:26	02:16.00	1	42:44.45	17.4	01:58.30	1	27:59.20	9:02	1:41:06.9
2*	140	Ali Wingrove	15	2	27:02.95	8:43	01:13.95	2	1:02:59.3	11.8	01:23.95	2	29:20.15	9:28	2:02:00.3

## Male 19 &amp; Under

Place		Name	Age	----- 5k Run -----			T1	----- Bike -----			T2	----- 5k Run -----			Total
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1*	14	Morgan Elliot	16	1	17:16.35	5:34	01:28.55	1	34:30.05	21.6	01:12.75	2	19:18.50	6:14	1:13:46.2
2*	30	Tyler Sweet	16	2	17:52.30	5:46	00:51.85	2	39:43.75	18.8	00:36.10	1	18:59.95	6:07	1:18:03.9
3*	46	Ian Kallay	14	3	19:23.95	6:15	00:47.00	4	42:37.00	17.5	00:36.50	3	20:26.90	6:35	1:23:51.3
4	55	Dustin Phelps	17	4	20:24.30	6:35	00:53.40	3	40:14.40	18.5	01:10.35	4	23:21.60	7:32	1:26:04.0

## Female 20 to 29

Place		Name	Age	----- 5k Run -----			T1	----- Bike -----			T2	----- 5k Run -----			Total
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1*	42	Jackie Schellenberger	26	1	21:05.70	6:48	01:25.50	1	36:14.60	20.6	01:20.10	1	23:13.00	7:29	1:23:18.9
2*	48	Jessica Diloreto	26	4	22:35.10	7:17	01:02.65	3	36:29.75	20.4	01:03.40	2	23:34.40	7:36	1:24:45.3
3*	49	Kristin O'Hern	20	5	23:05.25	7:27	00:44.40	2	36:15.20	20.6	00:39.95	4	24:01.55	7:45	1:24:46.3
4	66	Katie Willow	21	7	23:52.50	7:42	00:44.60	4	39:24.70	18.9	00:37.20	3	23:50.00	7:41	1:28:29.0
5	85	Catie Fallon	20	6	23:07.85	7:27	00:50.75	10	43:46.70	17.0	00:55.80	6	24:26.35	7:53	1:33:07.4
6	100	Kari Frost	29	11	25:32.95	8:14	01:23.30	6	40:33.90	18.4	00:49.70	9	26:54.20	8:41	1:35:14.0
7	105	Liz Mellers	27	8	25:02.25	8:05	01:26.50	7	41:15.40	18.1	01:56.45	10	27:18.30	8:48	1:36:58.9
8	113	Chrissy Anderson	24	12	26:14.55	8:28	02:30.45	9	41:56.20	17.8	01:54.05	8	26:31.65	8:33	1:39:06.9
9	114	Erica Handley	20	10	25:24.30	8:12	00:55.05	8	41:26.25	18.0	00:55.60	13	30:54.25	9:58	1:39:35.4
10	124	Toni Artise	22	2	22:10.40	7:09	02:27.35	14	52:44.55	14.1	00:56.80	5	24:24.05	7:52	1:42:43.1
11	125	Jackie Artise	21	3	22:18.00	7:12	02:18.45	13	52:42.10	14.1	00:59.30	7	24:30.80	7:54	1:42:48.6

Age Group Results

## Open

## Female 20 to 29

Place		Name	Age	----- 5k Run -----		T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time	
Place	Overall			Rnk	Time		Pace	Rnk	Time		Rate	Rnk	Time		Pace
12	131	Katie Dunlavey	26	14	28:51.30	9:18	02:27.10	5	40:32.15	18.4	02:10.15	14	32:30.90	10:29	1:46:31.6
13	134	Kim Triana	25	9	25:18.55	8:10	01:36.00	12	52:12.30	14.3	01:07.40	11	28:41.05	9:15	1:48:55.3
14	136	Kelley Kirkland	29	13	27:25.80	8:51	01:55.70	11	51:14.25	14.5	01:56.05	12	29:55.95	9:39	1:52:27.7

## Men 20 to 29

Place		Name	Age	----- 5k Run -----		T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time	
Place	Overall			Rnk	Time		Pace	Rnk	Time		Rate	Rnk	Time		Pace
1*	3	Tim Lentz	28	1	17:08.05	5:32	01:14.65	7	32:33.55	22.9	01:27.75	1	18:05.90	5:50	1:10:29.9
2*	5	Matthew Cope	27	3	18:07.10	5:51	01:08.45	8	33:07.05	22.5	00:48.80	2	18:08.25	5:51	1:11:19.6
3*	6	Matt Cady	22	4	18:28.95	5:57	01:33.75	4	32:17.60	23.1	01:06.70	4	18:36.45	6:00	1:12:03.4
4	8	Kevin Webber	28	2	17:29.80	5:38	01:26.30	9	33:59.45	21.9	01:12.60	3	18:13.70	5:53	1:12:21.8
5	10	Brian Tillett	28	6	18:52.05	6:05	01:16.75	2	32:08.75	23.2	01:11.50	5	19:11.05	6:11	1:12:40.1
6	12	Matthew McClellan	22	5	18:51.50	6:05	00:59.05	5	32:27.45	23.0	00:38.45	6	20:02.10	6:28	1:12:58.5
7	21	Alex Daquila	28	7	19:45.20	6:22	01:03.40	1	31:24.75	23.7	01:01.65	10	23:09.95	7:28	1:16:24.9
8	26	Jon Rodgers	27	8	20:42.85	6:41	01:04.00	6	32:28.15	23.0	00:55.60	7	22:10.90	7:09	1:17:21.5
9	28	Eric Mellers	27	9	21:01.70	6:47	00:55.50	3	32:17.55	23.1	00:42.30	8	22:35.25	7:17	1:17:32.3
10	41	Jake Dodd	22	10	21:18.60	6:52	02:02.40	14	35:37.80	20.9	01:09.00	9	23:06.55	7:27	1:23:14.3
11	50	Chris Minns	21	11	21:18.75	6:52	01:12.65	13	35:28.45	21.0	00:59.85	13	25:46.70	8:19	1:24:46.4
12	51	Jonathan Bielik	21	12	22:32.05	7:16	01:29.15	11	35:11.60	21.2	01:20.65	11	24:56.95	8:03	1:25:30.4
13	57	David Breindel	20	15	24:06.45	7:46						19	1:02:37.8	20:12	1:26:44.2
14	59	Alex Phillips	20	13	23:27.30	7:34	01:25.55	10	35:08.70	21.2	01:34.70	12	25:14.85	8:08	1:26:51.1
15	64	Todd Sega	22	14	23:31.85	7:35	01:23.95	12	35:21.80	21.1	01:10.65	14	26:46.70	8:38	1:28:14.9
16	86	Matthew Fossette	29	16	24:27.20	7:53	01:31.45	16	38:15.50	19.5	00:57.25	17	28:03.45	9:03	1:33:14.8
17	95	Chris Kosik	28	18	25:36.45	8:15	02:03.40	15	36:50.20	20.2	01:41.95	16	27:43.10	8:56	1:33:55.1
18	97	Brett Ebert	25	17	24:29.20	7:54	01:12.20	17	39:26.25	18.9	01:17.15	18	28:10.75	9:05	1:34:35.5
19	121	Tyler Young	21	19	27:28.15	8:52	02:03.45	18	44:20.15	16.8	01:37.10	15	27:00.50	8:43	1:42:29.3

Age Group Results

## Open

## Female 30 to 39

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Place	Overall			Rnk	Time	Pace		Rnk	Time	Rate		Rnk	Time	Pace	
1*	37	Amy Javens	36	1	21:57.65	7:05	01:11.05	1	33:53.80	22.0	01:05.90	1	23:18.90	7:31	1:21:27.3
2*	65	Amy Dolce-Sells	30	2	22:37.95	7:18	01:13.40	3	40:06.45	18.6	00:53.90	2	23:30.00	7:35	1:28:21.7
3*	80	Melissa Camarata	33	7	25:26.45	8:12	01:44.10	2	36:29.60	20.4	01:17.55	6	26:24.15	8:31	1:31:21.8
4	88	Emily Long	39	4	24:09.20	7:47	02:15.10	5	40:20.25	18.5	01:55.85	3	24:36.25	7:56	1:33:16.6
5	89	Amanda Tonelli	32	5	24:44.90	7:59	01:01.20	6	41:13.75	18.1	00:50.90	4	25:28.90	8:13	1:33:19.6
6	108	Lisa Celeski	39	6	25:23.05	8:11	01:43.25	4	40:08.65	18.6	02:29.05	8	28:00.30	9:02	1:37:44.3
7	117	Carrie McCausland	30	3	23:50.10	7:41	01:01.15	9	47:55.40	15.6	00:53.75	5	26:17.95	8:29	1:39:58.3
8	127	Janet Lysenko	37	8	27:40.55	8:55	01:07.40	8	45:47.10	16.3	00:54.50	7	27:42.20	8:56	1:43:11.7
9	135	Karen Teed	37	9	30:16.90	9:46	01:00.15	7	45:29.40	16.4	01:00.25	9	31:17.75	10:05	1:49:04.4

## Men 30 to 39

Place		Name	Age	----- 5k Run -----			T1 Time	----- Bike -----			T2 Time	----- 5k Run -----			Total Time
Place	Overall			Rnk	Time	Pace		Rnk	Time	Rate		Rnk	Time	Pace	
1*	2	Dan Pierce	30	1	17:41.35	5:42	00:38.95	2	30:08.10	24.7	00:37.10	1	18:45.75	6:03	1:07:51.2
2*	4	Aaron Garrity	30	2	19:01.60	6:08	00:52.25	1	30:04.15	24.8	00:42.30	2	20:22.95	6:34	1:11:03.2
3*	24	Benjamin Snyder	30	3	19:42.25	6:21	01:06.95	7	34:15.90	21.8	01:08.60	3	21:02.00	6:47	1:17:15.7
4	25	Trevor Nash	38	6	20:56.55	6:45	01:04.50	3	32:07.60	23.2	01:00.30	4	22:07.90	7:08	1:17:16.8
5	35	Jason Whitman	33	4	20:36.00	6:39	00:42.90	9	35:04.25	21.3	00:42.00	7	23:31.65	7:35	1:20:36.8
6	36	Bryan Delio	35	8	21:49.15	7:02	01:34.05	4	33:38.40	22.2	01:16.95	5	22:22.85	7:13	1:20:41.4
7	53	Len Fechter	33	12	23:47.80	7:40	01:04.60	5	33:47.45	22.1	00:50.75	11	26:15.30	8:28	1:25:45.9
8	67	Eric Ellis	31	10	23:05.00	7:27	01:23.70	12	37:09.85	20.1	01:22.50	10	25:36.05	8:15	1:28:37.1
9	68	Barry Anderson	37	11	23:41.05	7:38	01:30.95	10	35:39.90	20.9	01:05.90	12	26:47.70	8:38	1:28:45.5
10	69	Jim Giacomell	36	13	24:14.75	7:49	02:34.45	6	33:56.05	22.0	02:35.70	9	25:27.60	8:13	1:28:48.5
11	73	Duane Statzman	34	9	22:21.70	7:13	01:09.20	13	39:44.85	18.8	00:58.75	8	25:11.90	8:07	1:29:26.4
12	76	Michael Dunlavey	39	5	20:48.05	6:43	01:24.70	8	34:55.30	21.3	01:49.55	14	31:16.25	10:05	1:30:13.8
13	77	Jason Weismiller	34	7	21:38.85	6:59	01:17.95	16	43:54.05	17.0	01:00.85	6	22:45.40	7:20	1:30:37.1
14	96	Dan Miano	36	14	25:24.75	8:12	02:46.10	11	36:39.75	20.3	02:08.30	13	27:25.40	8:51	1:34:24.3

Age Group Results

## Open

## Men 30 to 39

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----			Total	
Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate	Time		Rnk
15	128	Jason Beckwith	34	15	27:52.20	8:59	01:35.60	14	41:29.10	18.0	01:42.10	15	31:45.05	10:15	1:44:24.0
16	133	John Mirabell	38	16	29:55.85	9:39	01:59.60	15	43:01.10	17.3	01:55.25	16	31:46.85	10:15	1:48:38.6

## Female 40 to 49

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----			Total	
Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate	Time		Rnk
1*	20	Sandra Fischer	47	1	19:42.30	6:21	00:50.85	1	33:54.50	22.0	00:42.85	1	21:12.75	6:50	1:16:23.2
2*	47	Linda Detrick	47	2	21:57.60	7:05	01:18.05	4	36:48.35	20.3	01:29.05	2	23:00.40	7:25	1:24:33.4
3*	75	Kelly Frager	40	4	24:20.80	7:51	01:33.15	5	37:11.00	20.0	01:15.25	4	25:34.25	8:15	1:29:54.4
4	78	Ann Morris	47	5	24:43.15	7:58	01:25.45	2	36:08.95	20.6	01:22.90	10	27:07.50	8:45	1:30:47.9
5	79	Mary Kay Migdal	46	6	24:57.35	8:03	01:24.05	3	36:31.95	20.4	01:25.05	8	26:37.80	8:35	1:30:56.2
6	81	Heather Schell	40	3	23:04.00	7:26	00:57.75	10	40:22.55	18.5	00:43.90	9	26:59.40	8:42	1:32:07.6
7	83	Joan Teeter	41	11	25:44.30	8:18	01:17.30	6	37:40.05	19.8	01:26.95	7	26:33.35	8:34	1:32:41.9
8	94	Kristen Pakela	40	10	25:41.80	8:17	01:21.10	7	37:56.90	19.6	00:54.70	11	27:55.05	9:00	1:33:49.5
9	102	Jane Levin	46	7	25:01.55	8:04	01:46.30	11	40:46.50	18.3	01:20.85	6	26:31.55	8:33	1:35:26.7
10	104	Tricia Louis	43	9	25:06.45	8:06	01:28.25	12	43:36.80	17.1	01:45.00	3	24:57.35	8:03	1:36:53.8
11	109	Susan Carnes	44	12	26:06.45	8:25	01:53.45	8	39:24.45	18.9	01:53.85	12	28:41.70	9:15	1:37:59.9
12	112	Holly Bowser	43	8	25:02.55	8:05	01:48.85	14	44:50.10	16.6	01:33.75	5	25:50.45	8:20	1:39:05.7
13	126	Anita Parker	46	13	26:50.65	8:39	01:39.30	13	43:49.85	17.0	01:27.50	13	29:22.75	9:28	1:43:10.0
14	132	Kimberly Haight	45	14	29:57.15	9:40	02:21.55	9	39:53.90	18.7	02:20.00	14	32:27.85	10:28	1:47:00.4

Age Group Results

## Open

## Men 40 to 49

Place		Name	Age	----- 5k Run -----			T1	----- Bike -----			T2	----- 5k Run -----			Total
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1*	7	John Trucilla	47	4	19:28.30	6:17	01:00.70	1	31:01.45	24.0	00:46.55	3	19:50.00	6:24	1:12:07.0
2*	9	Brian McGowan	40	2	19:12.25	6:12	00:52.85	3	32:15.45	23.1	00:52.35	1	19:11.90	6:11	1:12:24.8
3*	11	Shawn O'Brien	40	1	18:37.45	6:00	00:58.65	5	32:46.20	22.7	00:58.85	2	19:33.35	6:18	1:12:54.5
4	13	Jerry Szul	42	7	20:04.10	6:28	01:01.70	2	31:14.20	23.9	00:47.55	4	20:07.10	6:29	1:13:14.6
5	19	Tony Mazza	43	3	19:24.80	6:15	01:17.40	4	32:36.95	22.9	01:15.75	6	21:13.30	6:51	1:15:48.2
6	23	Barry Waiter	40	8	20:33.85	6:38	01:20.70	6	33:07.05	22.5	01:21.70	5	20:51.85	6:44	1:17:15.1
7	27	Chris Mrozowski	46	6	19:54.15	6:25	01:02.95	8	33:20.65	22.4	01:08.60	7	21:57.20	7:05	1:17:23.5
8	31	Rick Shigo	45	5	19:29.15	6:17	01:18.25	9	33:42.70	22.1	01:51.80	8	22:09.95	7:09	1:18:31.8
9	32	Greg Phillips	49	9	20:50.20	6:43	01:14.30	7	33:11.90	22.5	01:14.45	9	22:12.00	7:10	1:18:42.8
10	43	Dave Perkowski	47	12	21:42.30	7:00	01:25.15	16	35:34.00	21.0	01:33.25	12	23:20.25	7:32	1:23:34.9
11	44	Steve Pakela	41	15	22:19.65	7:12	01:46.15	17	35:58.60	20.7	00:51.10	10	22:43.15	7:20	1:23:38.6
12	45	David Smith	42	10	21:09.35	6:49	01:20.85	13	34:48.55	21.4	01:27.40	16	25:03.30	8:05	1:23:49.4
13	52	Bob Nestor	42	17	22:57.75	7:24	01:35.75	12	34:18.55	21.7	01:24.50	17	25:27.10	8:13	1:25:43.6
14	54	Larry Stainbrook	46	11	21:23.80	6:54	01:23.15	21	38:39.35	19.3	01:17.60	11	23:02.20	7:26	1:25:46.1
15	58	Tim Nies	46	16	22:50.40	7:22	01:15.80	18	36:35.95	20.4	01:07.95	15	24:54.30	8:02	1:26:44.4
16	60	Denise Bawman	44	13	22:16.45	7:11	01:38.90	20	37:16.50	20.0	01:23.10	14	24:38.30	7:57	1:27:13.2
17	63	Andrew Lawlor	48	18	23:01.75	7:25	01:47.85	19	36:54.15	20.2	01:44.95	13	24:20.90	7:51	1:27:49.6
18	70	Louis Glaizzo	45	22	24:47.60	8:00	01:57.05	11	34:18.40	21.7	01:38.75	21	26:10.25	8:26	1:28:52.0
19	72	Jon Krahe	45	20	23:26.65	7:34	02:12.95	15	35:22.30	21.1	02:20.10	19	26:02.90	8:24	1:29:24.9
20	82	Steve Euliano	43	24	25:02.55	8:05	01:37.30	10	34:02.95	21.9	01:21.95	26	30:23.85	9:48	1:32:28.6
21	84	Anthony Berdis	41	14	22:17.90	7:11	01:09.00	26	40:54.90	18.2	01:05.50	24	27:34.50	8:54	1:33:01.8
22	90	Jack Hines	44	19	23:06.95	7:27	02:42.75	24	39:36.05	18.8	02:16.75	18	25:44.15	8:18	1:33:26.6
23	91	Gregg Haid	49	25	25:28.10	8:13	00:48.40	23	38:51.25	19.2	01:05.00	23	27:25.85	8:51	1:33:38.6
24	101	Brent Bannell	41	21	24:09.30	7:47	02:15.65	25	40:18.00	18.5	01:58.55	22	26:40.25	8:36	1:35:21.7
25	103	Ron Hahn	40	27	26:46.05	8:38	01:13.80	14	35:19.65	21.1	01:18.50	28	31:35.45	10:11	1:36:13.4
26	106	Chuck Bickert	44	23	24:52.85	8:01	01:10.25	28	43:16.20	17.2	01:30.15	20	26:09.45	8:26	1:36:58.9
27	115	Don Dewolf	49	26	25:36.05	8:15	01:54.95	27	41:42.05	17.9	01:24.35	25	29:04.40	9:23	1:39:41.8
28	122	Scott Steinbrink	46	28	26:51.30	8:40	01:40.40	22	38:49.55	19.2	01:21.10	29	33:49.80	10:55	1:42:32.1
29	137	Jamie Howard	43	29	31:36.55	10:12	01:41.95	29	47:41.15	15.6	02:36.80	27	31:06.05	10:02	1:54:42.5

Age Group Results

## Open

## Female 50 to 59

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----			Total	
Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1*	98	Ginnie Haid	50	1	25:56.85	8:22	01:33.65	1	38:00.95	19.6	01:12.90	2	28:05.30	9:04	1:34:49.6
2*	118	Allison Keenan	51	2	26:46.75	8:38	01:46.85	2	42:50.85	17.4	01:29.65	1	27:12.75	8:46	1:40:06.8

## Men 50 to 59

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----			Total	
Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1*	15	Philip Friedman	54	1	19:07.20	6:10	00:59.05	4	32:08.20	23.2	00:50.35	2	20:48.05	6:43	1:13:52.8
2*	17	Harvey Snell	56	2	19:50.65	6:24	01:00.60	1	31:23.90	23.7	00:54.35	4	21:31.55	6:56	1:14:41.0
3*	18	David Walsh	50	3	20:13.75	6:31	01:12.25	3	32:06.50	23.2	00:51.40	1	20:24.75	6:35	1:14:48.6
4	22	Bob Prelerson	52	4	20:24.95	6:35	01:30.05	5	32:24.75	23.0	01:15.65	3	20:52.65	6:44	1:16:28.0
5	29	Jim Bowen	53	6	21:07.60	6:49	01:08.40	2	31:58.15	23.3	00:59.70	7	22:18.65	7:12	1:17:32.5
6	33	Rick Hardesty	54	5	21:04.00	6:48	01:01.80	8	34:21.90	21.7	00:58.05	6	22:14.35	7:10	1:19:40.1
7	34	Rick Becht	50	7	21:11.90	6:50	01:13.85	7	34:21.00	21.7	01:11.45	5	22:10.35	7:09	1:20:08.5
8	38	Jamie Mead	50	10	21:38.20	6:59	01:05.90	9	34:48.95	21.4	00:58.15	10	23:07.35	7:27	1:21:38.5
9	39	Randy Doutt	54	8	21:16.50	6:52	01:49.00	6	34:14.95	21.8	01:34.60	11	23:11.05	7:29	1:22:06.1
10	40	John Spataro	54	11	22:12.10	7:10	01:20.75	10	35:24.25	21.1	01:19.70	9	22:47.85	7:21	1:23:04.6
11	56	Pete Bates	58	12	22:29.85	7:15	00:48.80	14	37:01.35	20.1	01:02.60	13	24:44.55	7:59	1:26:07.1
12	61	Tom Johnson	50	14	24:03.05	7:45	01:31.20	11	35:38.45	20.9	01:34.50	14	24:51.15	8:01	1:27:38.3
13	62	Mark Dombrowski	50	15	24:12.80	7:48	01:01.80	16	38:06.20	19.6	00:53.50	12	23:34.10	7:36	1:27:48.4
14	71	Terry McAndrew	54	13	23:30.25	7:35	02:00.15	12	35:49.20	20.8	02:28.50	15	25:09.45	8:07	1:28:57.5
15	74	Greg Lavis	53	9	21:36.80	6:58	01:41.10	19	41:58.20	17.8	01:36.30	8	22:37.05	7:18	1:29:29.4
16	87	Joe Dobrich	50	21	26:05.15	8:25	01:17.50	15	37:26.30	19.9	01:04.90	20	27:22.30	8:50	1:33:16.1
17	92	Brian Sullivan	51	16	24:43.35	7:58	02:01.95	13	36:17.15	20.5	01:50.05	23	28:50.85	9:18	1:33:43.3
18	99	Erich Zech	50	18	25:45.00	8:18	01:21.20	18	41:06.40	18.1	01:24.65	16	25:16.05	8:09	1:34:53.3
19	110	Robert McDonald	51	22	26:08.15	8:26	01:15.90	20	42:51.30	17.4	01:15.00	17	26:46.00	8:38	1:38:16.3
20	111	Patrick Rafferty	56	20	26:02.65	8:24	01:11.40	21	43:13.30	17.2	00:58.60	18	27:07.15	8:45	1:38:33.1
21	116	Kenneth Domsic	57	17	25:02.30	8:05	01:48.80	17	40:51.45	18.2	02:22.15	24	29:46.35	9:36	1:39:51.0

Age Group Results

## Open

## Men 50 to 59

Place				----- 5k Run -----		T1	----- Bike -----		T2	----- 5k Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</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>
22	120	George Loren	58	23	26:19.25	8:29	01:21.45	22	44:40.30	16.7	01:30.80	21	28:16.20	9:07	1:42:08.0
23	129	Tom Tanniman	58	19	25:57.95	8:22	03:23.15	23	46:13.40	16.1	01:47.10	19	27:14.75	8:47	1:44:36.3
24	130	David Young	56	24	28:24.00	9:10	00:56.00	24	46:50.00	15.9	00:52.20	22	28:35.75	9:13	1:45:37.9
25	138	Leslie Szall	52	25	31:08.35	10:03	01:12.45	25	47:33.35	15.7	00:59.85	25	35:01.10	11:18	1:55:55.1

## Female 60 and over

Place				----- 5k Run -----		T1	----- Bike -----		T2	----- 5k Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</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*	141	Marcia De La Cerda	64	1	36:06.60	11:39	01:12.50	1	53:07.55	14.0	01:28.70	1	39:02.45	12:35	2:10:57.8

## Men 60 and over

Place				----- 5k Run -----		T1	----- Bike -----		T2	----- 5k Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</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*	93	Paul Zebrowski	61	1	23:43.80	7:39	01:10.65	2	42:09.90	17.7	01:37.55	1	25:05.15	8:05	1:33:47.0
2*	107	Bob Keil	62	3	27:08.90	8:45	01:43.60	1	40:19.95	18.5	02:05.40	2	25:45.20	8:18	1:37:03.0
3*	123	Steve Walling	65	2	25:34.05	8:15	02:53.15	3	42:23.25	17.6	03:53.35	3	27:52.10	8:59	1:42:35.9
4	139	Larry Berdis	74	4	30:10.55	9:44	01:05.65	4	49:23.75	15.1	01:23.30	4	35:50.60	11:34	1:57:53.8

Age Group Results

**Mountain Bike**

Overall Female Open Winners

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----			Total	
Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	6	Erin Heidecker	20	1	20:32.25	6:37	00:54.40	1	43:04.20	17.3	00:44.65	1	22:05.95	7:07	1:27:21.4

Overall Male Open Winners

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----			Total	
Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	1	Christopher Welsh	25	1	18:03.75	5:49	00:40.05	1	34:29.05	21.6	00:30.55	1	19:23.05	6:15	1:13:06.4

Age Group Results**Mountain Bike**

## Women 99 and Under

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----		Total		
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	8	Catherine Trejchel	34	1	23:07.55	7:27	00:49.75	2	42:31.75	17.5	00:37.05	1	23:56.45	7:43	1:31:02.5
2	12	Madelyn Patton	45	2	24:57.95	8:03	01:10.20	4	47:02.20	15.8	00:51.35	2	24:28.10	7:54	1:38:29.8
3	15	Katie Krantz	22	4	27:55.45	9:00	02:06.75	1	41:49.35	17.8	01:32.45	3	29:16.65	9:26	1:42:40.6
4	16	Barbara Welton	36	3	27:45.05	8:57	01:04.65	3	46:35.55	16.0	01:00.65	4	32:13.45	10:24	1:48:39.3

## Men 99 and Under

Place		Name	Age	----- 5k Run -----		T1	----- Bike -----			T2	----- 5k Run -----		Total		
Place	Overall			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	2	John Ralston	42	3	19:56.40	6:26	00:58.35	1	32:15.20	23.1	01:02.25	2	21:26.55	6:55	1:15:38.7
2	3	Dan Snyder	23	4	20:23.45	6:35	00:54.50	3	38:34.75	19.3	00:36.85	4	21:39.65	6:59	1:22:09.2
3	4	Gary Krugger	23	2	19:26.15	6:16	00:49.35	5	40:05.65	18.6	00:36.65	3	21:33.65	6:57	1:22:31.4
4	5	Gene Connell	53	6	24:11.30	7:48	01:24.30	2	35:22.95	21.1	01:43.25	6	24:22.45	7:52	1:27:04.2
5	7	Randy Kulesza	35	5	21:53.75	7:04	01:10.85	7	43:39.40	17.1	00:41.55	5	22:47.80	7:21	1:30:13.3
6	9	Nicholas Kauffman	18	1	19:10.95	6:11	00:50.15	10	52:09.05	14.3	00:37.25	1	20:08.55	6:30	1:32:55.9
7	10	Ben Reinke	23	7	24:41.40	7:58	00:45.60	6	43:00.00	17.3	00:46.90	7	24:52.95	8:01	1:34:06.8
8	11	William Lemon	54	10	26:27.75	8:32	01:14.90	4	40:04.20	18.6	00:53.50	9	27:48.35	8:58	1:36:28.7
9	13	Chip Patton	46	8	24:58.30	8:03	01:14.30	9	46:59.75	15.9	00:50.75	8	25:14.30	8:08	1:39:17.4
10	14	Jim Hahn	43	9	25:24.00	8:12	01:18.75	8	44:31.80	16.7	01:28.35	10	27:50.75	8:59	1:40:33.6