

2019 Sheffield Lake Triathlon & Duathlon

Age Group Results

Triathlon

Female Overall Winners

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	18	Tara Kieser	74	38	1	9:38.9	2:25	0:59.3	1	34:37.1	20.8	1:08.8	1	24:03.6	7:45	1:10:27.7

Male Overall Winners

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	1	Shannon Kurek	69	49	1	7:32.1	1:53	0:46.8	1	27:42.3	26.0	0:31.2	1	21:10.0	6:50	57:42.5

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### Triathlon

#### Female 14 and Under

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	59	Grace Yuhas	221	13	1	9:08.9	2:17	1:41.9	1	50:47.1	14.2	0:27.6	1	35:13.7	11:22	1:37:19.4

#### Male 14 and Under

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	32	Sam Russo	101	14	1	9:26.5	2:22	1:34.7	1	29:00.6	24.8	0:38.1	1	35:22.1	11:25	1:16:02.1
2	65	Unknown Partic. 86	86										2	2:11:13.3	6:52	2:11:13.3

#### Female 20 to 24

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	22	Jordyn Musi	80	20	1	11:15.5	2:49	0:45.3	1	35:20.7	20.4	0:34.5	1	24:38.3	7:57	1:12:34.6

#### Female 25 to 29

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	20	Amanda Lawson	73	26	2	8:15.9	2:04	1:33.6	1	37:49.8	19.0	1:11.1	1	23:30.7	7:35	1:12:21.3
2	29	Kristen Troyer	135	26	1	8:15.5	2:04	1:30.4	2	39:10.5	18.4	0:38.6	2	25:20.2	8:10	1:14:55.5

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#### Male 25 to 29

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	
1	21	Joseph Constantino	32	29	1	9:05.8	2:16	2:32.2	1	35:23.1	20.3	1:06.2	2	24:16.2	7:50	1:12:23.7
2	33	Joshua Allen	2	29	2	10:09.6	2:32	2:21.9	2	42:06.8	17.1	1:03.2	1	21:12.4	6:50	1:16:54.0
3	60	Chris Seitz	112	28	4	25:53.4	6:28	1:29.9	3	43:26.1	16.6	0:39.8	3	25:54.9	8:21	1:37:24.4
4	61	Nathan Magovac	247	25	3	13:11.9	3:18	1:41.6	4	43:54.4	16.4	0:36.8	4	38:47.1	12:31	1:38:12.1

#### Female 30 to 34

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	
1	41	Mallory Hampton	52	33	1	9:45.0	2:26	2:05.4	1	39:00.0	18.5	1:03.0	1	27:54.7	9:00	1:19:48.3

#### Male 30 to 34

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	
1	2	Ehren Eschmann	42	33	1	6:39.9	1:40	0:50.5	1	29:03.3	24.8	0:25.5	2	21:01.8	6:47	58:01.2
2	3	Jason Zangmeister	219	33	2	7:58.6	2:00	0:28.4	3	32:19.2	22.3	0:14.9	1	19:30.5	6:17	1:00:31.8
3	11	Robbie Barnaby	5	32	3	9:36.1	2:24	1:44.1	4	33:30.8	21.5	0:30.4	3	21:41.4	7:00	1:07:02.9
4	17	Pete Smith	126	33	4	10:00.1	2:30	1:35.5	2	31:15.5	23.0	0:48.5	5	26:44.5	8:37	1:10:24.3
5	37	Joe Reynolds	225	31	5	10:17.3	2:34	2:00.9	5	37:15.7	19.3	1:11.9	6	27:37.7	8:55	1:18:23.6
6	46	Victor Anderson	3	32	7	14:35.6	3:39	2:03.9	6	37:25.2	19.2	0:42.9	7	28:29.2	9:11	1:23:16.9
7	50	Michael Pollhammer	96	30	8	16:09.6	4:02	2:44.1	8	41:05.5	17.5	1:32.0	4	25:56.8	8:22	1:27:28.2
8	54	Kevin Bright	15	30	6	13:00.6	3:15	8:12.0	7	39:30.6	18.2	1:03.2	8	29:42.7	9:35	1:31:29.3

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#### Female 35 to 39

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Time	Rnk		Time	Pace
1	52	Jennifer Clark	29	38	1	19:57.4	4:59	1:40.7	1	38:26.4	18.7	1:10.6	1	29:28.2	9:30	1:30:43.4

#### Male 35 to 39

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Time	Rnk		Time	Pace
1	9	Chris Schmauder	103	35	2	8:42.8	2:11	2:38.8	1	31:28.4	22.9	0:57.0	1	22:33.4	7:16	1:06:20.5
2	14	Nathan Davis	37	35	1	8:17.4	2:04	1:25.3	3	35:02.0	20.6	0:29.7	4	23:52.2	7:42	1:09:06.8
3	16	Terrance ODonnell	224	36	4	11:36.2	2:54	1:42.1	2	32:17.6	22.3	1:04.8	2	22:58.6	7:25	1:09:39.4
4	35	Nathan Olszko	89	39	6	12:34.7	3:09	1:56.9	4	35:34.2	20.2	1:16.6	5	25:54.5	8:21	1:17:17.0
5	36	Vance Rosenow	98	36	3	10:13.2	2:33	2:47.7	6	38:41.7	18.6	2:12.9	3	23:46.3	7:40	1:17:41.9
6	55	Timothy Boyd	11	36	5	12:27.2	3:07	3:48.3	5	38:20.1	18.8	2:05.3	6	36:04.7	11:38	1:32:45.8

#### Female 40 to 44

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Time	Rnk		Time	Pace
1	39	Melissa Latshaw	70	43	1	13:41.7	3:25	1:57.4	1	38:43.0	18.6	1:34.7	1	23:32.4	7:35	1:19:29.3

#### Male 40 to 44

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Time	Rnk		Time	Pace
1	7	Patrick Russo	100	41	4	10:32.3	2:38	1:26.3	1	31:13.0	23.1	0:36.4	1	20:46.0	6:42	1:04:34.2

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#### Male 40 to 44

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	
2	8	William Calkins	244	43	1	8:44.1	2:11	1:20.6	3	33:25.3	21.5	0:17.4	2	21:49.8	7:02	1:05:37.4
3	13	Dan Judkins	63	43	2	9:55.4	2:29	1:09.8	2	31:38.9	22.8	0:58.4	3	24:47.9	8:00	1:08:30.6
4	26	Rick Beard	10	42	5	11:09.9	2:47	1:10.5	4	34:01.8	21.2	0:42.0	6	27:04.5	8:44	1:14:08.9
5	27	Christopher Gibbons	50	43	3	10:10.6	2:33	2:13.0	5	35:42.5	20.2	1:23.9	4	24:52.3	8:01	1:14:22.5
6	43	Joseph Waltzer	243	44	6	13:37.6	3:24	2:24.1	6	37:36.1	19.1	1:44.5	5	25:52.9	8:21	1:21:15.4

#### Female 45 to 49

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	
1	23	Kristine Urban	136	45	1	10:30.3	2:38	1:54.8	1	33:43.2	21.4	1:05.3	1	25:42.7	8:17	1:12:56.5
2	44	Andrea LeBlond	76	48	2	11:30.5	2:53	1:27.4	2	38:05.5	18.9	0:53.7	2	30:32.4	9:51	1:22:29.6
3	62	Laura Kubatko	66	47	3	21:06.3	5:17	2:54.5	3	42:35.3	16.9	2:07.5	3	31:16.0	10:05	1:39:59.8

#### Male 45 to 49

Place		Name	Bib No	Age	1/4M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	
1	4	Michael Schaefer	102	46	2	8:56.6	2:14	0:38.7	1	29:05.1	24.8	0:40.3	2	21:57.8	7:05	1:01:18.8
2	5	Per Schroeder	106	48	1	8:17.1	2:04	0:50.0	2	30:36.2	23.5	0:48.6	1	21:23.0	6:54	1:01:54.9
3	15	Matt Brenner	13	45	3	9:01.2	2:15	1:59.0	3	32:16.4	22.3	1:05.1	4	24:50.8	8:01	1:09:12.7
4	30	Kyle Amsdell	226	48	5	10:47.6	2:42	1:16.1	4	34:23.4	20.9	0:44.9	7	28:10.9	9:05	1:15:23.1
5	31	Ken Davenport	36	45	4	10:26.3	2:37	1:16.0	6	35:35.1	20.2	1:07.6	6	27:24.0	8:50	1:15:49.1
6	34	Steve Pesarchick	94	45	7	13:22.5	3:21	1:20.9	7	36:45.5	19.6	0:47.4	3	24:39.8	7:57	1:16:56.2
7	42	Ruben Garcia	242	47	8	14:29.7	3:37	1:12.3	5	35:26.4	20.3	1:26.0	8	28:35.9	9:13	1:21:10.6

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#### Triathlon

#### Male 45 to 49

Place			----- 1/4M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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>
8	49	Blacque Clement	206	46	9	15:30.8	3:53	1:17.5	9	43:43.6	16.5	0:43.3	5	25:57.2	8:22	1:27:12.5
9	53	Daryn Kinkoph	64	45	6	13:00.9	3:15	2:55.4	8	40:57.8	17.6	2:13.6	9	31:50.5	10:16	1:30:58.4

#### Female 50 to 54

Place			----- 1/4M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	38	Natalie Wakulchik	220	54	2	12:05.0	3:01	2:07.9	1	35:12.5	20.5	1:34.3	1	27:31.1	8:53	1:18:30.9
2	58	Gloria Dugan	39	54	1	5:27.8	1:22	4:20.1	2	48:38.5	14.8	1:15.9	2	35:29.9	11:27	1:35:12.3

#### Male 50 to 54

Place			----- 1/4M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	10	Daniel Smith	129	51	1	7:34.3	1:54	0:55.4	1	31:03.8	23.2	0:48.7	2	26:39.0	8:36	1:07:01.4
2	25	Ben Norton	85	54	2	11:06.2	2:47	1:37.7	2	33:41.6	21.4	0:59.5	1	26:28.1	8:32	1:13:53.2
3	51	Thomas Garofalo	49	53	4	18:16.8	4:34	1:55.0	3	38:50.1	18.5	1:37.0	3	28:09.1	9:05	1:28:48.1
4	57	Ira Hager	246	50	3	11:23.8	2:51	4:23.2	4	44:05.1	16.3	2:16.8	4	32:30.0	10:29	1:34:39.1

#### Male 55 to 59

Place			----- 1/4M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	6	Don Cain	16	58	2	9:08.3	2:17	0:29.6	1	28:59.1	24.8	0:49.2	1	24:41.1	7:58	1:04:07.6

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#### Male 55 to 59

Place			----- 1/4M -----			T1	-----12M Bike -----			T2	----- 3.1M -----		Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
2	24	Bridge McDowell	78	57	1	8:58.2	2:15	1:15.7	3	34:46.8	20.7	1:42.1	2	26:27.0	8:32	1:13:09.9
3	28	John Lanson	128	56	3	10:34.3	2:39	1:09.4	2	34:12.2	21.1	0:45.6	3	28:04.1	9:03	1:14:45.8
4	47	Paul Miotto	79	57	4	15:21.9	3:50	2:21.3	4	36:09.5	19.9	1:18.6	4	29:02.7	9:22	1:24:14.1

#### Female 60 to 64

Place			----- 1/4M -----			T1	-----12M Bike -----			T2	----- 3.1M -----		Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	19	Joanne Collins	31	60	1	10:29.5	2:37	1:01.9	1	34:09.6	21.1	1:09.2	1	25:11.9	8:07	1:12:02.3
2	40	Judy Zangmeister	245	61	2	11:31.0	2:53	1:03.1	2	40:17.2	17.9	0:46.7	2	25:55.3	8:22	1:19:33.5

#### Male 60 to 64

Place			----- 1/4M -----			T1	-----12M Bike -----			T2	----- 3.1M -----		Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	12	John Zangmeister	218	60	2	9:22.5	2:21	0:45.7	1	32:11.4	22.4	0:34.4	1	25:17.0	8:09	1:08:11.1
2	48	David Marburger	248	64	1	9:20.2	2:20	2:25.8	2	38:54.3	18.5	0:45.9	2	34:17.7	11:04	1:25:44.2
3	63	Denis Shutty	125	60	3	14:51.1	3:43	4:55.3	3	41:17.8	17.4	1:42.7	3	43:41.1	14:05	1:46:28.2

#### Female 65 to 69

Place			----- 1/4M -----			T1	-----12M Bike -----			T2	----- 3.1M -----		Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	66	Doris Budin	61	68	1	19:02.9	4:46	5:39.4	1	1:00:00.4	12.0	5:32.3	1	49:56.8	16:06	2:20:12.0

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### Triathlon

#### Male 65 to 69

Place					---- 1/4M ----		T1		----12M Bike ----			T2		---- 3.1M ----		Total
<u>Place</u>	<u>Overall</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	45	Tom Scudiere	107	67	1	11:57.8	2:59	2:32.0	1	36:03.9	20.0	1:28.5	1	31:06.8	10:02	1:23:09.2
2	56	Bill Lowery	77	69	2	15:04.6	3:46	2:46.6	2	38:17.3	18.8	1:56.2	2	34:46.3	11:13	1:32:51.2
3	64	William McCartney	241	65	3	1:16:37.7	19:09					52:34.8	3	41:24.7	13:21	1:59:15.9



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## Age Group Results

### Tri Clydesdale

#### Male 99 and Under

Place					---- 1/4M ----		T1	----12M Bike ----			T2	---- 3.1M ----		Total		
<u>Place</u>	<u>Overall</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	1	Justin Soltesz	130	44	2	10:56.3	2:44	1:50.2	1	35:44.7	20.1	0:56.7	1	27:59.4	9:02	1:17:27.5
2	2	Richard Cassidy	24	48	4	14:57.1	3:44	2:22.1	2	38:52.8	18.5	0:47.4	2	28:01.8	9:02	1:25:01.5
3	3	Eric Seward	113	45	3	14:29.4	3:37	1:40.0	4	41:10.0	17.5	3:22.4	3	38:31.5	12:25	1:39:13.6
4	4	Micahel Eldred	40	45	5	16:32.3	4:08	1:48.0	3	41:05.7	17.5	1:37.7	4	40:30.6	13:04	1:41:34.5
5	5	Hugh Price	97	54	1	9:57.1	2:29	2:16.7	5	48:42.1	14.8	2:28.8	5	44:10.0	14:15	1:47:35.0

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### Tri Athena

#### Female 99 and Under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>1/4M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>12M Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	1	Kristin Tarase	133	38	1	16:18.5	4:05	3:11.8	1	47:39.4	15.1	1:08.1	1	43:14.0	13:57	1:51:32.0

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## Age Group Results

### Duathlon

#### Female Overall Winners

Place		Name	Bib No	Age	3.1M		T1	12M Bike			T2	3.1M		Total		
Overall	Place				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	4	Casey Columbus	141	24	1	21:51.5	7:03	1:01.9	1	38:17.5	18.8	0:39.5	1	22:21.8	7:13	1:24:12.5

#### Male Overall Winners

Place		Name	Bib No	Age	3.1M		T1	12M Bike			T2	3.1M		Total		
Overall	Place				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	1	Jonathan Zappala	193	30	1	20:19.0	6:33	0:20.4	1	30:01.9	24.0	0:14.6	1	22:57.2	7:24	1:13:53.3

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## Age Group Results

### Duathlon

#### Male 25 to 29

Place			----- 3.1M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	3	Tim Watkins	180	25	1	22:00.1	7:06	1:02.6	1	32:45.5	22.0	0:27.3	1	22:40.4	7:19	1:18:56.2
2	14	Satoshi Kowaski	216	29	2	29:44.3	9:35	1:23.9	2	43:38.8	16.5	1:33.6	2	35:08.7	11:20	1:51:29.5

#### Female 30 to 34

Place			----- 3.1M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	15	Meghan Guegold	147	33	1	30:19.3	9:47	1:40.6	1	46:02.3	15.6	1:43.5	1	31:53.6	10:17	1:51:39.5

#### Male 30 to 34

Place			----- 3.1M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	5	Ernest Durbin	142	31	1	20:58.8	6:46	1:10.3	1	41:04.2	17.5	1:00.2	1	22:23.8	7:13	1:26:37.6
2	9	Ryan Gratzler	145	31	2	25:05.7	8:05	1:11.2	2	42:29.8	16.9	1:29.7	2	26:08.1	8:26	1:36:24.7
3	12	Rob Schofield	176	32	3	26:55.0	8:41	1:24.4	3	42:55.1	16.8	1:28.5	3	28:28.0	9:11	1:41:11.2

#### Female 35 to 39

Place			----- 3.1M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	18	Mariko Cowan	217	38	1	36:27.5	11:45	2:29.8	1	50:21.9	14.3	1:28.7	1	42:04.6	13:34	2:12:52.6

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## Age Group Results

### Duathlon

#### Male 35 to 39

Place			----- 3.1M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	7	Ryan Hora	223	37	1	23:21.4	7:32	1:04.7	1	37:41.7	19.1	0:39.1	1	24:52.7	8:01	1:27:39.8

#### Male 40 to 44

Place			----- 3.1M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	8	Nick Yurkiw	182	42	1	25:31.9	8:14	1:37.2	1	38:46.3	18.6	1:34.0	1	28:22.8	9:09	1:35:52.4

#### Male 50 to 54

Place			----- 3.1M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	2	Glenn Macnamara	227	51	1	21:10.2	6:50	0:29.4	1	34:14.6	21.0	0:33.6	1	21:24.0	6:54	1:17:52.1
2	10	Richard King	156	51	4	30:18.7	9:46	0:30.1	2	35:27.4	20.3	0:23.3	3	30:18.2	9:46	1:36:57.8
3	11	James Nahra	163	51	2	25:05.5	8:05	1:08.8	4	43:49.8	16.4	0:56.6	2	27:00.5	8:43	1:38:01.3
4	16	John Luck	158	52	3	29:59.5	9:40	1:16.7	3	42:42.0	16.9	1:14.1	4	39:49.9	12:51	1:55:02.4
5	17	David Meflicka	92	51	5	31:07.0	10:02	4:04.7	5	46:52.7	15.4	2:44.2	5	40:44.8	13:08	2:05:33.6

#### Male 60 to 64

Place			----- 3.1M -----			T1	-----12M Bike -----			T2	----- 3.1M -----			Total		
<u>Place</u>	<u>Overall</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	6	Dominic Visconsi Jr.	179	60	1	23:39.1	7:38	1:28.3	1	35:52.6	20.1	1:27.9	1	24:36.5	7:56	1:27:04.6
2	13	Lawrence Hatch	148	60	2	30:51.1	9:57	2:09.4	2	41:28.6	17.4	2:09.1	2	32:22.3	10:26	1:49:00.8

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# 2019 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon FEMALE Team

#### Female 99 and Under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>12M Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	1	TEAM Gal Heum	144	1	1	21:24.5	6:54	0:39.6	1	37:18.4	19.3	0:32.4	1	22:01.5	7:06	1:21:56.6

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## 2019 Sheffield Lake Triathlon & Duathlon

### Age Group Results

#### Duathlon MIXED Team

Male 99 and Under
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Place		Name	Bib No	Age	3.1M		T1	12M Bike			T2	3.1M		Total		
Overall					Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	1	TEAM Power Couple	240	1	1	19:46.9	6:23	0:31.9	1	41:44.5	17.3	0:35.7	1	20:25.5	6:35	1:23:04.7
2	2	TEAM Ranc 1	169	1	2	26:19.9	8:29	1:14.3	3	1:05:13.1	11.0	0:15.4	2	24:38.9	7:57	1:57:41.7
3	3	TEAM Joann Ranc 2	175	1	3	37:26.6	12:05	0:22.7	2	58:49.0	12.2	0:11.2	3	26:55.3	8:41	2:03:45.1