

Race Date
July 13, 2019

2019 Lake Milton Triathlon & Duathlon
Age Group Results
Olympic Triathlon

Female Overall Winners

Place		Name	Bib No	Age	---- 1500M ----		T1	----24M Bike ----			T2	---- 6.2M ----		Total		
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	6	Leah Narkevic	116	21	1	25:37.4	27:33	1:59.5	1	1:03:37.9	22.6	1:13.0	1	47:46.1	7:42	2:20:14.1
2	12	Stephanie Geiger	63	31	3	27:23.4	29:27	1:52.5	2	1:09:24.1	20.7	1:07.7	2	47:51.0	7:43	2:27:38.9
3	18	Meghan Strang	146	22	2	27:19.1	29:22	1:33.8	3	1:10:59.4	20.3	0:51.2	3	53:34.3	8:38	2:34:18.0

Male Overall Winners

Place		Name	Bib No	Age	---- 1500M ----		T1	----24M Bike ----			T2	---- 6.2M ----		Total		
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	1	Todd Willis	165	28	1	24:05.6	25:54	0:58.0	1	1:00:10.2	23.9	1:00.3	3	43:42.7	7:03	2:09:57.0
2	4	Blake Oatey	118	36	3	29:44.4	31:58	1:53.4	2	1:01:46.4	23.3	1:21.7	2	43:38.2	7:02	2:18:24.3
3	5	Andrew Toussant	152	35	2	29:23.5	31:36	2:40.8	3	1:05:23.4	22.0	0:57.1	1	40:43.6	6:34	2:19:08.6

Female Masters Winners

Place		Name	Bib No	Age	---- 1500M ----		T1	----24M Bike ----			T2	---- 6.2M ----		Total		
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	11	Noelle Simpson	136	44	1	26:46.4	28:47	2:07.8	2	1:11:13.5	20.2	0:41.3	2	46:44.2	7:32	2:27:33.3
2	14	Melissa Goodman	171	41	3	30:51.1	33:10	2:48.3	1	1:07:52.4	21.2	1:59.9	1	46:20.2	7:28	2:29:52.1
3	34	Leslie Barni	10	54	2	30:17.5	32:34	1:44.4	3	1:19:17.2	18.2	1:36.8	3	56:02.1	9:02	2:48:58.1

Male Masters Winners

Place		Name	Bib No	Age	---- 1500M ----		T1	----24M Bike ----			T2	---- 6.2M ----		Total
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time

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Olympic Triathlon

Male Masters Winners

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>---- 1500M ----</u>		<u>T1</u>	<u>----24M Bike ----</u>			<u>T2</u>	<u>---- 6.2M ----</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	2	Mark Gorris	66	52	2	26:58.4	29:00	1:07.8	1	1:00:16.7	23.9	2:21.3	2	45:04.5	7:16	2:15:49.0
2	3	Patrick Russo	129	41	3	28:01.9	30:08	1:12.1	2	1:02:31.4	23.0	0:40.3	1	44:22.3	7:09	2:16:48.3
3	7	Raymond Matthews	105	52	1	25:20.7	27:14	0:36.8	3	1:05:27.9	22.0	0:48.7	3	49:02.0	7:55	2:21:16.4

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Age Group Results

Olympic Triathlon

Female 18 to 24

Place		----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	38	Candace Kesselring	90	24	1	32:23.4	34:49	3:13.9	1	1:23:59.3	17.1	3:08.0	1	50:12.1	8:06	2:52:56.9
2	40	Amelia McNutt	110	21	2	34:52.4	37:29	1:22.9	2	1:26:32.6	16.6	0:55.0	2	57:28.6	9:16	3:01:11.7
3	55	Hannah DeAscentis	49	23	3	34:54.8	37:32	2:22.9	3	1:29:29.1	16.1	2:30.8	3	1:20:29.1	12:59	3:29:46.7

Female 25 to 29

Place		----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	23	Meghan Brennan	174	27	4	35:20.9	38:00	1:23.6	1	1:16:35.1	18.8	1:16.3	1	49:12.8	7:56	2:43:49.0
2	37	Dina Daltorio	43	27	3	34:05.6	36:39	2:34.6	2	1:22:46.5	17.4	2:01.8	2	50:24.9	8:08	2:51:53.6
3	43	Maria Stadelman	141	25	2	31:09.5	33:30	4:12.9	4	1:27:53.2	16.4	1:55.3	3	59:46.0	9:38	3:04:57.1
4	44	Allie Dosmann	53	26	1	30:35.0	32:53	4:50.9	3	1:27:47.1	16.4	1:57.6	4	59:46.7	9:38	3:04:57.4

Male 25 to 29

Place		----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	9	Nick D'Amico	45	25	1	26:05.1	28:03	1:30.0	2	1:08:53.8	20.9	1:12.5	1	47:42.8	7:42	2:25:24.4
2	20	Tim Cassidy	28	27	2	32:25.3	34:51	0:53.6	1	1:06:50.4	21.5	1:44.8	2	54:11.4	8:44	2:36:05.6
3	26	Caleb Whitmore	162	27									4	2:44:23.1	5:17	2:44:23.1
4	56	Morgan Eggers	59	26	3	42:59.0	46:13	3:20.2	3	1:35:17.5	15.1	1:15.5	3	1:08:58.7	11:07	3:31:51.1

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Age Group Results

Olympic Triathlon

Female 30 to 34

Place		Name	Bib No	Age	---- 1500M ----			T1	----24M Bike ----			T2	---- 6.2M ----			Total
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	24	Dayna Daltorio	44	30	2	33:31.9	36:02	2:45.7	3	1:16:28.2	18.8	1:40.4	1	49:30.0	7:59	2:43:56.4
2	25	Danielle Lorenzi	97	31	3	34:37.4	37:13	2:08.2	2	1:16:06.7	18.9	1:33.4	2	49:31.2	7:59	2:43:57.2
3	35	Alyssa Roberts	126	30	4	35:19.9	37:58	1:09.0	1	1:15:15.9	19.1	1:11.3	3	56:19.7	9:05	2:49:15.9
4	45	Allison Weed	156	32	1	30:11.8	32:27	2:32.3	4	1:19:19.1	18.2	2:04.7	6	1:12:43.7	11:44	3:06:51.7
5	49	Jenny Hulick	83	31	6	45:43.7	49:09	2:08.4	5	1:21:11.4	17.7	1:16.4	4	1:03:45.6	10:17	3:14:05.8
6	50	Erin Colston	33	32	5	40:00.2	43:01	2:29.2	6	1:23:00.8	17.3	2:48.9	5	1:09:25.0	11:12	3:17:44.3

Male 30 to 34

Place		Name	Bib No	Age	---- 1500M ----			T1	----24M Bike ----			T2	---- 6.2M ----			Total
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	15	Jimmy Paskal	120	34	3	28:34.7	30:43	1:33.4	1	1:08:58.2	20.9	0:57.0	2	51:22.9	8:17	2:31:26.4
2	21	William Courson	35	30	2	24:37.9	26:28	1:28.3	3	1:16:53.3	18.7	0:54.5	5	55:35.5	8:58	2:39:29.5
3	22	Stephen Stephano	144	32	5	35:23.9	38:03	2:27.6	2	1:15:41.4	19.0	0:56.4	1	47:52.3	7:43	2:42:21.9
4	28	David D'Andrea	42	33	1	16:32.9	17:47	1:51.8	7	1:28:32.3	16.3	0:58.5	6	58:29.8	9:26	2:46:25.5
5	33	Brendan McBride	106	31	4	32:12.1	34:37	2:48.3	4	1:18:27.8	18.4	1:05.3	3	53:54.3	8:42	2:48:27.9
6	39	Corey barnett	9	30	6	37:00.2	39:47	1:57.1	5	1:18:59.5	18.2	1:08.4	4	54:47.7	8:50	2:53:53.1
7	53	William Hyland	84	32	8	49:17.5	53:00	4:32.9	6	1:22:58.1	17.4	1:46.9	7	1:06:47.3	10:46	3:25:22.8
8	60	DJ Harkabus Jr	71	34	7	43:19.8	46:35	3:11.5	8	1:35:57.8	15.0	0:56.1	8	1:21:48.9	13:12	3:45:14.3

Female 35 to 39

Place		Name	Bib No	Age	---- 1500M ----			T1	----24M Bike ----			T2	---- 6.2M ----			Total
Place	Overall				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	36	Marsha Arnett	5	38	1	30:40.1	32:58	3:00.8	1	1:12:45.2	19.8	1:34.5	1	1:03:31.5	10:15	2:51:32.2

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Olympic Triathlon

Female 35 to 39

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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>
2	48	Wendy Smith	139	37									2	3:13:58.4	6:14	3:13:58.4

Male 35 to 39

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	Justin Heiser	74	36	1	26:41.2	28:42	0:51.8	1	1:08:49.7	20.9	1:17.8	1	49:32.3	7:59	2:27:13.0
2	59	Matthew Botts	12	37	3	45:37.5	49:03	3:45.2	2	1:22:28.3	17.5	0:45.8	3	1:29:06.5	14:22	3:41:43.6
3	61	Joseph Curigliano	41	37	2	44:58.0	48:21	2:15.0	3	1:35:55.6	15.0	2:22.8	2	1:28:36.6	14:17	3:54:08.2

Male 40 to 44

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	Greg Sines	138	40	3	33:21.5	35:52	3:00.2	1	1:09:20.9	20.8	1:29.3	1	45:13.5	7:18	2:32:25.6
2	31	Nathan Hagan	68	41	1	28:49.7	30:59	1:43.0	2	1:20:14.5	17.9	2:24.3	2	53:54.8	8:42	2:47:06.5
3	32	Michel Casab	27	41	2	28:53.9	31:03	2:21.1	3	1:20:42.0	17.8	0:17.2	3	55:47.1	9:00	2:48:01.4

Female 45 to 49

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	42	Diane Downey	54	48	1	35:19.6	37:58	1:44.8	1	1:16:30.8	18.8	1:49.4	1	1:08:11.9	11:00	3:03:36.7

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Male 45 to 49

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	Daryl Clarke	175	46	2	29:26.0	31:39	0:36.0	4	1:08:58.9	20.9	0:46.0	1	44:41.4	7:12	2:24:28.5
2	13	Matt Brenner	15	45	1	27:45.1	29:50	2:30.1	1	1:05:26.5	22.0	1:12.3	4	51:12.4	8:15	2:28:06.7
3	17	Brian Frank	173	45	4	37:53.5	40:44	1:48.3	2	1:07:20.9	21.4	1:04.8	2	45:07.3	7:17	2:33:14.9
4	27	Kevin Gray	67	49	5	42:41.2	45:54	1:33.5	3	1:08:24.1	21.1	3:40.7	3	49:14.2	7:56	2:45:33.9
5	46	Jose Casab	26	47	3	36:13.5	38:57	3:49.9	5	1:20:53.2	17.8	2:23.4	5	1:04:58.8	10:29	3:08:19.1

Female 50 to 54

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	57	Dana Reinhard	124	54	2	54:43.6	58:50	2:55.1	2	1:38:13.5	14.7	0:51.9	1	57:04.9	9:12	3:33:49.1

Male 50 to 54

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	19	Michael Rosteck	127	50	1	29:03.0	31:14	1:50.9	1	1:06:28.2	21.7	0:47.0	2	56:29.1	9:07	2:34:38.4
2	29	Andrew Pinney	123	50	2	32:36.3	35:03	3:12.1	2	1:17:36.0	18.6	2:18.1	1	50:51.1	8:12	2:46:33.7

Female 55 to 59

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	41	Jill Mucci	170	57	2	32:27.8	34:54	2:42.2	2	1:21:47.8	17.6	3:03.0	1	1:01:55.4	9:59	3:01:56.3

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Olympic Triathlon

Female 55 to 59

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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>
2	51	Lisa Myers	115	56	1	31:17.4	33:38	1:47.3	1	1:19:12.9	18.2	2:07.3	2	1:26:25.3	13:56	3:20:50.4

Male 55 to 59

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	58	Bill Woods	167	56	2	41:27.5	44:34	3:34.2	1	1:21:03.4	17.8	2:25.4	1	1:27:38.4	14:08	3:36:09.0
2	62	Tony DeAscentis	50	58	1	34:17.0	36:52	7:05.9	2	1:35:05.9	15.1	2:47.7	2	1:37:53.9	15:47	3:57:10.5

Male 60 to 64

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	30	Robert Wheatall	160	63	1	31:29.5	33:51	1:42.6	1	1:08:01.9	21.2	2:13.4	1	1:03:23.5	10:13	2:46:51.1
2	47	Ed Shephard	134	62	2	33:00.5	35:29	4:35.5	2	1:21:39.8	17.6	2:50.0	3	1:11:42.1	11:34	3:13:48.1
3	52	Glenn Pappas	119	64	3	43:47.8	47:05	2:35.4	3	1:27:40.6	16.4	2:25.9	2	1:07:28.0	10:53	3:23:57.7

Male 70 and Over

Place			----- 1500M -----			T1	-----24M Bike -----			T2	----- 6.2M -----			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	54	Marc Liebman	94	73	1	38:12.1	41:05	3:13.1	1	1:20:28.2	17.9	2:02.6	1	1:23:55.2	13:32	3:27:51.3

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Age Group Results

Sprint Aquabike

Female Overall Winners

<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>T1</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>T2</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Time</u>
1	2	Deb Carnes	23	44	1	14:51.2	1:59	1:31.8	1:31.8	1	50:01.7	19.2	0:44.2	0:44.2	1	0:25.4	41:40	1:07:34.5	

Male Overall Winners

<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>T1</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>T2</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Time</u>
1	1	Norman Scarazzo	130	49	1	15:39.3	2:05	1:18.0	1:18.0	1	43:40.2	22.0	0:50.5	0:50.5	1	0:33.3	55:00	1:02:01.5	
2	3	Chris Yuen	168	44	2	16:55.2	2:15	2:17.8	2:17.8	2	49:48.3	19.3	1:12.9	1:12.9	2	33:11.1	** :20	1:43:25.4	

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Age Group Results

Sprint Duathlon

Female Overall Winners

Place			---- 1M Run ----					T1	----16M 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	Casey Lough	100	29	3	8:02.1	8:02	2:34.0	1	53:35.7	17.9	0:34.8	1	26:05.8	8:25	1:30:52.6
2	4	Margaret Crawford	36	60	2	6:04.3	6:04	1:40.9	2	1:08:36.2	14.0	1:33.4	2	38:23.8	12:23	1:56:18.7
3	5	Linda McCarty	108	57	1	6:01.1	6:01	1:58.2	3	1:13:02.7	13.1	4:05.4	3	38:25.0	12:24	2:03:32.5

Male Overall Winners

Place			---- 1M Run ----					T1	----16M 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	Brent Carlson	22	30	1	7:13.2	7:13	0:32.1	1	1:00:22.6	15.9	0:34.5	1	25:37.8	8:16	1:34:20.3
2	3	Derrick Howryla	82	36	2	9:38.8	9:38	0:58.0	2	1:01:27.0	15.6	0:56.5	2	32:17.1	10:25	1:45:17.6
3	6	Michael Crawford	37	59	3	11:54.1	11:54	2:05.4	3	1:04:30.0	14.9	2:02.7	3	46:42.6	15:04	2:07:15.0

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Age Group Results

Sprint Duathlon

Female 55 to 59

Place			----- 1M Run -----					T1	-----16M 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	Jackie Bryan	17	55	1	7:21.2	7:21	1:54.4	1	1:18:37.3	12.2	1:35.8	1	53:41.4	17:19	2:23:10.1

Male 60 to 64

Place			----- 1M Run -----					T1	-----16M 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	Steve Burbick	19	62	1	9:28.0	9:28	7:17.0	1	1:24:41.0	11.3	2:35.1	1	34:00.4	10:58	2:18:01.6

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Age Group Results

Sprint Triathlon

Female Overall Winners

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	11	Maryellen Heebner	73	23	1	14:04.6	18:45	1:47.9	1	48:31.1	19.8	1:00.4	2	23:42.9	7:39	1:29:07.1
2	17	Jessica Wilk	178	17	2	14:32.6	19:23	1:44.6	2	54:33.9	17.6	0:31.6	1	22:27.3	7:15	1:33:50.2
3	30	Christa Whitmore	163	28	3	16:58.7	22:37	1:14.3	3	54:40.3	17.6	0:33.7	3	26:32.7	8:34	1:40:00.0

Male Overall Winners

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	1	Corey Brandle	13	34	1	12:34.4	16:45	1:22.4	1	40:29.7	23.7	0:45.5	3	22:07.4	7:08	1:17:19.5
2	2	Jason Toot	150	37	2	12:51.6	17:08	1:07.9	2	41:10.6	23.3	1:05.3	2	21:54.8	7:04	1:18:10.4
3	4	David Lough	101	33	3	14:24.9	19:12	0:52.2	3	44:49.1	21.4	0:58.2	1	19:39.6	6:20	1:20:44.2

Female Masters Winners

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	24	Sandy Manley	103	50	3	1:07:56.5	90:35					51:05.7	2	29:04.6	9:23	1:38:16.5
2	29	Moira Fair	61	60	1	16:40.4	22:13	1:48.0	2	52:23.8	18.3	1:14.8	1	27:39.1	8:55	1:39:46.3
3	35	Cheri Goldner	65	48	2	17:37.0	23:29	1:57.8	1	51:42.6	18.6	1:09.4	3	32:39.5	10:32	1:45:06.4

Male Masters Winners

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total
Place	Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate	

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Age Group Results

Sprint Triathlon

Male Masters Winners

Place			----- 750M -----			T1	-----16M 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	Tariq Ali	176	43	1	12:01.7	16:01	0:44.5	1	42:18.7	22.7	0:44.5	3	23:06.1	7:27	1:18:55.7
2	8	Michael Dunn	56	49	2	15:32.3	20:43	1:24.8	2	47:33.9	20.2	0:57.2	1	21:44.0	7:01	1:27:12.4
3	9	Ira Wentworth	159	48	3	16:14.2	21:39	1:01.5	3	47:44.9	20.1	0:43.0	2	22:16.2	7:11	1:27:59.9

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Age Group Results

Sprint Triathlon

Female 17 and Under

Place		Name	Bib No	Age	750M		T1	16M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Time	Rnk		Time	Pace
1	75	Jordan Helmick	77	16	1	12:46.0	17:01	2:15.9	1	1:38:02.1	9.79	1:32.1	1	33:12.9	10:43	2:27:49.2

Male 17 and Under

Place		Name	Bib No	Age	750M		T1	16M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Time	Rnk		Time	Pace
1	25	Adam Susel	148	17	1	17:36.6	23:28	1:50.5	1	56:25.1	17.0	0:53.8	1	21:42.3	7:00	1:38:28.5

Female 18 to 24

Place		Name	Bib No	Age	750M		T1	16M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Time	Rnk		Time	Pace
1	33	Alexis DeSantis	52	22	2	14:38.2	19:31	1:49.7	2	58:01.0	16.5	0:55.5	4	29:30.0	9:31	1:44:54.5
2	38	Natalie Hopp	80	20	5	15:42.1	20:56	2:01.3	1	55:32.0	17.3	1:25.6	6	30:55.3	9:58	1:45:36.4
3	39	Jillian Baker	7	19	1	14:02.9	18:43	4:13.4	4	1:00:10.4	16.0	1:25.8	1	26:03.5	8:24	1:45:56.2
4	44	Clarisse Rosteck	128	19	4	15:25.8	20:33	1:41.9	3	59:34.0	16.1	1:07.2	5	29:52.7	9:38	1:47:41.8
5	59	Abby Baker	8	24	3	14:59.9	19:59	3:18.0	6	1:13:43.0	13.0	0:37.4	3	26:05.1	8:25	1:58:43.6
6	65	Emily Carson	25	24	6	26:54.1	35:52	3:05.7	5	1:09:41.6	13.8	1:12.7	2	26:04.0	8:25	2:06:58.2
7	76	Quinnlan Crowe	39	21	7	31:44.7	42:19	6:07.1	7	1:16:03.5	12.6	1:29.4	7	37:35.1	12:07	2:32:59.9

Male 18 to 24

Place		Name	Bib No	Age	750M		T1	16M Bike			T2	3.1M		Total
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Time	Rnk	

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Sprint Triathlon

Male 18 to 24

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		Time	Pace
1	6	Noah Wentworth	158	18	1	15:45.1	21:00	0:58.0	2	46:29.3	20.7	0:55.9	1	19:54.2	6:25	1:24:02.6
2	7	Brent Whitehead	161	24	2	15:59.9	21:19	1:38.2	1	45:12.7	21.2	1:26.6	2	22:02.2	7:06	1:26:19.8

Female 25 to 29

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		Time	Pace
1	37	Haley Willard	164	26	1	17:41.9	23:35	1:50.5	1	53:16.7	18.0	0:29.6	1	32:08.9	10:22	1:45:27.8
2	69	Sarah Charlton	29	27	2	1:32:38.4	**31					1:05:59.7	2	39:12.2	12:39	2:12:57.2

Male 25 to 29

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		Time	Pace
1	16	Clinton Weigel	157	29	1	13:48.4	18:24	1:41.1	1	50:29.5	19.0	0:44.5	1	26:33.3	8:34	1:33:17.1

Female 30 to 34

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rate		Time	Rnk		Time	Pace
1	31	Hillary Theuret	149	30	4	1:14:25.9	99:13				1:00:37.2	1	25:42.8	8:17	1:41:35.6	
2	40	Katie Girts	64	31	2	15:45.8	21:00	1:58.8	2	57:38.0	16.7	1:07.9	3	29:57.5	9:40	1:46:28.1
3	52	Amanda Adey	1	31	1	14:33.9	19:24	2:30.9				1:05:18.3	2	29:26.2	9:30	1:51:49.4
4	60	Ashley Hernandez	78	32	3	19:42.9	26:16	2:26.0	1	57:25.1	16.7	2:57.6	4	36:16.4	11:42	1:58:48.3

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Age Group Results

Sprint Triathlon

Male 30 to 34

Place			----- 750M -----			T1	-----16M 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	Antoine Duquerrois	57	30	2	15:03.1	20:04	2:28.4	2	49:40.4	19.3	0:22.6	1	22:30.8	7:15	1:30:05.3
2	13	Stephen Mitchell	114	30	1	15:02.8	20:03	1:02.3	1	48:26.9	19.8	0:56.1	3	24:38.9	7:57	1:30:07.1
3	23	Greg Krupa	93	34	3	17:57.5	23:56	1:41.9	3	51:04.7	18.8	1:06.7	2	24:35.0	7:56	1:36:26.0
4	62	Zach King	91	30	4	19:07.4	25:29	3:53.3	4	1:01:11.9	15.7	2:44.6	5	38:08.0	12:18	2:05:05.3
5	63	Thomas Kelley	88	31	5	23:16.9	31:01	4:11.8	5	1:02:17.7	15.4	2:03.6	4	33:38.4	10:51	2:05:28.6

Female 35 to 39

Place			----- 750M -----			T1	-----16M Bike -----			T2	----- 3.1M -----		Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	36	Mary Schultz	131	39	2	19:45.7	26:20	2:16.7	1	51:07.4	18.8	1:46.3	1	30:15.2	9:45	1:45:11.4
2	41	Laura Kangas	87	35	1	16:04.0	21:25	2:58.0	2	55:53.1	17.2	1:18.3	2	30:29.2	9:50	1:46:42.8
3	71	Julie Trohan	154	37	3	20:46.3	27:41	3:24.4	3	1:14:42.2	12.9	1:19.4	3	35:29.3	11:27	2:15:41.8
4	78	Brittan Curigliano	40	37	4	20:51.1	27:48	2:45.0	4	1:20:29.1	11.9	1:29.1	4	47:50.5	15:26	2:33:24.9

Male 35 to 39

Place			----- 750M -----			T1	-----16M Bike -----			T2	----- 3.1M -----		Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	5	James Boazzo	11	38	1	12:23.8	16:31	1:18.7	1	47:54.6	20.0	0:44.1	1	21:22.8	6:54	1:23:44.1
2	18	Kevin Toot	151	38	2	15:59.7	21:19	1:53.6	3	51:21.3	18.7	1:14.4	2	23:51.5	7:42	1:34:20.6
3	27	Joseph Neiheisel	117	37	4	18:33.7	24:44	3:04.3	2	50:10.4	19.1	2:20.5	4	24:59.2	8:04	1:39:08.3
4	47	Michael Harhager	70	36	5	19:35.3	26:07	3:16.2	5	1:00:32.2	15.9	1:18.2	3	24:58.3	8:03	1:49:40.4
5	56	Robert McCleaster	109	39	3	16:50.5	22:27	4:15.6	4	55:50.7	17.2	1:43.1	5	35:43.5	11:31	1:54:23.6

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Age Group Results

Sprint Triathlon

Female 40 to 44

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Overall	Place				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	57	Emily Stout	145	41	1	19:07.5	25:29	2:22.5	1	1:02:13.7	15.4	0:41.6	1	33:04.2	10:40	1:57:29.7
2	74	Christy Anderson	2	41	2	26:51.9	35:48	3:13.2	2	1:10:40.6	13.6	1:53.8	2	36:31.8	11:47	2:19:11.5

Male 40 to 44

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Overall	Place				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	15	Devin Miller	113	43	1	14:29.3	19:19	1:57.3	3	50:42.0	18.9	0:48.4	1	24:54.1	8:02	1:32:51.3
2	20	Daniel Lucente	102	43	2	15:39.7	20:52	3:03.9	2	49:29.7	19.4	1:31.0	2	25:06.1	8:06	1:34:50.7
3	26	Brian Force	62	41	4	20:55.1	27:53	0:46.3	1	49:18.8	19.5	0:40.8	3	26:52.5	8:40	1:38:33.8
4	54	Chris Johnson	86	44	3	17:43.5	23:37	4:15.6	4	58:17.5	16.5	0:50.4	4	31:44.6	10:14	1:52:51.8

Female 45 to 49

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total		
Overall	Place				Rnk	Time		Pace	Time	Rnk		Time	Rate		Time	Rnk
1	46	Nicole Marino	104	47	2	18:57.0	25:16	1:26.8	1	58:58.8	16.3	0:35.6	1	28:59.7	9:21	1:48:58.0
2	53	Suzanne Andrews	3	49	1	17:43.4	23:37	2:06.2	2	1:00:45.9	15.8	0:51.0	2	30:25.3	9:49	1:51:51.9
3	80	Molly Hoehn	79	48	3	30:21.6	40:28	5:13.2	3	1:10:39.7	13.6	3:16.6	3	46:28.9	14:59	2:36:00.2

Male 45 to 49

Place		Name	Bib No	Age	---- 750M ----		T1	----16M Bike ----			T2	---- 3.1M ----		Total
Overall	Place				Rnk	Time		Pace	Time	Rnk		Time	Rate	

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Sprint Triathlon

Male 45 to 49

Place			---- 750M ----			T1	----16M Bike ----			T2	---- 3.1M ----		Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	14	Eric Hancock	69	47	1	16:27.3	21:56	1:57.5	1	46:29.3	20.7	1:15.2	1	25:36.5	8:15	1:31:46.0
2	22	Joel Mcburney	107	48	2	16:48.7	22:24	1:57.7	2	49:17.2	19.5	1:17.9	2	26:39.9	8:36	1:36:01.5
3	45	Greg Shumaker	135	47	3	17:44.0	23:39	1:45.8	3	58:54.3	16.3	1:38.0	3	28:29.9	9:11	1:48:32.1
4	79	Greg Stroka	147	48	4	30:04.0	40:05	4:07.2	4	1:12:35.5	13.2	1:00.9	4	47:01.2	15:10	2:34:49.0

Female 50 to 54

Place			---- 750M ----			T1	----16M Bike ----			T2	---- 3.1M ----		Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	55	Patricia Kostelnak	92	51	1	18:41.7	24:55	3:21.8	1	54:58.7	17.5	1:48.0	1	34:02.1	10:59	1:52:52.4
2	66	Margie Melchreit	112	54	2	19:14.6	25:39	1:46.5	2	59:40.0	16.1	1:42.5	3	45:09.8	14:34	2:07:33.7
3	77	Amy Crowe	38	52	3	31:46.9	42:21	6:46.0	3	1:15:37.1	12.7	1:16.4	2	37:33.4	12:07	2:33:00.0

Male 50 to 54

Place			---- 750M ----			T1	----16M 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	Kurt Loring	98	50	1	15:34.1	20:45	1:40.3	1	45:49.3	21.0	1:11.0	1	30:31.6	9:51	1:34:46.5

Female 55 to 59

Place			---- 750M ----			T1	----16M Bike ----			T2	---- 3.1M ----		Total			
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	48	rebecca steiner	142	57	2	16:38.2	22:11	1:17.8	1	57:17.1	16.8	0:54.1	1	33:37.3	10:51	1:49:44.6

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Female 55 to 59

Place		Name	Bib No	Age	750M		T1	16M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
2	61	Carol Howard	81	56	1	13:46.3	18:21	1:56.5	3	1:04:13.8	14.9	1:11.9	3	41:48.8	13:29	2:02:57.5
3	68	Elsa De Cardenas	47	59	3	27:10.1	36:13	1:57.2	2	59:52.3	16.0	1:45.5	2	40:29.8	13:04	2:11:15.1

Male 55 to 59

Place		Name	Bib No	Age	750M		T1	16M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	10	Peter Valentino	155	55	1	14:34.1	19:25	0:41.5	1	48:19.6	19.9	0:42.3	1	24:15.5	7:49	1:28:33.3
2	32	Mike Bucher	18	57	2	16:30.1	22:00	1:56.5	3	53:39.4	17.9	1:09.4	4	31:13.9	10:04	1:44:29.6
3	51	Jim Dayton	46	56	4	23:21.5	31:08	2:46.5	4	57:24.5	16.7	1:22.7	2	25:40.7	8:17	1:50:36.0
4	64	Paul Brewer	16	58	6	36:22.1	48:29	3:45.9	2	52:47.8	18.2	1:37.5	3	30:59.1	10:00	2:05:32.5
5	70	Dale Carrick	24	57	3	18:05.6	24:07	3:06.0	6	1:16:46.6	12.5	1:41.5	5	35:46.8	11:32	2:15:26.8
6	73	Mark Jarvis	85	56	5	27:00.2	36:00	3:05.6	5	1:04:59.1	14.8	2:18.2	6	39:59.2	12:54	2:17:22.4

Male 60 to 64

Place		Name	Bib No	Age	750M		T1	16M Bike			T2	3.1M		Total		
Overall	Rnk				Time	Pace		Rnk	Time	Rate		Rnk	Time		Pace	Time
1	28	william Lilley	95	63	2	16:46.6	22:21	1:17.7	1	50:41.8	18.9	1:15.2	3	29:08.1	9:24	1:39:09.6
2	34	John Dearborn	48	63	4	20:36.3	27:28	2:16.3	2	54:09.6	17.7	1:55.1	1	26:05.2	8:25	1:45:02.6
3	42	Steve Clary	31	61	1	14:50.6	19:47	2:55.1	4	58:11.4	16.5	1:33.1	4	29:45.1	9:36	1:47:15.5
4	49	Ricky Lisum	96	62	3	18:40.1	24:53	3:29.5	3	57:50.2	16.6	1:52.9	2	28:36.9	9:14	1:50:29.8
5	72	David Schultz	132	64	5	20:40.1	27:33	4:16.6	5	1:04:18.9	14.9	2:50.7	5	44:34.0	14:23	2:16:40.4

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2019 Lake Milton Triathlon & Duathlon

Age Group Results

Sprint Triathlon

Male 65 to 69

Place			----- 750M -----			T1	-----16M 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	21	Michael Helbling	76	65	2	13:07.9	17:29	1:52.5	1	49:36.3	19.4	1:08.8	1	30:09.7	9:44	1:35:55.5
2	43	Ralph Pesek	121	67	1	12:57.9	17:16	1:49.3	3	55:35.0	17.3	0:37.9	3	36:29.6	11:46	1:47:29.9
3	50	Mark Sorrentino	140	66	3	17:06.4	22:48	1:52.3	2	54:30.8	17.6	1:42.5	2	35:22.7	11:25	1:50:34.8
4	58	Bud Ringbloom	125	69	4	18:31.0	24:41	1:35.4	4	56:16.8	17.1	3:19.8	5	38:36.3	12:27	1:58:19.5
5	67	Henry Windle	172	66	5	20:43.2	27:37	4:30.7	5	1:04:12.1	15.0	1:33.5	4	36:48.7	11:52	2:07:48.3