

# 2018 Sheffield Lake Triathlon & Duathlon

Race Date  
June 30, 2018

## 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	9	Brooke Hradisky	150	26	1	6:34.2	1:39	0:56.4	1	36:00.5	20.0	0:41.2	1	22:46.5	7:21	1:06:59.1

#### 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	68	48	1	6:26.4	1:37	0:21.1	1	28:14.4	25.5	0:22.3	1	22:02.8	7:06	57:27.1

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### Triathlon

#### Female 15 to 19

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	16	Jordyn Musi	147	19	2	8:20.5	2:05	1:10.2	1	35:53.9	20.1	0:32.1	1	23:46.5	7:40	1:09:43.2
2	20	Katie Dunstan	71	18	1	7:39.9	1:55	1:30.0	2	36:41.7	19.6	1:22.5	2	25:14.5	8:08	1:12:28.9
3	33	Makenna Sladky	77	15	3	8:51.5	2:13	1:43.7	3	39:20.8	18.3	0:48.1	3	27:42.7	8:56	1:18:26.9

#### Male 15 to 19

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	Matthew Speck	18	19	2	7:37.9	1:54	0:43.2	1	32:07.3	22.4	0:51.4	1	21:21.9	6:53	1:02:41.9
2	11	Colin Macmillan	34	18	1	5:17.4	1:19	0:54.7	2	35:43.1	20.2	0:40.0	2	25:09.6	8:07	1:07:45.0

#### Female 20 to 24

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	Caroline Granger	35	22	1	7:03.2	1:46	1:56.8	2	46:24.9	15.5	0:59.4	1	29:00.0	9:21	1:25:24.5
2	47	Jacqueline Wasson	41	24	2	7:48.7	1:57	2:02.2	1	44:14.9	16.3	1:16.2	2	31:14.3	10:05	1:26:36.4

#### Male 20 to 24

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	5	Ian Simpson	36	22	1	5:33.1	1:23	0:42.5	1	32:09.6	22.4	0:21.0	1	23:20.9	7:32	1:02:07.2

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## Age Group Results

### Triathlon

#### Female 25 to 29

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	22	Bridget Lyons	149	26	2	7:20.3	1:50	2:09.6	1	39:06.8	18.4	0:38.3	1	24:19.7	7:51	1:13:34.9
2	29	Kristen Troyer	59	25	1	6:10.5	1:33	1:06.5	2	40:50.3	17.6	0:29.8	2	27:31.5	8:53	1:16:08.8

#### Male 25 to 29

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	8	Kyle Hronek	80	26	1	5:47.1	1:27	1:06.0	1	34:13.7	21.0	0:41.9	1	24:09.4	7:47	1:05:58.3
2	46	Tim Moran	19	25	2	8:03.8	2:01	2:17.2	2	42:50.1	16.8	0:43.4	2	31:34.6	10:11	1:25:29.2

#### Female 30 to 34

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	44	Mallory Hampton	46	32	1	7:14.1	1:49	2:04.2	1	39:32.0	18.2	1:30.5	1	32:24.1	10:27	1:22:45.1
2	57	Ashley Moran	43	33	2	17:34.7	4:24	2:01.5	2	47:39.4	15.1	1:32.3	2	36:18.0	11:43	1:45:06.1

#### Male 30 to 34

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	2	Jason Zangmeister	75	32	1	5:56.5	1:29	0:24.4	1	32:44.7	22.0	0:30.2	1	18:48.3	6:04	58:24.4
2	10	Paul Wasnick	55	32	2	7:33.7	1:53	0:45.3	2	34:56.4	20.6	0:34.7	2	23:33.8	7:36	1:07:24.0

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### Triathlon

#### Male 35 to 39

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	3	Adam Kuncel	49	35	1	7:11.1	1:48	0:48.8	1	28:13.2	25.5	0:31.2	1	23:33.0	7:36	1:00:17.5
2	26	Travis Scott	76	39	2	8:10.4	2:03	2:16.9	2	38:08.2	18.9	1:07.7	2	25:09.6	8:07	1:14:53.1
3	41	Nathan Olszko	17	38	3	10:05.1	2:31	2:52.0	3	38:33.2	18.7	0:58.2	3	28:16.1	9:07	1:20:44.8
4	55	Mark Thompson	73	37	4	11:35.5	2:54	3:24.8	4	42:01.4	17.1	1:22.4	4	39:16.9	12:40	1:37:41.2

#### Female 40 to 44

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	27	Elizabeth Poore	78	42	1	8:02.2	2:01	1:33.3	1	36:43.3	19.6	1:22.4	1	27:14.7	8:47	1:14:56.1
2	52	Jennifer Sullivan	22	40	2	14:55.9	3:44	3:22.8	2	41:39.4	17.3	2:59.1	2	30:38.9	9:53	1:33:36.3

#### Male 40 to 44

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	15	Steve Pesarchick	146	44	3	8:32.5	2:08	1:19.6	2	34:32.0	20.8	1:02.0	1	23:59.1	7:44	1:09:25.4
2	23	Ryan Rivchun	72	41	1	7:25.0	1:51	3:11.5	4	35:46.8	20.1	1:40.3	2	25:45.1	8:18	1:13:49.0
3	25	Mike Moore	47	41	4	8:46.6	2:12	1:19.5	1	33:17.7	21.6	0:38.2	6	30:33.6	9:51	1:14:35.7
4	30	Dan Judkins	25	42	2	8:10.4	2:03	2:18.7	5	36:44.5	19.6	1:43.6	4	27:53.0	9:00	1:16:50.3
5	36	Judson Laipply	200	42	7	11:22.4	2:51	1:58.9	6	36:56.9	19.5	2:10.9	3	26:41.7	8:36	1:19:11.0
6	38	Rick Beard	44	41	5	9:13.1	2:18	1:48.9	3	35:16.5	20.4	1:47.4	7	32:00.1	10:19	1:20:06.2
7	39	Joshua Melda	67	44	6	9:48.2	2:27	1:45.7	7	38:04.2	18.9	1:13.3	5	29:39.8	9:34	1:20:31.4
8	56	Stosh Burgess	39	44	8	12:42.0	3:11	2:02.0	8	39:00.4	18.5	2:53.3	8	43:31.6	14:02	1:40:09.5

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## Age Group Results

### Triathlon

#### 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		Time	Rnk		Time	Pace
1	53	Renee Hastings	62	48	1	11:06.7	2:47	3:55.3	1	44:54.4	16.0	2:46.1	1	32:05.1	10:21	1:34:47.7

#### 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		Time	Rnk		Time	Pace
1	4	Per Schroeder	42	47	2	6:03.9	1:31	0:54.5	1	30:41.3	23.5	0:41.3	1	23:04.0	7:26	1:01:25.2
2	12	Joe Semus	57	47	1	5:37.8	1:24	0:55.9	2	34:12.3	21.1	0:38.7	6	26:21.0	8:30	1:07:46.0
3	18	Kevin McCarrick	63	47	5	8:14.7	2:04	1:33.7	4	36:01.6	20.0	1:47.7	2	23:42.5	7:39	1:11:20.5
4	19	David Dunstan	70	48	4	8:11.2	2:03	1:50.8	3	35:11.0	20.5	1:04.1	4	25:47.9	8:19	1:12:05.3
5	24	Greg Goldfeder	32	45	6	8:49.5	2:12	1:44.1	5	36:59.3	19.5	1:15.8	3	25:03.4	8:05	1:13:52.3
6	40	Blacque Clement	234	45	7	10:24.6	2:36	1:04.5	6	42:08.2	17.1	0:36.3	5	26:20.5	8:30	1:20:34.3
7	54	Kevin O'Toole	64	47	3	7:20.0	1:50	1:50.0	7	45:42.5	15.8	1:06.5	7	39:58.4	12:54	1:35:57.6

#### Female 50 to 54

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	35	Kristene Dombroski	53	53	1	9:10.6	2:18	1:47.8	2	40:07.7	17.9	0:34.9	1	27:26.1	8:51	1:19:07.3
2	43	Beth Kalaps	247	53	2	10:49.7	2:42	1:44.9	1	37:35.2	19.2	1:35.3	2	30:16.1	9:46	1:22:01.4

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Age Group Results

## Triathlon

## Male 50 to 54

Place		Name	Bib No	Age	---- 1/4M ----		T1	----12M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	7	Daniel Smith	48	50	1	5:46.4	1:27	0:43.9	2	30:31.4	23.6	0:43.8	2	27:28.6	8:52	1:05:14.3
2	13	Ben Norton	61	53	2	7:31.5	1:53	1:32.3	3	32:46.1	22.0	0:49.6	1	26:26.2	8:32	1:09:05.9
3	17	John Lanson	52	54	3	7:57.2	1:59	1:04.1	4	33:31.6	21.5	0:41.3	3	27:29.2	8:52	1:10:43.6
4	32	Tom Lopez	23	53	4	7:59.6	2:00	1:23.0	5	35:27.3	20.3	0:58.9	5	32:07.6	10:22	1:17:56.6
5	34	Jeff Hastings	56	52	5	8:56.0	2:14	2:01.5	6	37:56.8	19.0	1:55.0	4	28:11.3	9:05	1:19:00.9
6	42	Rob Regovich	37	50	7	10:39.0	2:40	1:57.9	1	0:40.6	1080	36:16.2	6	32:13.6	10:24	1:21:47.5
7	48	Thomas Garofalo	45	52	8	11:02.6	2:46	2:06.0	7	40:34.3	17.7	1:14.5	7	32:17.5	10:25	1:27:15.0

## Female 55 to 59

Place		Name	Bib No	Age	---- 1/4M ----		T1	----12M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	14	Joanne Collins	40	59	1	7:58.9	2:00	0:55.3	1	34:54.8	20.6	0:42.1	1	24:50.3	8:01	1:09:21.6

## Male 55 to 59

Place		Name	Bib No	Age	---- 1/4M ----		T1	----12M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	21	Todd Hart	74	58	2	8:13.6	2:03	1:04.8	1	31:17.5	23.0	1:00.0	3	31:12.6	10:04	1:12:48.7
2	28	David Thomas	33	58	1	8:07.4	2:02	1:36.5	2	36:52.4	19.5	1:07.6	1	27:51.4	8:59	1:15:35.5
3	37	David Adams	65	55	3	8:21.0	2:05	2:00.3	3	40:32.3	17.8	0:22.4	2	28:15.8	9:07	1:19:32.0

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Age Group Results

**Triathlon**

Female 60 to 64

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	31	Judy Zangmeister	81	60	1	8:44.3	2:11	0:54.3	1	41:35.9	17.3	0:28.5	1	25:54.9	8:21	1:17:38.0
2	58	Nena Moskwa	26	62	2	18:43.9	4:41	5:13.6	2	56:51.4	12.7	2:24.4	2	36:51.8	11:53	2:00:05.2

Male 60 to 64

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	49	Greg Curtis	28	62	1	9:56.9	2:29	3:51.0	1	39:52.1	18.1	1:36.5	1	33:44.1	10:53	1:29:00.8
2	51	Joe Toner	54	63	2	10:10.4	2:33	2:23.0	2	41:32.2	17.3	1:16.1	2	35:55.3	11:35	1:31:17.2

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	50	Bill Lowery	27	68	1	10:27.1	2:37	3:02.4	1	38:03.9	18.9	1:46.5	1	37:01.9	11:56	1:30:22.0

Female 70 and Over

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	59	Luise Easton	69	79	1	10:38.1	2:40	3:00.3	1	55:29.2	13.0	2:39.9	1	56:55.6	18:22	2:08:43.3

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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	Steve Vyn	15	35	1	5:26.2	1:22	1:55.5	1	36:07.3	19.9	0:34.4	1	27:29.4	8:52	1:11:33.0
2	2	Ted Macfarlane	66	53	3	9:58.3	2:30	2:50.3	2	37:22.1	19.3	2:00.8	2	31:55.8	10:18	1:24:07.5
3	3	Frank Bigowski	235	41	2	7:04.3	1:46	2:49.3	3	39:10.1	18.4	1:29.7	3	34:37.1	11:10	1:25:10.6



Race Date  
June 30, 2018

# 2018 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### 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	Kristen Schulz	50	38	1	7:42.2	1:56	0:46.8	1	35:50.2	20.1	1:14.4	1	34:06.9	11:00	1:19:40.6
2	2	Leah Binsack	82	23	2	9:05.6	2:16	2:56.4	2	51:36.5	14.0	1:29.2	2	39:57.0	12:53	1:45:04.8

Race Date  
June 30, 2018

## 2018 Sheffield Lake Triathlon & Duathlon

### Age Group Results

#### Triathlon MIXED Team

Male 99 and Under
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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	TEAM Euphoria 1	242	1	2	10:59.7	2:45	0:36.0	2	32:59.4	21.8	0:25.2	1	24:16.4	7:50	1:09:16.9
2	2	TEAM Hinte Farrell Fecko	58	1	3	15:37.1	3:54	0:40.4	1	32:03.6	22.5	0:37.7	2	28:51.7	9:18	1:17:50.8
3	3	TEAM Euphoria 2	211	1	1	10:28.6	2:37	1:02.2	3	56:57.7	12.6	0:29.0	3	38:04.0	12:17	1:47:01.6

2018 Sheffield Lake Triathlon & Duathlon

Race Date  
June 30, 2018

Age Group Results

**Duathlon**

Female Overall Winners

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	4	Michelle Witten	13	36	1	23:17.2	7:31	0:58.9	1	42:00.8	17.1	1:13.0	1	26:00.3	8:23	1:33:30.5

Male Overall Winners

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	Jonathan Zappala	4	29	1	19:50.9	6:24	0:40.6	1	30:51.1	23.3	0:37.3	1	22:48.4	7:21	1:14:48.4

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# 2018 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon

#### Male 14 and Under

Place		Name	Bib No	Age	3.1M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	6	David Sullivan	2	8	1	26:54.7	8:41	1:30.1	1	1:02:36.5	11.5	3:46.9	1	7:10.4	2:19	1:41:58.8

#### Male 20 to 24

Place		Name	Bib No	Age	3.1M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	2	Tim Watkins	3	24	1	22:09.0	7:09	0:46.2	1	36:31.9	19.7	0:35.1	1	24:24.3	7:52	1:24:26.8

#### Female 30 to 34

Place		Name	Bib No	Age	3.1M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	10	Meghan Guegold	8	32	1	31:38.6	10:12	2:59.1	1	44:51.3	16.1	2:26.9	1	34:59.5	11:17	1:56:55.6

#### Female 35 to 39

Place		Name	Bib No	Age	3.1M		T1	12M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	9	Jennifer Clark	7	37	1	29:58.0	9:40	1:16.8	1	41:21.0	17.4	1:15.2	1	40:21.3	13:01	1:54:12.4

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## 2018 Sheffield Lake Triathlon & Duathlon

### Age Group Results

#### Duathlon

#### 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	7	Aaron Shapley	5	41	1	24:31.7	7:55	0:47.8	1	47:41.2	15.1	1:02.7	1	28:54.1	9:19	1:42:57.7

#### 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	8	Richard King	9	50	2	31:38.4	10:12	0:59.5	1	40:27.4	17.8	1:13.3	1	32:57.6	10:38	1:47:16.5
2	11	Dave Metlicka	12	50	1	30:41.6	9:54	3:07.3	2	46:44.0	15.4	2:05.6	2	41:26.0	13:22	2:04:04.6

#### Male 55 to 59

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	Dominic Visconci	148	59	1	23:53.8	7:42	1:16.3	2	35:47.0	20.1	1:23.6	1	26:19.0	8:29	1:28:39.8
2	5	Larry McSweeney	244	55	2	26:09.6	8:26	1:50.0	1	35:19.8	20.4	1:52.6	2	33:29.7	10:48	1:38:41.9

Race Date  
June 30, 2018

2018 Sheffield Lake Triathlon & Duathlon  
Age Group Results  
**Duathlon Clydesdale**

Male 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 Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>12M Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>3.1M Time</u>	<u>Pace</u>	<u>Total Time</u>
1	1	David Sayers	11	47	1	30:18.7	9:46	1:38.9	1	36:27.9	19.8	2:07.3	1	34:58.2	11:17	1:45:31.3
2	2	Matthew Beal	10	43	2	33:09.2	10:42	3:10.9	2	40:59.5	17.6	2:46.7	2	50:58.6	16:26	2:11:05.0