

SUNRISE TRIATHLON #1  
 Sunday - May 4, 2008  
 400yds, 11 Bike, 2M Run

## Results by Atomic Racing Systems

MALE OVERALL WINNER																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Final
1	38	Chris	Herrington	SHREVEPORT	LA	27	28	6:00	1:30	0:23	27:35	23.9	0:42	11:07	5:34	45:44

FEMALE OVERALL WINNER																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Final
1	3	Anna	Means	SHREVEPORT	LA	28	28	7:09	1:48	0:56	30:41	21.5	0:38	12:52	6:26	52:14

MALE 1 - 19 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	104	Cameron	Mehl	SHREVEPORT	LA	19	19	7:29	1:53	0:25	30:46	21.5	0:32	11:41	5:51	50:51
2	28	Tyler	Jusselin	KEITHVILLE	LA	15	15	4:50	1:13	1:15	32:28	20.3	0:30	15:08	7:34	54:09
3	32	Scott	Cook	SHREVEPORT	LA	15	15	5:17	1:20	1:24	32:46	20.1	0:42	15:42	7:51	55:49
4	7	Joseph	Pagni	SHREVEPORT	LA	17	17	8:35	2:09	3:04	35:19	18.7	0:26	13:05	6:33	1:00:27
5	42	Reed	Keen	SHREVEPORT	LA	11	11	8:10	2:03	3:12	40:23	16.3	0:33	14:25	7:13	1:06:41
6	129	JAY	LARRIMER			19	19	7:29	1:53	1:22	37:07	17.8	1:33	19:23	9:42	1:06:52
7	101	Cody	Killian	KEITHVILLE	LA	13	13	6:59	1:45	1:16	42:25	15.6	0:25	16:47	8:24	1:07:49
8	124	CHRISTIAN	GREGORY	MONROE	LA	13	13	9:17	2:20	2:17	43:10	15.3	0:42	18:38	9:19	1:14:03
9	23	Luke	Keen	SHREVEPORT	LA	9	9	8:47	2:12	3:36	46:36	14.2	0:43	18:35	9:18	1:18:15

FEMALE 1 - 19 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	15	courtney	lang	BENTON	LA	18	18	9:06	2:17	0:55	37:09	17.8	0:33	17:19	8:40	1:04:59
2	56	Emily	Bouso	SHREVEPORT	LA	19	19	8:20	2:05	1:15	37:55	17.4	0:31	17:35	8:48	1:05:34
3	29	Ashton	Keen	SHREVEPORT	LA	12	12	9:03	2:16	2:59	41:50	15.8	0:33	16:08	8:04	1:10:32
4	6	Taylor	Slack	SHREVEPORT	LA	16	16	7:56	1:59	3:29	45:25	14.5	0:31	13:38	6:49	1:10:57

MALE 20 - 24 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	45	John	Luck	SHREVEPORT	LA	24	24	5:10	1:18	1:28	31:36	20.9	1:01	13:10	6:35	52:23
2	2	Thomas	Thoma	SHREVEPORT	LA	20	21	5:52	1:28	1:02	36:15	18.2	0:38	16:22	8:11	1:00:07
3	54	Matthew	Henfey	SHREVEPORT	LA	24	24	8:22	2:06	2:32	35:47	18.4	0:33	13:21	6:41	1:00:34
4	16	Aaron	Cosby	SHREVEPORT	LA	20	20	8:09	2:03	1:09	34:53	18.9	0:46	15:58	7:59	1:00:52
5	58	Philip	Simmons	SHREVEPORT	LA	23	24	8:21	2:06	4:04	36:32	18.1	1:12	17:07	8:34	1:07:14
6	102	Tyler	Lash	SHREVEPORT	LA	24	24	7:49	1:58	2:20	38:51	17.0	1:42	16:50	8:25	1:07:30
7	37	BRAD	BUSEICK			20	20	9:56	2:29	3:27	40:09	16.4	0:47	16:14	8:07	1:10:31
8	11	Derek	Ellis	BOSSIER CITY	LA	24	24	9:22	2:21	3:07	49:10	13.4	1:01	15:43	7:52	1:18:20

FEMALE 20 - 24 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	18	Nicki	Simpson	SHREVEPORT	LA	23	23	8:42	2:11	2:20	42:08	15.7	0:33	14:45	7:23	1:08:25
2	33	Danielle	Stanley	MARSHALL	TX	23	23	8:36	2:09	2:25	43:34	15.1	0:55	16:17	8:09	1:11:47

MALE 25 - 29 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	109	david	reiland	SHREVEPORT	LA	25	25	6:38	1:40	0:48	29:17	22.5	0:43	12:24	6:12	49:48
2	31	Josh	Greer	SHREVEPORT	LA	29	28	6:53	1:44	0:41	30:42	21.5	0:35	13:05	6:33	51:54
3	13	Austin	Lash	SHREVEPORT	LA	26	26	7:17	1:50	1:16	31:54	20.7	0:39	14:37	7:19	55:40
4	126	JOEY	TRAPPEY	MONROE	LA	26	26	7:26	1:52	1:31	32:48	20.1	0:33	14:05	7:03	56:21
5	25	Nick	Vanni	SHREVEPORT	LA	26	26	8:15	2:04	1:24	34:07	19.3	0:45	11:59	6:00	56:27
6	96	Christopher	Conant	SHREVEPORT	LA	24	25	8:45	2:12	0:51	33:27	19.7	0:45	12:51	6:26	56:37
7	128	ZACHARY	LARRIMER	SHREVEPORT	LA	26	27	7:33	1:54	1:08	33:36	19.6	1:15	14:29	7:15	57:59
8	65	Steve	Kitchens	SHREVEPORT	LA	25	26	9:59	2:30	3:23	44:53	14.7	0:56	13:47	6:54	1:12:56
9	36	Michael	Waites	BOSSIER CITY	LA	25	26	8:38	2:10	2:19	1:01:42	10.7	0:23	18:03	9:02	1:31:03
10	35	Kenneth	Roos	SHREVEPORT	LA	28	29	9:44	2:26	5:49	42:40	15.5	1:25	35:49	17:55	1:35:25

FEMALE 25 - 29 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	115	Louise	Smyth	SHREVEPORT	LA	25	26	6:59	1:45	0:54	30:50	21.4	0:47	13:31	6:46	53:00
2	26	Emily	Roe	BOSSIER CITY	LA	26	26	7:15	1:49	2:04	33:08	19.9	1:01	13:25	6:43	56:50
3	89	Dallis	Coleman	SHREVEPORT	LA	27	27	13:07	3:17	2:31	59:33	11.1	1:26	20:08	10:04	1:36:44

MALE 30 - 34 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	107	Seth	Ozasa	SHREVEPORT	LA	32	33	6:04	1:31	0:34	28:02	23.5	1:21	11:09	5:35	47:09
2	99	John	Harris	BOSSIER CITY	LA	30	31	5:27	1:22	0:58	34:11	19.3	1:12	18:06	9:03	59:53
3	20	Chris	Lee	SHREVEPORT	LA	32	32	9:24	2:21	0:49	35:21	18.7	0:58	14:36	7:18	1:01:05
4	90	Rolland	Coleman	SHREVEPORT	LA	32	32	12:51	3:13	2:30	1:00:07	11.0	0:51	20:10	10:05	1:36:27

FEMALE 30 - 34 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	9	Kimberly	McLain	BOSSIER CITY	LA	33	34	10:20	2:35	1:07	35:35	18.5	1:14	16:23	8:12	1:04:38
2	57	Holly	Bienert	SHREVEPORT	LA	30	30	8:23	2:06	1:24	37:31	17.6	0:50	16:57	8:29	1:05:03
3	43	Renee	Beyer	SHREVEPORT	LA	30	31	13:33	3:24	2:33	42:21	15.6	1:13	17:26	8:43	1:17:04
4	21	Polly	Lee	SHREVEPORT	LA	31	31	11:30	2:53	1:12	45:23	14.5	0:52	24:14	12:07	1:23:09
5	52	Lekisha	Cason	SHREVEPORT	LA	30	31	9:39	2:25	2:16	46:11	14.3	0:52	25:02	12:31	1:23:58

MALE 35 - 39 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	40	Jeffrey	Howells	SHREVEPORT	LA	37	37	5:44	1:26	0:42	29:13	22.6	0:53	13:16	6:38	49:47
2	105	Craig	Nicholson	SHREVEPORT	LA	37	38	7:00	1:45	1:05	30:44	21.5	0:42	13:25	6:43	52:55
3	127	CARLOS	SANCHEZ-GONZA	SHREVEPORT	LA	35	35	9:09	2:18	0:44	32:24	20.4	0:37	11:23	5:42	54:15
4	62	Alan	Harris	SHREVEPORT	LA	36	36	8:06	2:02	1:17	33:21	19.8	0:45	11:07	5:34	54:34
5	125	CRAIG	GREGORY	MONROE	LA	38	38	6:56	1:44	1:25	32:50	20.1	1:03	13:26	6:43	55:39
6	113	Andy	Scott	PINEVILLE	LA	35	36	8:10	2:03	1:21	32:00	20.6	0:47	14:13	7:07	56:29
7	69	Robert	McWilliams	SHREVEPORT	LA	37	38	8:53	2:14	1:54	34:14	19.3	0:37	12:43	6:22	58:19
8	44	Jeff	Heun	SHREVEPORT	LA	35	35	8:05	2:02	1:58	31:59	20.6	1:15	17:23	8:42	1:00:38
9	10	Ward	McLain	BOSSIER CITY	LA	37	38	7:08	1:47	1:50	33:52	19.5	0:53	17:00	8:30	1:00:41
10	12	Stephen	Vekovius	SHREVEPORT	LA	37	38	8:06	2:02	1:17	34:54	18.9	0:54	16:17	8:09	1:01:26
11	110	Drew	Reno	BENTON	LA	37	38	9:47	2:27	1:11	33:44	19.6	1:45	16:41	8:21	1:03:06
12	17	Eric	Toups	SHREVEPORT	LA	34	35	11:39	2:55	3:27	41:44	15.8	0:57	17:46	8:53	1:15:32
13	5	Eric	Amison	SHREVEPORT	LA	39	39	10:30	2:38	5:07	44:20	14.9	2:06	17:05	8:33	1:19:06

FEMALE 35 - 39 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	61	Lisa	Harris	SHREVEPORT	LA	37	37	8:19	2:05	1:27	34:34	19.1	1:00	14:30	7:15	59:48
2	46	Heather	Bradford	SHREVEPORT	LA	34	35	8:31	2:08	2:18	40:21	16.4	0:47	21:09	10:35	1:13:04
3	98	Jamie	Hansen	BAFB	LA	36	36	9:16	2:19	3:23	43:16	15.3	0:38	17:32	8:46	1:14:03
4	53	Christen	Sutherland	SHREVEPORT	LA	37	38	11:02	2:46	2:59	43:28	15.2	0:49	19:14	9:37	1:17:31
5	67	Stephanie	Hollis	SHREVEPORT	LA	38	39	10:37	2:40	3:57	47:00	14.0	0:59	20:31	10:16	1:23:01

MALE 40 - 44 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	122	Jason	Weinland	SHREVEPORT	LA	43	44	7:24	1:51	0:36	25:55	25.5	0:33	11:42	5:51	46:07
2	47	Danny	Aiello	BOSSIER CITY	LA	42	43	7:31	1:53	1:13	29:14	22.6	0:50	12:47	6:24	51:33
3	81	David	Dempsey	BOSSIER CITY	LA	44	44	8:16	2:04	1:39	31:39	20.9	1:10	12:51	6:26	55:33
4	118	John	-torment	LAFAYETTE	LA	43	43	7:29	1:53	1:25	33:22	19.8	1:09	14:17	7:09	57:39
5	70	John	Alleman	SHREVEPORT	LA	42	42	8:04	2:01	1:39	32:54	20.1	1:48	16:18	8:09	1:00:42
6	82	Dave	Navalance	SHREVEPORT	LA	40	40	8:30	2:08	1:10	33:35	19.7	1:25	16:08	8:04	1:00:46
7	1	Mike	Kuhr	SHREVEPORT	LA	41	41	9:31	2:23	0:55	32:40	20.2	1:02	17:07	8:34	1:01:13
8	59	Patrick	Kimball	ARLINGTON	TX	42	42	9:29	2:23	1:43	34:57	18.9	1:12	15:41	7:51	1:02:59
9	88	RUSSELL	SLACK	SHREVEPORT	LA	42	43	10:26	2:37	3:06	36:29	18.1	0:32	14:47	7:24	1:05:19

FEMALE 40 - 44 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	48	Jennifer	Angelo	SHREVEPORT	LA	41	41	8:44	2:11	1:20	34:19	19.2	1:05	15:16	7:38	1:00:43
2	55	Stephanie	Gotberg	SHREVEPORT	LA	43	43	8:40	2:10	1:21	34:47	19.0	0:32	16:52	8:26	1:02:10
3	103	Paula	Lopez	SHREVEPORT	LA	41	41	10:59	2:45	1:57	35:40	18.5	1:32	17:11	8:36	1:07:17
4	41	Rosemary	Kimball	SHREVEPORT	LA	44	44	10:36	2:39	1:03	41:03	16.1	1:14	17:52	8:56	1:11:46

MALE 45 - 49 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	63	Mike	McHalfey	BOSSIER CITY	LA	49	49	7:15	1:49	0:44	28:35	23.1	0:52	12:12	6:06	49:36
2	14	jeff	lang	BENTON	LA	45	45	8:25	2:07	0:48	28:54	22.8	0:44	12:20	6:10	51:09
3	108	Dave	Rech	SHREVEPORT	LA	47	47	6:33	1:39	1:16	32:06	20.6	0:45	14:33	7:17	55:10
4	30	Brian	Dolive	SHREVEPORT	LA	49	49	10:30	2:38	2:44	37:05	17.8	0:57	17:23	8:42	1:08:37
5	95	Clifford	Barnes	GILMER	TX	45	46	8:00	2:00	1:55	40:57	16.1	1:38	18:48	9:24	1:11:15
6	60	John	Miller	SHREVEPORT	LA	46	46	10:45	2:42	3:54	40:51	16.2	1:14	16:45	8:23	1:13:26
7	22	Patrick	Keen	SHREVEPORT	LA	46	46	8:36	2:09	3:56	46:38	14.2	0:45	18:32	9:16	1:18:25

FEMALE 45 - 49 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	66	Terrie	Johnson	BOSSIER CITY	LA	48	48	9:44	2:26	1:29	35:24	18.6	1:38	19:06	9:33	1:07:19
2	19	Cheryl	Webb	SHREVEPORT	LA	46	46	11:28	2:52	2:45	37:06	17.8	1:20	20:07	10:04	1:12:44
3	49	Yvonne	Correro	BOSSIER CITY	LA	44	45	11:08	2:47	4:21	59:00	11.2	0:49	22:20	11:10	1:37:36

MALE 50 - 54 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	91	John	Reisz	SHREVEPORT	LA	51	51	7:55	1:59	2:32	31:56	20.7	1:11	16:38	8:19	1:00:10
2	120	Edward	Turnipseed	ANACOCO	LA	52	53	7:40	1:55	1:43	39:21	16.8	0:59	17:37	8:49	1:07:19
3	72	David	Haberman	WHITEWATER	WI	52	52	11:13	2:49	3:55	35:11	18.8	2:18	17:31	8:46	1:10:06

FEMALE 50 - 54 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	8	Julie	Nix	SHREVEPORT	LA	53	53	9:24	2:21	1:00	35:55	18.4	0:47	18:27	9:14	1:05:31
2	4	Stella	Smith	JEFFERSON	TX	53	54	9:47	2:27	1:50	42:12	15.6	1:15	19:47	9:54	1:14:49
3	51	Tanya	Tingle	SHREVEPORT	LA	53	54	12:02	3:01	2:09	47:15	14.0	0:37	22:53	11:27	1:24:54

MALE 55 - 59 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	119	Stephen	Terese	SHREVEPORT	LA	56	57	9:54	2:29	1:35	35:25	18.6	1:17	14:46	7:23	1:02:55
2	123	Rick	Yates	SHREVEPORT	LA	57	57	8:55	2:14	2:46	36:36	18.0	1:51	22:18	11:09	1:12:24
3	71	Armand	Roos	SHREVEPORT	LA	57	58	9:06	2:17	5:39	45:26	14.5	2:35	32:56	16:28	1:35:40

FEMALE 55 - 59 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time

MALE 60 - 64 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1	114	William	Simpson	MARSHALL	TX	64	64	8:34	2:09	2:58	50:01	13.2	1:36	23:51	11:56	1:26:58

FEMALE 60 - 64 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
=====																
MALE 65 - 99 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
=====																
1	39	Joe	Hinton		LA	68	68	9:27	2:22	1:57	34:46	19.0	1:14	18:42	9:21	1:06:04
2	100	lovick	johnson		LA	68	69	10:20	2:35	2:02	38:19	17.2	1:30	17:13	8:37	1:09:22
3	97	Ford	Gibson		LA	69	69	12:13	3:04	4:10	43:31	15.2	3:46	23:16	11:38	1:26:54
=====																
FEMALE 65 - 99 DIVISION																
Place No.	Name	Last Name	City	Sta	Ag	Usat	Age	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
=====																
RELAY TEAMS																
Place No.	Name	Last Name	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Final					
=====																
1	84	Rachel Ewart	TEAM	5:07	1:17	0:36	43:49	15.1	0:24	14:33	7:17	1:04:26				
2	83	Brittany Ewart	TEAM	5:14	1:19	0:34	43:22	15.2	0:28	15:38	7:49	1:05:14				
=====																