

SUNRISE SERIES #3 Individual

Age Group Results

June 14, 2009

Results By Atomic Racing Systems (hutch26.2@gmail.com)

Overall Female Open Winners

Overall			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
<u>Place</u>	<u>Place</u>	<u>Name</u>	<u>Bib No</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	14	Emily Roe	83	27	1	7:04.9		0:50.8	1	43:21.6	20.8	0:47.4	1	20:47.6	6:56	1:12:52.4

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1	96	Alida Soileau	180	13	1	7:08.9		2:00.8	1	1:01:11.3	14.7	1:16.5	1	31:17.4	10:26	1:42:55.0

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1	59	Emily Bouso	45	20	1	8:20.2		0:36.4	1	48:29.3	18.6	0:37.3	3	31:49.4	10:36	1:29:52.8
2	64	Mary Allred	56	20	2	8:29.2		1:19.8	2	50:52.0	17.7	0:32.9	2	29:51.2	9:57	1:31:05.2
3	71	Jennifer Bouso	76	23	3	9:01.4		0:46.8	3	52:03.9	17.3	0:54.8	1	28:53.1	9:38	1:31:40.1
4	101	Chelsea Liles	183	21	4	13:04.6		2:18.3	4	57:42.3	15.6	0:50.6	4	33:31.3	11:10	1:47:27.1

Overall			----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total		
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1	22	Lesley Conrad	176	28	1	6:09.9		0:56.6	1	43:55.5	20.5	0:38.8	1	25:31.9	8:30	1:17:12.8
2	63	Rae Lynn Adcock	58	25	2	7:56.8		1:43.5	2	47:22.5	19.0	1:15.7	4	32:41.7	10:54	1:31:00.3
3	67	Tina Ellis	2	25	3	8:22.5		1:30.0	3	48:23.8	18.6	1:04.7	3	32:07.4	10:42	1:31:28.5
4	86	Cassie Balfe	92	27	5	13:10.9		1:30.0	4	53:55.6	16.7	1:01.3	2	30:15.2	10:05	1:39:53.0
5	99	Melissa Andreani	96	27	4	9:19.8		2:34.2	5	56:55.5	15.8	0:43.1	5	36:17.8	12:06	1:45:50.5

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1	27	Lanya Bernard	26	34	3	9:30.1		0:59.8	3	45:32.0	19.8	0:45.7	1	21:29.0	7:10	1:18:16.7
2	37	Kirsten Wiederkehr	64	34	6	10:54.9		1:20.0	1	44:51.9	20.1	0:42.5	2	25:07.3	8:22	1:22:56.7
3	48	Christina Hoggatt	61	31	1	7:52.9		1:03.2	2	45:21.1	19.8	1:12.7	6	31:49.8	10:36	1:27:19.9
4	49	Kelli Ingersoll	177	32	5	10:16.7		1:13.3	4	48:26.4	18.6	0:44.3	3	27:25.1	9:08	1:28:05.9
5	81	Diane Schlak	37	34	2	8:03.2		1:18.7	5	54:31.8	16.5	0:39.0	7	32:54.9	10:58	1:37:27.7
6	82	Stacy Wilburn	11	32	4	9:47.6		1:45.5	7	56:20.8	16.0	0:48.6	4	28:55.0	9:38	1:37:37.5
7	84	Michelle Hopper	86	31	7	10:57.5		1:14.6	6	55:03.2	16.3	0:36.9	5	30:16.9	10:05	1:38:09.2

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1	30	Jenny Wilson	167	37	1	8:41.3		0:48.9	1	44:46.3	20.1	0:36.6	1	25:06.0	8:22	1:19:59.2
2	69	Gail Amison	95	39	4	11:06.7		2:31.9	2	48:49.1	18.4	1:11.4	2	27:56.0	9:19	1:31:35.3
3	74	Heather Bradford	189	36	2	9:10.9		1:27.2	5	52:01.7	17.3	0:29.2	4	29:43.4	9:54	1:32:52.4
4	76	Amanda Sansano	188	37	3	9:23.2		1:45.8	4	51:53.5	17.3	1:10.6	5	29:56.8	9:59	1:34:09.9
5	78	Michelle Carroll	15	37	5	13:12.6		1:30.3	3	50:07.4	18.0	0:58.4	3	28:44.4	9:35	1:34:33.2

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