

Sunrise 2 2010

Age Group Results

May 23, 2010

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

Men: [0-0](#) [1-19](#) [20-24](#) [25-29](#) [30-34](#) [35-39](#) [40-44](#) [45-49](#) [50-54](#) [55-59](#) [60-64](#) [65-99](#)

Women: [0-0](#) [1-19](#) [20-24](#) [25-29](#) [30-34](#) [35-39](#) [40-44](#) [45-49](#) [50-54](#) [55-59](#) [60-64](#) [65-99](#)

Individual

Overall Female Open Winners

| Overall | | | Swim | | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------------------|-------|------|------------|-----|------|--------|------|-----|--------|------|------|---------|------|------|--------|-----|---------|------|-----------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time |
| Top | 1 | 6 | Anna Means | 30 | 1 | 7:33.4 | | | 0:42.4 | | 1 | 34:17.0 | 22.4 | | 0:30.1 | 1 | 17:13.6 | 6:53 | 1:00:16.7 |

Female 1 to 19

| Overall | | | Swim | | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------------------|-------|------|-------------|-----|------|--------|------|-----|--------|------|------|---------|------|------|--------|-----|---------|-------|-----------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time |
| Top | 1 | 77 | Ashton Keen | 14 | 1 | 7:13.4 | | | 1:36.2 | | 1 | 44:41.3 | 17.2 | | 0:35.6 | 1 | 25:59.5 | 10:24 | 1:20:06.1 |

Female 20 to 24

| Overall | | | Swim | | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------------------|-------|------|-----------------|-----|------|---------|------|-----|--------|------|------|---------|------|------|--------|-----|---------|-------|-----------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time |
| Top | 1 | 67 | Emily Bouso | 21 | 1 | 8:18.6 | | | 0:41.9 | | 1 | 42:13.5 | 18.2 | | 0:36.5 | 2 | 25:57.8 | 10:23 | 1:17:48.3 |
| | 2 | 70 | Chelsea Liles | 22 | 3 | 10:15.1 | | | 1:07.6 | | 2 | 42:14.8 | 18.2 | | 0:41.4 | 1 | 23:35.1 | 9:26 | 1:17:54.2 |
| | 3 | 99 | Allison McCloud | 24 | 2 | 10:14.9 | | | 1:20.9 | | 3 | 47:08.6 | 16.3 | | 0:45.7 | 3 | 27:54.7 | 11:10 | 1:27:24.9 |

Female 25 to 29

| Overall | | | Swim | | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------------------|-------|------|--------------------|-----|------|---------|------|-----|--------|------|------|---------|------|------|--------|-----|---------|-------|-----------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time |
| Top | 1 | 24 | Angel Martin | 27 | 3 | 7:33.3 | | | 0:44.2 | | 1 | 35:58.8 | 21.4 | | 0:29.7 | 2 | 21:06.5 | 8:26 | 1:05:52.6 |
| | 2 | 35 | Rae Lynn Adcock | 26 | 2 | 7:27.7 | | | 1:09.0 | | 2 | 37:37.0 | 20.4 | | 0:51.5 | 4 | 22:52.2 | 9:09 | 1:09:57.5 |
| | 3 | 36 | Tamara Ezernack | 26 | 7 | 10:29.0 | | | 1:09.0 | | 3 | 37:56.4 | 20.2 | | 0:59.1 | 1 | 19:34.6 | 7:50 | 1:10:08.2 |
| | 4 | 65 | Terrel Sugar | 25 | 1 | 7:10.8 | | | 1:48.2 | | 8 | 46:03.6 | 16.7 | | 0:34.2 | 3 | 21:54.1 | 8:46 | 1:17:30.9 |
| | 5 | 82 | Sarah Marks | 26 | 5 | 9:29.0 | | | 1:06.7 | | 7 | 45:49.2 | 16.8 | | 0:52.3 | 5 | 24:19.2 | 9:44 | 1:21:36.4 |
| | 6 | 87 | Anna Gleason | 27 | 9 | 10:44.6 | | | 1:42.7 | | 5 | 43:48.0 | 17.5 | | 1:04.3 | 8 | 26:48.9 | 10:43 | 1:24:08.5 |
| | 7 | 90 | Cassie Balfe | 28 | 10 | 10:54.4 | | | 1:35.4 | | 4 | 43:39.8 | 17.6 | | 1:09.7 | 9 | 27:28.4 | 10:59 | 1:24:47.8 |
| | 8 | 93 | Tabitha Myers | 27 | 8 | 10:36.3 | | | 1:54.3 | | 9 | 47:32.0 | 16.2 | | 0:46.8 | 6 | 24:41.8 | 9:52 | 1:25:31.3 |
| | 9 | 95 | Heather McClenahan | 28 | 6 | 9:33.1 | | | 1:41.1 | | 10 | 48:34.3 | 15.8 | | 0:34.9 | 7 | 25:59.1 | 10:24 | 1:26:22.7 |
| | 10 | 100 | Kelly Custer | 26 | 4 | 9:28.0 | | | 0:53.7 | | 6 | 45:17.5 | 17.0 | | 0:44.0 | 10 | 31:05.4 | 12:26 | 1:27:28.7 |

Female 30 to 34

| Overall | | | Swim | | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------------------|-------|------|------------------|-----|------|---------|------|-----|--------|------|------|---------|------|------|--------|-----|---------|-------|-----------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time |
| Top | 1 | 46 | Holly Winterrowd | 32 | 1 | 8:32.0 | | | 1:07.4 | | 1 | 39:12.5 | 19.6 | | 0:40.0 | 2 | 23:03.5 | 9:13 | 1:12:35.5 |
| | 2 | 69 | Amber Peonga | 34 | 2 | 8:46.6 | | | 2:18.1 | | 2 | 42:18.0 | 18.2 | | 0:55.1 | 4 | 23:35.6 | 9:26 | 1:17:53.6 |
| | 3 | 75 | Nichole Smith | 31 | 4 | 10:07.1 | | | 1:00.9 | | 3 | 44:09.0 | 17.4 | | 0:55.8 | 3 | 23:31.4 | 9:24 | 1:19:44.2 |
| | 4 | 81 | Stacy Wilburn | 33 | 3 | 9:13.3 | | | 1:34.1 | | 5 | 47:25.0 | 16.2 | | 0:46.5 | 1 | 22:34.5 | 9:02 | 1:21:33.5 |
| | 5 | 107 | Melissa Levy | 30 | 5 | 11:03.9 | | | 0:55.8 | | 4 | 46:21.4 | 16.6 | | 1:14.1 | 6 | 34:46.7 | 13:54 | 1:34:22.1 |
| | 6 | 112 | Polly Lee | 33 | 6 | 11:38.7 | | | 1:08.4 | | 7 | 50:24.2 | 15.2 | | 0:34.2 | 5 | 34:21.3 | 13:44 | 1:38:06.8 |
| | 7 | 115 | Andrea Everson | 32 | 8 | 13:00.3 | | | 3:08.2 | | 8 | 52:57.6 | 14.5 | | 0:51.4 | 7 | 36:24.4 | 14:34 | 1:46:22.0 |
| | DNF | DNF | Nikki Kendall | 34 | 7 | 12:29.8 | | | 1:32.3 | | 6 | 50:14.2 | 15.3 | | | | | | |

Female 35 to 39

| Overall | | | Swim | | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------------------|-------|------|--------------------|-----|------|---------|------|-----|--------|------|------|---------|------|------|--------|-----|---------|-------|-----------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time |
| Top | 1 | 22 | Elka Anderson | 38 | 1 | 7:28.8 | | | 0:35.8 | | 1 | 37:17.6 | 20.6 | | 0:27.1 | 1 | 19:33.1 | 7:49 | 1:05:22.6 |
| | 2 | 49 | Kirsten Wiederkehr | 35 | 4 | 10:37.2 | | | 1:41.1 | | 2 | 38:49.8 | 19.8 | | 0:42.0 | 2 | 21:15.3 | 8:30 | 1:13:05.5 |
| | 3 | 71 | Heather Bradford | 37 | 2 | 8:24.8 | | | 1:13.0 | | 3 | 40:40.1 | 18.9 | | 0:50.3 | 3 | 26:48.8 | 10:43 | 1:17:57.1 |
| | 4 | 96 | Beth Thomas | 35 | 3 | 10:24.1 | | | 1:27.4 | | 4 | 45:36.0 | 16.8 | | 1:04.5 | 4 | 27:53.2 | 11:09 | 1:26:25.3 |

Female 40 to 44

| Overall | | | Swim | | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|--|--|------|--|--|--|----|--|--|------|--|--|----|--|--|-----|--|--|-------|
|---------|--|--|------|--|--|--|----|--|--|------|--|--|----|--|--|-----|--|--|-------|

| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time |
|-------|-------|------------------|-----|-----|---------|------|--------|-----|---------|------|--------|-----|---------|-------|-----------|
| 1 | 39 | Amy McCole | 43 | 1 | 8:45.0 | | 1:01.5 | 1 | 37:53.5 | 20.3 | 0:46.9 | 1 | 22:03.2 | 8:49 | 1:10:30.2 |
| 2 | 80 | Kristin Adderley | 41 | 2 | 10:43.0 | | 2:17.0 | 2 | 42:14.4 | 18.2 | 0:38.9 | 2 | 25:13.7 | 10:05 | 1:21:07.0 |
| 3 | 113 | Shelly Hebert | 42 | 3 | 11:18.7 | | 1:16.9 | 3 | 48:40.6 | 15.8 | 1:03.1 | 3 | 38:04.6 | 15:14 | 1:40:23.9 |

[Top](#)

Female 45 to 49

| Overall | | | Swim | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|-------|--------------|------|-----|---------|------|--------|-----|---------|------|--------|-----|---------|-------|-----------|------|--|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Time | | |
| 1 | 64 | Cindy Payton | 49 | 2 | 10:35.9 | | 1:23.0 | 1 | 42:40.1 | 18.0 | 0:28.1 | 1 | 22:04.5 | 8:50 | 1:17:11.7 | | | |
| 2 | 73 | Linda Pope | 48 | 1 | 7:18.0 | | 2:07.5 | 2 | 43:42.2 | 17.6 | 1:40.8 | 2 | 24:10.9 | 9:40 | 1:18:59.5 | | | |
| 3 | 108 | Karen Pearce | 45 | 3 | 11:21.8 | | 1:40.7 | 3 | 50:06.4 | 15.3 | 0:54.9 | 3 | 30:50.4 | 12:20 | 1:34:54.3 | | | |

[Top](#)

Female 50 to 54

| Overall | | | Swim | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|-------|---------------|------|-----|---------|------|--------|-----|---------|------|--------|-----|---------|-------|-----------|------|--|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Time | | |
| 1 | 84 | Jeanna Neeson | 52 | 2 | 14:27.6 | | 1:34.0 | 1 | 42:37.5 | 18.0 | 0:59.8 | 1 | 24:07.7 | 9:39 | 1:23:46.6 | | | |
| 2 | 102 | Debbie Roeten | 50 | 1 | 11:16.3 | | 1:23.0 | 2 | 44:44.4 | 17.2 | 0:54.9 | 2 | 29:21.7 | 11:44 | 1:27:40.5 | | | |

[Top](#)

Female 55 to 59

| Overall | | | Swim | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|-------|------------------|------|-----|---------|------|--------|-----|---------|------|--------|-----|---------|-------|-----------|------|--|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Time | | |
| 1 | 94 | Elizabeth Willis | 56 | 2 | 11:51.9 | | 1:29.9 | 2 | 45:52.1 | 16.7 | 0:45.8 | 1 | 26:18.1 | 10:31 | 1:26:17.8 | | | |
| 2 | 103 | Terry Harkey | 58 | 1 | 9:52.8 | | 1:03.8 | 1 | 42:27.2 | 18.1 | 0:56.9 | 2 | 33:33.0 | 13:25 | 1:27:53.7 | | | |

[Top](#)

Female 60 to 64

| Overall | | | Swim | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|-------|----------------|------|-----|---------|------|--------|-----|---------|------|--------|-----|---------|-------|-----------|------|--|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Time | | |
| 1 | 88 | Sandy Triplett | 60 | 1 | 9:06.1 | | 1:19.4 | 1 | 42:27.7 | 18.1 | 1:01.4 | 2 | 30:17.9 | 12:07 | 1:24:12.6 | | | |
| 2 | 98 | Winnie Owen | 64 | 2 | 12:46.3 | | 1:49.8 | 2 | 45:52.8 | 16.7 | 0:49.4 | 1 | 25:55.8 | 10:22 | 1:27:14.1 | | | |

[Top](#)

Overall Male Open Winners

| Overall | | | Swim | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|-------|------------------|------|-----|--------|------|--------|-----|---------|------|--------|-----|---------|------|---------|------|--|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Time | | |
| 1 | 1 | Chris Herrington | 30 | 1 | 6:36.6 | | 0:34.0 | 1 | 32:47.2 | 23.4 | 0:28.7 | 1 | 16:40.7 | 6:40 | 57:07.3 | | | |

[Top](#)

Male 1 to 19

| Overall | | | Swim | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|-------|---------------|------|-----|--------|------|--------|-----|---------|------|--------|-----|---------|------|-----------|------|--|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Time | | |
| 1 | 10 | Elliot Bach | 17 | 4 | 7:05.2 | | 0:44.1 | 1 | 33:57.2 | 22.6 | 0:22.4 | 1 | 19:04.3 | 7:38 | 1:01:13.3 | | | |
| 2 | 25 | Joshua Hudson | 14 | 6 | 9:44.5 | | 1:32.6 | 2 | 35:01.3 | 21.9 | 0:45.3 | 2 | 19:13.7 | 7:41 | 1:06:17.5 | | | |
| 3 | 27 | Scott Cook | 17 | 1 | 5:34.1 | | 0:59.9 | 3 | 37:05.6 | 20.7 | 0:50.9 | 5 | 22:10.1 | 8:52 | 1:06:40.8 | | | |
| 4 | 32 | Cody Killian | 15 | 2 | 6:07.8 | | 1:22.9 | 4 | 39:53.8 | 19.3 | 0:17.9 | 4 | 21:08.6 | 8:27 | 1:08:51.1 | | | |
| 5 | 38 | Reed Keen | 13 | 3 | 6:49.2 | | 1:08.7 | 5 | 40:54.7 | 18.8 | 0:27.7 | 3 | 21:03.4 | 8:25 | 1:10:23.9 | | | |
| 6 | 83 | Luke Keen | 11 | 5 | 7:30.7 | | 2:24.0 | 6 | 47:40.8 | 16.1 | 0:35.6 | 6 | 24:33.8 | 9:49 | 1:22:45.0 | | | |

[Top](#)

Male 20 to 24

| Overall | | | Swim | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|-------|------------------|------|-----|--------|------|--------|-----|---------|------|--------|-----|---------|------|-----------|------|--|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Time | | |
| 1 | 5 | Matthew Pope | 20 | 1 | 5:12.8 | | 1:46.7 | 2 | 35:29.6 | 21.6 | 0:22.5 | 1 | 17:23.0 | 6:57 | 1:00:14.8 | | | |
| 2 | 11 | Drew McDonald | 22 | 4 | 7:42.8 | | 0:52.1 | 1 | 33:45.3 | 22.8 | 0:31.0 | 3 | 19:11.4 | 7:40 | 1:02:02.6 | | | |
| 3 | 14 | Jonathan Martin | 21 | 3 | 7:20.7 | | 1:04.9 | 4 | 36:25.3 | 21.1 | 0:37.5 | 2 | 18:05.5 | 7:14 | 1:03:34.1 | | | |
| 4 | 20 | Jason Larrimer | 21 | 2 | 7:16.6 | | 0:50.4 | 3 | 36:15.0 | 21.2 | 0:29.4 | 6 | 20:29.3 | 8:12 | 1:05:20.8 | | | |
| 5 | 31 | David Micinski | 22 | 8 | 9:34.8 | | 1:11.3 | 5 | 36:52.3 | 20.8 | 1:13.4 | 4 | 19:39.8 | 7:52 | 1:08:31.7 | | | |
| 6 | 33 | Jon Morgan | 21 | 5 | 8:02.4 | | 0:49.1 | 6 | 37:31.2 | 20.5 | 0:32.1 | 8 | 22:55.2 | 9:10 | 1:09:50.1 | | | |
| 7 | 53 | Daniel Martin | 22 | 7 | 9:13.9 | | 1:54.6 | 7 | 40:04.2 | 19.2 | 1:27.0 | 7 | 21:34.6 | 8:38 | 1:14:14.4 | | | |
| 8 | 63 | Hayden Langelier | 20 | 6 | 8:40.9 | | 2:02.0 | 8 | 45:13.4 | 17.0 | 0:40.5 | 5 | 20:27.2 | 8:11 | 1:17:04.1 | | | |

[Top](#)

Male 25 to 29

| Overall | | | Swim | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|-------|--------------------|------|-----|---------|------|--------|-----|---------|------|--------|-----|---------|-------|-----------|------|--|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Time | | |
| 1 | 2 | Bryce Fluker | 25 | 2 | 6:57.6 | | 0:38.7 | 1 | 32:54.2 | 23.3 | 0:28.2 | 1 | 16:22.9 | 6:33 | 57:21.7 | | | |
| 2 | 15 | Horatio D'Agostino | 29 | 1 | 6:51.2 | | 0:59.4 | 2 | 35:20.2 | 21.7 | 0:44.3 | 4 | 20:03.9 | 8:01 | 1:03:59.1 | | | |
| 3 | 26 | Christopher Conant | 27 | 4 | 9:04.0 | | 0:49.3 | 3 | 37:29.1 | 20.5 | 0:36.1 | 2 | 18:36.4 | 7:26 | 1:06:34.9 | | | |
| 4 | 28 | Justin Maxwell | 28 | 3 | 7:40.1 | | 1:18.6 | 4 | 38:18.3 | 20.1 | 0:24.7 | 3 | 19:37.9 | 7:51 | 1:07:19.7 | | | |
| 5 | 42 | Andrew Del Prete | 27 | 5 | 9:12.3 | | 0:45.3 | 5 | 39:12.8 | 19.6 | 0:37.2 | 5 | 21:36.2 | 8:38 | 1:11:24.0 | | | |
| 6 | 72 | Jared Duncan | 27 | 6 | 9:48.8 | | 1:49.3 | 6 | 41:34.0 | 18.5 | 0:40.6 | 6 | 24:22.8 | 9:45 | 1:18:15.6 | | | |
| 7 | 86 | Lino Andreani | 29 | 7 | 10:00.6 | | 2:05.9 | 7 | 43:29.4 | 17.7 | 0:42.8 | 7 | 27:41.0 | 11:04 | 1:23:59.7 | | | |

[Top](#)

Male 30 to 34

| Overall | | | Swim | | | T1 | | | Bike | | | T2 | | | Run | | | Total |
|---------|-------|------|------|-----|------|------|------|-----|------|------|------|-----|------|------|------|------|--|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Time | | |

| | | | | | | | | | | | | | | |
|----|-----|-----------------|----|----|---------|--------|----|---------|------|--------|----|---------|-------|-----------|
| 1 | 8 | Warren Carroll | 30 | 3 | 7:17.7 | 0:46.6 | 1 | 34:59.2 | 22.0 | 0:30.0 | 1 | 17:09.2 | 6:52 | 1:00:42.8 |
| 2 | 13 | Chris Occhiuzzo | 31 | 1 | 6:12.0 | 0:48.4 | 3 | 36:04.3 | 21.3 | 0:30.9 | 4 | 19:23.8 | 7:45 | 1:02:59.5 |
| 3 | 18 | Mike Ratcliff | 30 | 11 | 9:37.3 | 0:44.2 | 2 | 35:00.3 | 21.9 | 0:29.6 | 3 | 19:04.4 | 7:38 | 1:04:56.0 |
| 4 | 21 | Joshua Adcock | 30 | 2 | 7:16.7 | 0:53.4 | 4 | 36:24.4 | 21.1 | 0:35.9 | 5 | 20:10.8 | 8:04 | 1:05:21.3 |
| 5 | 40 | Nick Tullos | 30 | 8 | 8:54.0 | 2:07.1 | 5 | 37:41.2 | 20.4 | 0:45.1 | 7 | 21:08.5 | 8:27 | 1:10:36.0 |
| 6 | 45 | Walker Coburn | 30 | 7 | 8:40.6 | 1:27.3 | 6 | 39:49.4 | 19.3 | 0:47.9 | 6 | 21:06.8 | 8:26 | 1:11:52.0 |
| 7 | 48 | David Cannon | 31 | 5 | 8:34.0 | 1:12.7 | 8 | 40:20.3 | 19.0 | 0:36.3 | 9 | 22:10.8 | 8:52 | 1:12:54.1 |
| 8 | 52 | Paul Peconga | 34 | 9 | 9:02.8 | 1:51.0 | 9 | 43:05.1 | 17.8 | 1:12.1 | 2 | 18:59.1 | 7:36 | 1:14:10.3 |
| 9 | 61 | Chris Lee | 34 | 10 | 9:20.3 | 0:57.1 | 10 | 43:05.4 | 17.8 | 0:35.1 | 8 | 22:10.5 | 8:52 | 1:16:08.4 |
| 10 | 62 | Jared Davis | 32 | 4 | 8:07.9 | 1:31.2 | 7 | 40:14.5 | 19.1 | 1:09.3 | 11 | 25:20.8 | 10:08 | 1:16:23.9 |
| 11 | 74 | Michael Marston | 32 | 6 | 8:37.4 | 2:12.3 | 12 | 45:12.0 | 17.0 | 0:29.6 | 10 | 22:43.1 | 9:05 | 1:19:14.5 |
| 12 | 104 | Laban Levy | 34 | 13 | 11:26.9 | 1:28.0 | 11 | 45:08.2 | 17.0 | 1:38.3 | 12 | 29:05.1 | 11:38 | 1:28:46.7 |
| 13 | 105 | Jesse Lamarand | 33 | 12 | 9:51.8 | 2:26.7 | 13 | 45:50.7 | 16.8 | 1:40.5 | 13 | 30:08.1 | 12:03 | 1:29:58.0 |

[Top](#)

Male 35 to 39

| Overall | | | | Swim | | | | T1 | | | | Bike | | | | T2 | | | | Run | | | | Total |
|---------|-------|------------------|-----|------|---------|------|--------|-----|---------|------|--------|------|---------|-------|-----------|-----|------|------|------|-----|------|------|------|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | |
| 1 | 3 | Jeffrey Howells | 39 | 1 | 6:03.7 | | 0:39.0 | 2 | 32:44.6 | 23.5 | 0:26.6 | 2 | 17:31.7 | 7:00 | 57:25.7 | | | | | | | | | |
| 2 | 7 | John Bullock | 39 | 2 | 6:50.3 | | 0:33.3 | 1 | 31:44.4 | 24.2 | 0:31.3 | 5 | 20:39.1 | 8:16 | 1:00:18.6 | | | | | | | | | |
| 3 | 9 | Rusty Russell | 37 | 4 | 8:09.6 | | 0:53.4 | 3 | 34:46.2 | 22.1 | 0:25.8 | 1 | 16:55.4 | 6:46 | 1:01:10.6 | | | | | | | | | |
| 4 | 41 | Ben Carothers | 35 | 6 | 8:32.9 | | 1:35.2 | 4 | 38:00.8 | 20.2 | 0:27.3 | 7 | 22:01.1 | 8:48 | 1:10:37.4 | | | | | | | | | |
| 5 | 43 | Ken Payne | 39 | 3 | 7:54.9 | | 0:52.6 | 5 | 39:01.6 | 19.7 | 0:56.7 | 8 | 22:51.8 | 9:08 | 1:11:37.7 | | | | | | | | | |
| 6 | 54 | Brad Colvin | 36 | 7 | 8:38.0 | | 1:57.7 | 9 | 42:58.5 | 17.9 | 0:28.5 | 4 | 20:22.5 | 8:09 | 1:14:25.3 | | | | | | | | | |
| 7 | 55 | Jessie Flores Jr | 37 | 11 | 10:44.1 | | 1:24.8 | 6 | 39:52.3 | 19.3 | 0:42.0 | 6 | 21:44.4 | 8:42 | 1:14:27.6 | | | | | | | | | |
| 8 | 57 | Ray Atencio | 39 | 8 | 8:46.4 | | 3:11.8 | 8 | 41:22.0 | 18.6 | 1:23.5 | 3 | 20:16.1 | 8:06 | 1:14:59.8 | | | | | | | | | |
| 9 | 58 | Shelby Taylor | 36 | 5 | 8:28.2 | | 1:23.1 | 7 | 41:19.4 | 18.6 | 0:48.6 | 9 | 23:03.0 | 9:13 | 1:15:02.4 | | | | | | | | | |
| 10 | 91 | Chris Bradford | 37 | 9 | 9:24.2 | | 2:15.7 | 10 | 44:44.8 | 17.2 | 0:39.2 | 10 | 28:05.6 | 11:14 | 1:25:09.6 | | | | | | | | | |
| 11 | 116 | James Baugh | 36 | 10 | 10:35.8 | | 1:59.7 | 11 | 49:30.1 | 15.5 | 0:55.8 | 11 | 46:50.7 | 18:44 | 1:49:52.1 | | | | | | | | | |

[Top](#)

Male 40 to 44

| Overall | | | | Swim | | | | T1 | | | | Bike | | | | T2 | | | | Run | | | | Total |
|---------|-------|--------------------|-----|------|---------|------|--------|-----|---------|------|--------|------|---------|-------|-----------|-----|------|------|------|-----|------|------|------|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | |
| 1 | 12 | Daniel Anderson | 44 | 1 | 7:27.7 | | 0:32.5 | 1 | 33:25.3 | 23.0 | 0:22.0 | 2 | 20:58.3 | 8:23 | 1:02:45.9 | | | | | | | | | |
| 2 | 17 | Jason Sanders | 40 | 2 | 7:49.2 | | 0:41.8 | 2 | 34:18.0 | 22.4 | 0:39.1 | 4 | 21:25.7 | 8:34 | 1:04:53.9 | | | | | | | | | |
| 3 | 30 | Bobby Umstead | 42 | 3 | 8:12.8 | | 1:03.1 | 3 | 37:05.5 | 20.7 | 0:50.0 | 1 | 20:39.7 | 8:16 | 1:07:51.2 | | | | | | | | | |
| 4 | 47 | Scott English | 44 | 11 | 10:44.9 | | 0:50.2 | 4 | 37:47.2 | 20.3 | 0:34.0 | 5 | 22:39.5 | 9:04 | 1:12:35.8 | | | | | | | | | |
| 5 | 59 | Shannon Taylor | 41 | 7 | 9:32.9 | | 1:14.7 | 9 | 42:43.9 | 18.0 | 0:41.3 | 3 | 21:03.8 | 8:25 | 1:15:16.7 | | | | | | | | | |
| 6 | 66 | Doug Collier | 44 | 6 | 9:19.2 | | 0:59.1 | 5 | 39:14.6 | 19.6 | 0:51.5 | 8 | 27:15.0 | 10:54 | 1:17:39.4 | | | | | | | | | |
| 7 | 68 | Patrick Kimball | 44 | 9 | 10:27.7 | | 1:07.5 | 8 | 41:17.6 | 18.6 | 0:35.7 | 6 | 24:24.0 | 9:46 | 1:17:52.5 | | | | | | | | | |
| 8 | 78 | Jason Kendall | 41 | 5 | 8:31.1 | | 1:44.5 | 6 | 40:03.8 | 19.2 | 1:53.2 | 9 | 28:04.9 | 11:14 | 1:20:17.6 | | | | | | | | | |
| 9 | 92 | Charles Halley III | 41 | 10 | 10:39.9 | | 2:39.4 | 11 | 45:02.0 | 17.1 | 1:42.1 | 7 | 25:09.4 | 10:04 | 1:25:12.9 | | | | | | | | | |
| 10 | 101 | Richard Jones | 44 | 4 | 8:21.0 | | 2:07.3 | 10 | 42:45.1 | 18.0 | 1:17.7 | 10 | 33:05.9 | 13:14 | 1:27:37.1 | | | | | | | | | |
| 11 | 111 | John Whitten | 42 | 8 | 9:58.2 | | 1:21.9 | 7 | 40:38.9 | 18.9 | 2:21.0 | 11 | 43:27.6 | 17:23 | 1:37:47.7 | | | | | | | | | |

[Top](#)

Male 45 to 49

| Overall | | | | Swim | | | | T1 | | | | Bike | | | | T2 | | | | Run | | | | Total |
|---------|-------|------------------|-----|------|---------|------|--------|-----|---------|------|--------|------|---------|------|-----------|-----|------|------|------|-----|------|------|------|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | |
| 1 | 16 | Bob Waits | 49 | 1 | 6:48.4 | | 0:46.8 | 1 | 36:22.8 | 21.1 | 0:35.7 | 3 | 19:57.7 | 7:59 | 1:04:31.5 | | | | | | | | | |
| 2 | 19 | David Dempsey | 46 | 7 | 8:37.9 | | 1:20.9 | 4 | 37:34.5 | 20.4 | 0:43.7 | 1 | 16:51.1 | 6:44 | 1:05:08.2 | | | | | | | | | |
| 3 | 29 | Douglas Gotberg | 47 | 6 | 8:28.7 | | 1:03.8 | 5 | 38:10.9 | 20.1 | 1:02.5 | 2 | 18:46.9 | 7:30 | 1:07:32.9 | | | | | | | | | |
| 4 | 34 | Michael Stratton | 45 | 2 | 7:30.6 | | 1:02.8 | 6 | 38:23.1 | 20.0 | 0:59.9 | 4 | 21:54.0 | 8:46 | 1:09:50.5 | | | | | | | | | |
| 5 | 37 | Steve Luxion | 48 | 3 | 7:55.1 | | 1:35.3 | 2 | 37:11.8 | 20.7 | 1:11.0 | 5 | 22:30.4 | 9:00 | 1:10:23.7 | | | | | | | | | |
| 6 | 51 | Scott Martini | 49 | 8 | 11:16.3 | | 1:57.4 | 3 | 37:24.9 | 20.5 | 0:52.8 | 6 | 22:38.5 | 9:03 | 1:14:10.0 | | | | | | | | | |
| 7 | 56 | James Lonadier | 46 | 5 | 8:24.4 | | 0:58.7 | 7 | 39:18.9 | 19.5 | 1:12.4 | 8 | 24:52.7 | 9:57 | 1:14:47.1 | | | | | | | | | |
| 8 | 79 | Patrick Keen | 48 | 4 | 8:19.5 | | 2:21.8 | 8 | 46:08.1 | 16.6 | 0:25.1 | 7 | 23:05.1 | 9:14 | 1:20:19.6 | | | | | | | | | |

[Top](#)

Male 50 to 54

| Overall | | | | Swim | | | | T1 | | | | Bike | | | | T2 | | | | Run | | | | Total |
|---------|-------|-------------|-----|------|---------|------|--------|-----|---------|------|--------|------|---------|-------|-----------|-----|------|------|------|-----|------|------|------|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | |
| 1 | 4 | Tony Bouso | 53 | 1 | 8:06.9 | | 0:40.3 | 1 | 33:05.6 | 23.2 | 0:28.1 | 1 | 17:45.0 | 7:06 | 1:00:06.0 | | | | | | | | | |
| 2 | 60 | Nathan Bach | 51 | 3 | 11:32.2 | | 2:03.6 | 3 | 42:18.5 | 18.2 | 0:39.6 | 2 | 19:01.2 | 7:36 | 1:15:35.2 | | | | | | | | | |
| 3 | 89 | Glenn Gates | 54 | 2 | 10:29.6 | | 1:53.8 | 2 | 41:49.4 | 18.4 | 2:07.2 | 3 | 28:03.0 | 11:13 | 1:24:23.2 | | | | | | | | | |

[Top](#)

Male 55 to 59

| Overall | | | | Swim | | | | T1 | | | | Bike | | | | T2 | | | | Run | | | | Total |
|---------|-------|----------------|-----|------|---------|------|--------|-----|---------|------|--------|------|---------|-------|-----------|-----|------|------|------|-----|------|------|------|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | |
| 1 | 23 | Jim Balfie | 55 | 2 | 8:58.1 | | 0:57.1 | 1 | 34:55.5 | 22.0 | 0:37.6 | 1 | 20:20.1 | 8:08 | 1:05:48.4 | | | | | | | | | |
| 2 | 50 | Stephen Terese | 59 | 5 | 10:24.1 | | 1:24.5 | 2 | 39:57.6 | 19.2 | 0:58.0 | 2 | 20:51.2 | 8:20 | 1:13:35.5 | | | | | | | | | |
| 3 | 76 | Jack Ward | 56 | 1 | 7:38.8 | | 3:29.8 | 3 | 41:12.9 | 18.6 | 1:01.5 | 4 | 26:40.5 | 10:40 | 1:20:03.6 | | | | | | | | | |
| 4 | 97 | Donald Payne | 58 | 3 | 10:08.3 | | 3:20.2 | 6 | 46:33.7 | 16.5 | 2:29.2 | 3 | 24:40.0 | 9:52 | 1:27:11.5 | | | | | | | | | |
| 5 | 106 | Rick Yates | 59 | 4 | 10:14.1 | | 2:17.9 | 5 | 45:49.9 | 16.8 | 2:12.3 | 5 | 32:23.8 | 12:57 | 1:32:58.1 | | | | | | | | | |
| 6 | 110 | Ric Pennington | 59 | 7 | 11:35.3 | | 1:50.2 | 4 | 42:55.5 | 17.9 | 1:59.6 | 7 | 39:18.7 | 15:43 | 1:37:39.5 | | | | | | | | | |
| 7 | 114 | Steve Tabler | 56 | 6 | 11:08.8 | | 1:40.9 | 7 | 53:04.7 | 14.5 | 0:43.4 | 6 | 34:20.3 | 13:44 | 1:40:58.2 | | | | | | | | | |

[Top](#)

Male 60 to 64

| Overall | | | | Swim | | | | T1 | | | | Bike | | | | T2 | | | | Run | | | | Total |
|---------|-------|----------------|-----|------|---------|------|--------|-----|---------|------|--------|------|---------|-------|-----------|-----|------|------|------|-----|------|------|------|-------|
| Place | Place | Name | Age | Rnk | Time | Pace | Time | Rnk | Time | Rate | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | Rnk | Time | Pace | Time | |
| 1 | 44 | Steve Rains | 61 | 2 | 10:05.8 | | 1:07.5 | 1 | 38:50.4 | 19.8 | 0:50.5 | 1 | 20:57.0 | 8:23 | 1:11:51.3 | | | | | | | | | |
| 2 | 109 | Danny Triplett | 61 | 1 | 9:37.1 | | 3:43.0 | 2 | 48:51.4 | 15.7 | 0:39.6 | 2 | 34:01.3 | 13:36 | 1:36:52.5 | | | | | | | | | |

[Top](#)

Male 65 and over

| Overall | | | ----- Swim ----- | | | | T1 ----- Bike ----- | | | | T2 ----- Run ----- | | | | Total |
|--------------|--------------|-------------|------------------|------------|-------------|-------------|---------------------|------------|-------------|-------------|--------------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Place</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 | 85 | Joe Hinton | 70 | 1 | 10:46.5 | | 1:58.1 | 1 | 42:40.9 | 18.0 | 1:22.7 | 1 | 27:05.4 | 10:50 | 1:23:53.7 |

Teams

[Top](#)

Mixed 0-99

| Overall | | | ----- Swim ----- | | | | T1 ----- Bike ----- | | | | T2 ----- Run ----- | | | | Total |
|--------------|--------------|-------------|------------------|------------|-------------|-------------|---------------------|------------|-------------|-------------|--------------------|------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Place</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 | 1 | Kim McLain | 36 | 1 | 9:37.5 | | 0:32.9 | 1 | 34:17.9 | 22.4 | 0:18.8 | 1 | 21:27.3 | 8:35 | 1:06:14.5 |
