

# The 2017 Avon Lake Triathlon & Duathlon

Race Date  
July 22, 2017

## Overall Results

### Triathlon

Place	Name	Bib No	AG Place	.25M			T1			12M			T2			5K Run			Total Time
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace					
1	Jason Zangmiester	12	1 M Top Fin	2	6:42.3	1:41	0:34.7	3	31:38.4	22.8	0:24.1	1	15:50.0	5:06	55:09.6				
2	Per Schroeder	178	1 M 45-49	3	6:46.7	1:42	0:51.1	1	29:54.3	24.1	0:42.0	2	17:50.0	5:45	56:04.3				
3	Nick Cicerchi	195	1 M 35-39	6	7:46.6	1:57	0:49.1	2	30:54.6	23.3	0:57.7	4	18:44.9	6:03	59:13.0				
4	Kyle Hronek	193	1 M 25-29	1	6:37.4	1:39	0:57.8	5	32:35.5	22.1	0:48.8	7	20:02.5	6:28	1:01:02.1				
5	Tom Lundin	180	2 M 45-49	8	8:32.5	2:08	2:09.4	7	33:07.5	21.7	0:37.9	5	19:20.2	6:14	1:03:47.6				
6	Liz Ferro	188	1 F Top Fin	9	8:36.4	2:09	2:05.9	4	32:06.0	22.4	1:19.1	8	20:03.5	6:28	1:04:11.1				
7	Matt Raplenovich	172	2 M 35-39	22	9:07.7	2:17	1:01.9	6	32:42.0	22.0	0:52.1	11	20:49.8	6:43	1:04:33.8				
8	Elizabeth Poore	2	1 F 40-44	16	8:48.2	2:12	1:31.3	11	34:22.8	21.0	0:41.5	9	20:16.6	6:32	1:05:40.5				
9	Jeff McArthur	5	1 M 40-44	4	6:59.2	1:45	1:59.3	19	36:22.2	19.8	0:51.7	10	20:40.2	6:40	1:06:52.7				
10	Daniel Harvey	192	3 M 45-49	11	8:37.0	2:09	1:42.1	13	34:42.5	20.7	0:52.3	12	21:14.2	6:51	1:07:08.2				
11	Russell Valliere	161	1 M 30-34	14	8:42.1	2:11	2:08.2	8	33:21.8	21.6	1:19.8	16	22:03.6	7:07	1:07:35.7				
12	Bridget Lyons	191	1 F 25-29	10	8:36.7	2:09	1:55.8	20	36:50.8	19.5	0:32.7	6	19:46.7	6:23	1:07:43.0				
13	Kimberly Raplenovich	171	1 F 35-39	13	8:38.8	2:10	0:53.7	16	35:15.9	20.4	0:57.5	19	22:43.5	7:20	1:08:29.6				
14	Ken Davenport	168	2 M 40-44	12	8:38.6	2:10	1:17.1	10	34:08.9	21.1	1:22.8	20	23:04.6	7:26	1:08:32.1				
15	Joe Vitale	163	2 M 25-29	23	9:13.2	2:18	1:26.2	9	34:06.0	21.1	1:57.1	17	22:30.6	7:15	1:09:13.2				
16	Will Steck	4	1 M 15-19	17	8:49.6	2:12	2:27.6	27	39:43.6	18.1	0:39.4	3	18:25.6	5:56	1:10:06.0				
17	Cole Eichenlaub	165	2 M 30-34	7	8:17.0	2:04	1:53.8	22	37:22.8	19.3	0:56.8	21	23:06.8	7:27	1:11:37.4				
18	Leslie Barni	162	1 F 50-54	15	8:43.0	2:11	2:32.3	21	37:08.7	19.4	1:45.8	13	21:30.1	6:56	1:11:40.1				
19	Samantha Squires	184	1 F 15-19	5	7:34.3	1:54	1:30.6	31	40:26.3	17.8	0:38.8	14	21:39.4	6:59	1:11:49.6				
20	Paul Leszek	196	1 M 50-54	33	12:22.1	3:06	2:18.7	14	34:43.8	20.7	0:34.1	18	22:39.7	7:18	1:12:38.6				
21	Kimberly Schroeder	179	2 F 40-44	28	10:16.0	2:34	1:21.9	17	35:17.0	20.4	1:29.1	26	24:25.1	7:53	1:12:49.4				
22	Kimberly Vick	200	3 F 40-44	27	10:06.6	2:32	1:13.5	23	37:31.7	19.2	0:56.3	23	23:28.1	7:34	1:13:16.4				
23	Judy Zangmeister	10	1 F 55-59	25	9:41.2	2:25	1:19.0	30	40:17.0	17.9	1:08.5	15	21:47.6	7:02	1:14:13.5				
24	Matt Holtwick	1	3 M 30-34	19	8:54.1	2:14	0:59.9	12	34:40.2	20.8	1:35.7	32	28:25.0	9:10	1:14:35.1				
25	Jessica Steuk	164	1 F 45-49	18	8:49.7	2:12	1:19.4	28	39:56.8	18.0	1:14.2	22	23:16.9	7:30	1:14:37.2				
26	Brian Bloom	187	1 M 55-59	31	10:44.3	2:41	2:22.1	15	34:44.1	20.7	1:39.3	28	25:50.2	8:20	1:15:20.3				
27	Alexa Harcourt	23	2 F 15-19	21	8:55.5	2:14	1:30.3	32	40:27.8	17.8	0:24.3	25	24:08.1	7:47	1:15:26.2				
28	Diane Downey	185	2 F 45-49	26	10:04.7	2:31	1:21.8	26	38:26.0	18.7	1:25.2	27	24:41.5	7:58	1:15:59.4				
29	Bill Lowery	190	1 M 65-69	32	11:01.4	2:45	1:54.4	18	36:07.6	19.9	1:32.7	30	27:00.9	8:43	1:17:37.1				
30	John Lundin	11	2 M 50-54	24	9:29.6	2:22	3:48.2	24	37:53.4	19.0	4:15.6	24	23:44.1	7:39	1:19:11.1				
31	Joe Toner	197	1 M 60-64	30	10:36.4	2:39	2:24.1	25	38:19.8	18.8	1:11.8	33	28:47.3	9:17	1:21:19.6				
32	Steven Streitel	182	2 M 60-64	29	10:21.4	2:35	3:11.9	29	40:05.3	18.0	1:00.4	29	26:42.2	8:37	1:21:21.3				
33	Rachael Turkovich	183	3 F 15-19	20	8:54.3	2:14	2:01.5	33	43:38.8	16.5	0:26.5	31	27:43.3	8:56	1:22:44.4				

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## Overall Results

### Triathlon ATH

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>.25M Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>12M Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>5K Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	Marybeth Leitch	169	1 F 1-99	1	11:16.5	2:49	2:08.9	1	40:08.0	17.9	0:39.7	1	27:27.4	8:51	1:21:40.7

# The 2017 Avon Lake Triathlon & Duathlon

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## Overall Results

### Duathlon

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>----- 5K Run -----</u>			<u>T1</u>	<u>----- 12M -----</u>			<u>T2</u>	<u>----- 5K Run -----</u>			<u>Total</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	Jonathan Zappala	156	1 M Top Fin	1	16:43.2	5:24	0:21.3	1	32:59.5	21.8	0:23.5	1	16:51.5	5:26	1:07:19.2
2	Tim Watkins	151	1 M 20-24	3	19:19.9	6:14	1:01.8	3	34:19.6	21.0	1:02.8	2	19:16.9	6:13	1:15:01.2
3	Jennifer Peverelle	3	1 F Top Fin	2	19:06.2	6:10	1:07.4	2	34:04.1	21.1	0:46.4	4	21:09.7	6:49	1:16:14.1
4	Mark Wladecki	157	1 M 55-59	4	20:02.1	6:28	1:09.8	5	37:59.2	19.0	0:00.0	3	19:51.0	6:24	1:19:02.2
5	Lorenzo Pompeo	22	1 M 45-49	5	20:31.3	6:37	1:54.6	6	39:47.0	18.1	1:14.0	5	21:50.1	7:03	1:25:17.1
6	Don Cunningham	18	2 M 55-59	6	22:48.5	7:21	1:18.2	4	36:05.5	20.0	1:33.2	6	24:11.2	7:48	1:25:57.0
7	Bill Robb	153	1 M 50-54	7	23:35.0	7:36	0:56.0	8	41:26.5	17.4	0:29.4	7	25:56.5	8:22	1:32:23.5
8	Gary Gugliotta	158	2 M 45-49	8	27:20.2	8:49	1:19.5	7	39:53.8	18.1	0:46.4	8	29:05.2	9:23	1:38:25.4

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Overall Results

**Duathlon CLY**

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>----- 5K Run -----</u>			<u>T1</u>	<u>----- 12M -----</u>			<u>T2</u>	<u>----- 5K Run -----</u>			<u>Total</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	Dave Sayres	154	1 M 1-99	1	27:53.2	9:00		1	36:06.9	19.9	2:25.5	1	25:56.0	8:22	1:31:17.4