

SUNRISE TRIATHLON #1  
Sunday - May 2, 2010  
400yds, 12M Bike, 2M Run

Results by No Limits Timing, LLC (email: hutch26.2@gmail.com)

MALE OVERALL WINNER																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	53	Jason	Weinland	SHREVEPORT	LA		46	7:28	0:25	27:27	26.2	0:46	12:15	6:08		47:55

FEMALE OVERALL WINNER																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	112	Elka	Anderson	BOSSIER CITY	LA		38	7:00	0:24	33:42	21.4	0:54	14:03	7:02		55:37

MALE 1 - 19 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	115	Joey	Haynes	BOSSIER CITY	LA		13	10:19	2:17	45:05	16.0	2:18	23:08	11:34		1:20:49

FEMALE 1 - 19 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final

MALE 20 - 24 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	82	Jonathan	Martin	SHREVEPORT	LA		21	7:23	0:49	34:16	21.0	0:56	12:21	6:11		54:54
2	52	Drew	McDonald	WEST MONROE	LA		22	7:43	0:44	32:36	22.1	1:00	14:25	7:13		55:43
3	22	Aaron	Cosby	BOSSIER CITY	LA		22	7:29	0:30	35:56	20.0	0:54	15:13	7:37		59:30
4	107	Jon	Morgan	BARKSDALE AFB	LA		21	8:57	1:22	35:05	20.5					59:47
5	81	David	Micinski	SHREVEPORT	LA		22	10:02	0:55	35:26	20.3	1:30	13:45	6:53		1:00:41
6	103	Daniel	Martin	SHREVEPORT	LA		22	11:14	3:03	34:46	20.7	1:41	15:40	7:50		1:03:19

FEMALE 20 - 24 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	72	Jacquelyn	Batson	FORT WORTH	TX		21	7:01	0:43	37:38	19.1	0:46	13:36	6:48		58:59
2	90	Courtney	Lang	BENTON	LA		20	7:30	0:40	37:46	19.1	0:57	17:06	8:33		1:03:17
3	35	Emily	Bouso	BOSSIER CITY	LA		21	7:53	0:44	39:13	18.4	0:59	18:27	9:14		1:06:30
4	88	Chelsea	Liles	MARSHALL	TX		22	9:34	1:01	40:05	18.0	1:12	16:32	8:16		1:07:22
5	33	Jennifer	Bouso	NEW ORLEANS	LA		24	8:53	0:52	40:52	17.6	1:08	17:34	8:47		1:08:26
6	19	Allison	McCloud	SHREVEPORT	LA		24	10:23	1:58	41:05	17.5	1:20	19:21	9:41		1:12:08
7	79	Suzanne	Agsunod	SHREVEPORT	LA		23	14:31	1:59	46:23	15.5	1:12	21:35	10:48		1:23:39

MALE 25 - 29 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	98	Casey	Bowen	SHREVEPORT	LA		29	4:57	0:32	30:53	23.3	0:57	12:36	6:18		49:22
2	43	Bryce	Fluker	MARSHALL	TX		25	7:02	0:41	31:11	23.1	0:55	11:50	5:55		50:57
3	85	David	Reiland	DALLAS	TX		27	6:59	0:30	31:58	22.5	0:57	13:32	6:46		53:24
4	69	Nick	Vanni	SHREVEPORT	LA		28	7:49	1:06	35:56	20.0	0:59	13:15	6:38		57:57
5	114	Derek	Ellis	BOSSIER CITY	LA		26	8:09	0:42	36:43	19.6	1:02	14:55	7:28		1:00:48
6	70	Colin	McElroy	SHREVEPORT	LA		29	9:13	1:27	37:31	19.2	1:06	13:33	6:47		1:01:21
7	119	Brian	Balfe	KEITHVILLE	LA		26	8:01	1:15	37:29	19.2	1:23	16:32	8:16		1:03:23
8	118	George	Lewis	MARSHALL	TX		28	8:48	1:26	38:53	18.5	0:51	16:17	8:09		1:04:47
9	63	Andrew	Del Prete	MARSHALL	TX		27	9:33	1:18	38:35	18.7	1:23	15:17	7:39		1:04:47
10	99	Josh	Clayton	SHREVEPORT	LA		29	10:59	2:17	41:03	17.5	2:09	11:57	5:59		1:06:06
11	122	Stephen	Slack	SHREVEPORT	LA		27	10:52	2:12	37:05	19.4	2:23	16:16	8:08		1:06:35
12	125	David	Pearson	SHREVEPORT	LA		28	11:47	2:06	51:07	14.1	0:58	17:50	8:55		1:21:40

FEMALE 25 - 29 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	15	Angel	Martin	BOSSIER CITY	LA		27	7:15	0:29	33:53	21.2	0:59	15:00	7:30		57:05
2	26	Rae Lynn	Adcock	BOSSIER	LA		26	7:36	1:17	35:07	20.5	1:42	16:19	8:10		1:00:43
3	36	Autumn	Calhoun	JACKSON	MS		25	8:42	1:40	39:26	18.3	0:51	16:13	8:07		1:05:10
4	74	Terrel	Sugar	SHREVEPORT	LA		25	7:42	1:18	42:02	17.1	0:51	15:26	7:43		1:05:59
5	75	Kelly	Custer	BOSSIER CITY	LA		26	9:10	0:48	41:34	17.3	1:10	19:46	9:53		1:11:38
6	9	Laura	Taylor	SHREVEPORT	LA		28	9:44	1:40	41:52	17.2	1:52	18:38	9:19		1:12:06
7	73	Sarah	Marks	MINDEN	LA		26	9:28	1:12	43:05	16.7	1:29	18:27	9:14		1:12:28
8	110	Cassie	Balfe	SHREVEPORT	LA		28	11:02	1:30	44:09	16.3	1:32	18:21	9:11		1:15:02
9	3	Heather	McClenahan	SHREVEPORT	LA		28	10:57	2:11	45:07	16.0	1:04	18:38	9:19		1:15:44
10	54	Elizabeth	Trainor	SHREVEPORT	LA		25	13:21	1:57	46:30	15.5	0:57	18:33	9:17		1:19:19
11	117	Melissa	Kling	TYLER	TX		28	8:09	1:38	53:34	13.4	0:56	17:44	8:52		1:20:21
12	126	Katie	Pearson	SHREVEPORT	LA		26	14:43	2:38	48:32	14.8	1:22	26:01	13:01		1:30:37

MALE 30 - 34 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	130	Jeff	Odell	TYLER	TEX		31	7:00	0:34	31:44	22.7	0:55	12:35	6:18		52:13
2	59	Warren	Carroll	SHREVEPORT	LA		30	7:08	0:49	33:16	21.6	0:59	12:09	6:05		53:31
3	101	Mike	Ratcliff	LEESVILLE	LA		30	8:24	0:40	32:13	22.3	0:55	12:47	6:24		54:18
4	104	Chris	Occhiuzzo	SHREVEPORT	LA		31	6:36	1:21	33:57	21.2	0:42	13:42	6:51		54:55
5	121	Michael	Balfe	SHREVEPORT	LA		30	8:32	1:48	30:30	23.6	1:28	16:32	8:16		57:01
6	25	Joshua	Adcock	BOSSIER CITY	LA		30	6:30	0:43	35:49	20.1	0:54	15:01	7:31		58:12
7	10	Marcus	Taylor	SHREVEPORT	LA		30	8:31	0:59	35:39	20.2	1:21	15:59	8:00		1:01:28
8	49	David	Cannon	BOSSIER CITY	LA		31	7:55	0:56	37:18	19.3	1:00	15:26	7:43		1:01:38
9	102	Nick	Tullos	SHREVEPORT	LA		30	9:44	1:41	35:56	20.0	1:39	14:39	7:20		1:01:56

10	68	Jared Davis	SHREVEPORT	LA	32	8:17	1:07	36:34	19.7	0:50	17:06	8:33	1:02:45
11	76	William Guthrie	SHREVEPORT	LA	32	6:32	1:16	39:00	18.5	1:23	16:53	8:27	1:03:47
12	6	Michael Marston	HAUGHTON	LA	32	10:05	1:55	46:32	15.5	0:58	16:50	8:25	1:14:23
13	12	Mikhail Khoretonenko	SHREVEPORT	LA	31	10:11	2:29	48:42	14.8	0:52	14:52	7:26	1:14:35
14	20	Richard Chavers	BOSSIER CITY	LA	34	11:05	2:17	43:40	16.5	1:36	20:30	10:15	1:16:49
15	131	Cole Lollar			31	10:05	1:57			51:50	19:27	9:44	1:21:01

## FEMALE 30 - 34 DIVISION

Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	92	Tina Miletello	BATON ROUGE	LA			30	9:42	0:45	33:54	21.2	1:03	14:34	7:17		59:11
2	51	Shana Durr	SHREVEPORT	LA			31	9:19	1:09	36:01	20.0	1:16	14:20	7:10		1:00:54
3	78	Holly Winterrowd	SHREVEPORT	LA			32	8:32	1:10	37:53	19.0	1:01	16:46	8:23		1:04:11
4	89	Renee Beyer		LA			33	10:59	1:12	38:21	18.8	1:41	16:14	8:07		1:07:14
5	39	Stacy Wilburn	PELICAN	LA			33	9:07	1:06	44:16	16.3	1:18	16:02	8:01		1:10:41
6	37	Nichole Smith	BOSSIER CITY	LA			31	10:47	1:08	43:11	16.7	1:22	16:55	8:28		1:12:14
7	60	Julie Suelzer	SHREVEPORT	LA			34	10:43	1:59	44:22	16.2	0:56	16:51	8:26		1:12:51
8	96	Nikki Kendall	BOSSIER CITY	LA			34	14:23	0:57	44:05	16.3	0:54	21:30	10:45		1:20:51
9	17	Polly Lee	SHREVEPORT	LA			33	12:26	1:39	47:50	15.1	1:08	25:10	12:35		1:26:32

## MALE 35 - 39 DIVISION

Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	129	Seth Ozasa	SHREVEPORT	LA			35	6:00	0:23	29:38	24.3	0:49	11:57	5:59		48:22
2	86	John Bullock	SHREVEPORT	LA			39	5:55	0:21	29:21	24.5	0:52	13:46	6:53		49:53
3	108	Jeffrey Howells	SHREVEPORT	LA			39	5:52	0:26	31:38	22.8	0:51	12:34	6:17		50:54
4	40	Rusty Russell	SHREVEPORT	LA			37	7:39	0:33	32:47	22.0	0:56	12:14	6:07		53:35
5	113	Tony Thornton	BOSSIER CITY	LA			35	8:16	0:59	36:31	19.7	1:11	15:04	7:32		1:01:00
6	66	Shelby Taylor	BENTON	LA			36	8:44	1:23	36:31	19.7	1:15	14:45	7:23		1:01:13
7	57	Ben Carothers	SHREVEPORT	LA			35	9:55	1:38	35:59	20.0	0:54	15:45	7:53		1:02:32
8	87	Jessie Flores Jr	BOSSIER CITY	LA			37	11:34	1:33	37:25	19.2	0:56	14:36	7:18		1:04:30
9	84	Scott Barrow	SHREVEPORT	LA			35	9:29	1:24	39:08	18.4	1:38	14:33	7:17		1:04:46
10	2	Jed Blackburn	BOSSIER CITY	LA			37	9:39	1:51	41:09	17.5	0:59	14:16	7:08		1:06:02
11	80	Reggie Evans	SHREVEPORT	LA			36	12:16	1:58	43:25	16.6	1:01	19:05	9:33		1:15:46

## FEMALE 35 - 39 DIVISION

Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	30	Beth Thomas	STONEWALL	LA			35	11:12	1:15	43:30	16.6	1:15	20:43	10:22		1:16:39

## MALE 40 - 44 DIVISION

Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	23	Daniel Anderson	BOSSIER CITY	LA			44	6:58	0:33	32:09	22.4	0:49	13:14	6:37		53:09
2	111	Ricky Hutchinson	SHREVEPORT	LA			42	9:02	0:46	34:07	21.1	1:19	11:31	5:46		55:58
3	94	Bobby Umstead	SHREVEPORT	LA			42	8:31	0:58	34:31	20.9	1:16	14:47	7:24		59:04
4	77	Doug Collier	SHREVEPORT	LA			44	8:46	0:55	34:58	20.6	1:11	17:39	8:50		1:02:33
5	29	Scott English	BOSSIER	LA			44	10:37	0:55	36:03	20.0	1:01	16:09	8:05		1:03:48
6	41	Patrick Kimball	ARLINGTON	TX			44	9:53	0:51	36:54	19.5	1:14	16:24	8:12		1:04:24
7	124	Shannon Taylor	BOSSIER CITY	LA			41	12:05	1:50	41:35	17.3	1:05	15:16	7:38		1:10:01
8	71	Richard Jones	SHREVEPORT	LA			44	9:33	1:52	38:48	18.6	1:43	21:36	10:48		1:11:38
9	50	Patrick Durr	SHREVEPORT	LA			40	13:15	2:35	39:39	18.2	1:16	17:52	8:56		1:12:00

## FEMALE 40 - 44 DIVISION

Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	16	Shelly Hebert	SHREVEPORT	LA			42	9:24	1:10	43:39	16.5	1:20	23:27	11:44		1:17:48

## MALE 45 - 49 DIVISION

Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	28	Keith Kelley	MOORINGSPO	LA			48	7:57	0:50	31:07	23.1	1:00	15:57	7:59		56:00
2	42	Bob Waits	BOSSIER CITY	LA			49	6:31	0:43	34:04	21.1	1:03	14:31	7:16		56:08
3	11	David Dempsey	BOSSIER CITY	LA			46	9:18	1:20	34:39	20.8	1:06	12:31	6:16		57:33
4	5	Marty Regan	SHREVEPORT	LA			48	10:51	1:44	34:20	21.0	1:14	13:53	6:57		1:00:17
5	95	Michael Stratton	SHREVEPORT	LA			45	7:42	1:00	37:17	19.3	1:22	15:40	7:50		1:01:59
6	120	Scott Martin	SHREVEPORT	LA			49	11:46	2:12	36:45	19.6	1:20	16:08	8:04		1:05:57
7	91	Trace Shappell	LONGVIEW	TX			45	8:16	1:45	39:45	18.1	1:36	16:45	8:23		1:06:20
8	123	James Lonadri	BENTON	LA			46	9:23	1:48	37:55	19.0	1:40	19:06	9:33		1:08:02
9	128	Chris Andreoni	SHREVEPORT	LA			48	10:08	2:22	38:42	18.6	1:32	19:18	9:39		1:09:39
10	116	Joe Haynes	BOSSIER CITY	LA			46	10:30	2:12	45:10	15.9	2:15	23:07	11:34		1:21:01

## FEMALE 45 - 49 DIVISION

Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	93	Renee Umstead	SHREVEPORT	LA			46	9:29	0:56	33:17	21.6	1:17	14:51	7:26		58:53
2	55	Rosemary Kimball	SHREVEPORT	LA			46	11:17	0:43	41:31	17.3	1:10	16:08	8:04		1:10:05
3	127	Julie Andreoni	SHREVEPORT	LA			48	11:32	2:24	44:27	16.2	1:53	18:38	9:19		1:16:29
4	4	Kathy Regan	SHREVEPORT	LA			48	18:38	3:46	1:08:06	10.6		24:19	12:10		1:28:13

## MALE 50 - 54 DIVISION

Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	105	Calvin Sears	COPPELL	TX			51	6:45	0:30	30:16	23.8	1:03	14:28	7:14		52:29
2	34	Tony Bouso	BOSSIER CITY	LA			53	7:52	0:39	31:39	22.7	0:53	12:58	6:29		53:21
3	48	Brian Dolive	LONGVIEW	TX			51	9:21	1:13	36:53	19.5	1:01	15:42	7:51		1:02:56
4	65	Jeffrey Cass	MONROE	LA			52	11:51	16:30	37:58	19.0	1:33	17:28	8:44		1:08:47

## FEMALE 50 - 54 DIVISION

Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	106	Mary Jimenez	SHREVEPORT	LA			50	7:35	1:09	32:34	22.1	1:35	16:52	8:26		58:35
2	18	Debbie Roeten	SHREVEPORT	LA			50	10:34	1:13	40:27	17.8	1:15	18:33	9:17		1:10:47
3	56	Jeanna Neeison	SHREVEPORT	LA			52	15:04	1:27	40:13	17.9	1:31	17:46	8:53		1:14:33

MALE 55 - 59 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	14	Jim Balfe	KEITHVILLE	LA			55	8:26	0:51	32:55	21.9	1:03	14:27	7:14		56:51
2	62	Stephen Terese	SHREVEPORT	LA			59	10:40	1:27	38:11	18.9	1:11	14:27	7:14		1:04:28
3	31	Rick Yates	BOSSIER CITY	LA			59	10:38	1:58	40:26	17.8	2:07	21:00	10:30		1:14:10
4	44	Ric Pennington	CROCKETT	TX			59	13:37	2:41	40:55	17.6	1:43	21:33	10:47		1:17:47

FEMALE 55 - 59 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	64	Linda Brugler	SHREVEPORT	LA			57	13:45	1:51	38:46	18.6	1:27	18:31	9:16		1:12:27
2	13	Terry Harkey	SHREVEPORT	LA			58	9:36	1:13	39:35	18.2	1:26	24:25	12:13		1:15:01
3	32	Elizabeth Willis	BOSSIER CITY	LA			56	12:49	2:04	43:18	16.6	1:12	19:42	9:51		1:17:00
4	97	Tanya Tingle	SHREVEPORT	LA			56	13:15	2:08	41:43	17.3	1:27	23:29	11:45		1:19:53

MALE 60 - 64 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	46	Steve Rains	ROBELINE	LA			61	10:01	1:09	36:47	19.6	1:25	14:48	7:24		1:03:00
2	8	Danny Triplett	SHREVEPORT	LA			61	13:15	4:24	48:33	14.8	1:07	26:02	13:01		1:28:55

FEMALE 60 - 64 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	7	Sandy Triplett	SHREVEPORT	LA			60	8:21	0:52	38:16	18.8	1:21	20:51	10:26		1:08:48
2	67	Winnie Owen	SHREVEPORT	LA			64	14:00	2:07	44:19	16.2	1:22	19:07	9:34		1:18:46

MALE 65 - 69 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final

FEMALE 65 - 69 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final

MALE 70 - 99 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final
1	47	Joe Hinton	BOSSIER CITY	LA			70	11:20	1:30	39:26	18.3	1:51	19:36	9:48		1:12:12

FEMALE 70 - 99 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	T1	Bike	Rate	T2	Run	Pace	Penalty	Final