



# WHITE SAND TRIATHLON I 2012

## Male Overall

| Place | Bib # | Name       | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 454   | John Hensz | 0:11:17 | 0:00:22 | 0:41:09 | 24.79 | 0:00:38 | 0:19:29 | 6:17 | 1:12:55 |

## Female Overall

| Place | Bib # | Name             | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|------------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 374   | Kristin Petersen | 0:15:25 | 0:01:16 | 0:48:12 | 21.16 | 0:00:56 | 0:19:50 | 6:24 | 1:25:39 |

## Male Masters

| Place | Bib # | Name          | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|---------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 419   | David Shearon | 0:11:17 | 0:00:39 | 0:43:06 | 23.67 | 0:00:30 | 0:19:10 | 6:11 | 1:14:42 |

## Female Masters

| Place | Bib # | Name     | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|----------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 390   | Pam Hall | 0:14:47 | 0:01:18 | 0:52:15 | 19.52 | 0:01:03 | 0:26:59 | 8:42 | 1:36:22 |

## Athenas

| Place | Bib # | Name                | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace  | Finish  |
|-------|-------|---------------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 1     | 466   | Christina Delemeter | 0:21:47 | 0:01:27 | 0:51:41 | 19.74 | 0:00:57 | 0:27:43 | 8:56  | 1:43:35 |
| 2     | 338   | Krys Godwin         | 0:20:43 | 0:03:32 | 1:06:22 | 15.37 | 0:00:57 | 0:41:37 | 13:25 | 2:13:11 |
| 3     | 323   | Gail Worrell        | 0:25:54 | 0:06:47 | 1:12:36 | 14.05 | 0:04:07 | 0:42:00 | 13:33 | 2:31:24 |

## Clydesdales

| Place | Bib # | Name            | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|-----------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 407   | Allen McCurley  | 0:12:32 | 0:00:58 | 0:46:28 | 21.95 | 0:00:32 | 0:21:35 | 6:58 | 1:22:05 |
| 2     | 327   | Kris Retherford | 0:12:21 | 0:00:34 | 0:45:43 | 22.31 | 0:00:33 | 0:23:08 | 7:28 | 1:22:19 |
| 3     | 405   | Eric Jefferys   | 0:13:43 | 0:01:11 | 0:48:55 | 20.85 | 0:00:41 | 0:22:50 | 7:22 | 1:27:20 |

## Relay Teams

| Place | Bib # | Name         | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|--------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 425   | TEAME A.C.E  | 0:14:06 | 0:00:46 | 0:51:19 | 19.88 | 0:00:21 | 0:18:10 | 5:52 | 1:24:42 |
| 2     | 408   | TEAM Hammock | 0:14:52 | 0:00:28 | 0:50:28 | 20.21 | 0:01:30 | 0:23:11 | 7:29 | 1:30:29 |
| 3     | 377   | TEAM Ashley  | 0:19:40 | 0:01:58 | 0:52:53 | 19.29 | 0:00:48 | 0:24:07 | 7:47 | 1:39:26 |

|   |     |                 |         |         |         |       |         |         |      |         |
|---|-----|-----------------|---------|---------|---------|-------|---------|---------|------|---------|
| 4 | 418 | TEAM Mabry-Sulz | 0:15:20 | 0:01:29 | 0:58:48 | 17.35 | 0:00:36 | 0:23:54 | 7:43 | 1:40:07 |
| 5 | 465 | TEAM McDonald   | 0:14:34 | 0:02:09 | 1:01:42 | 16.53 | 0:00:52 | 0:26:08 | 8:26 | 1:45:25 |

#### Male 15-19

| Place | Bib # | Name        | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace  | Finish  |
|-------|-------|-------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 1     | 433   | Corey Casey | 0:17:00 | 0:09:08 | 1:17:41 | 13.13 | 0:02:36 | 0:44:50 | 14:28 | 2:31:15 |

#### Male 20-24

| Place | Bib # | Name             | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|------------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 376   | Maxwell Randolph | 0:10:01 | 0:00:29 | 0:44:55 | 22.71 | 0:00:25 | 0:18:34 | 5:59 | 1:14:24 |
| 2     | 417   | Lane Nichols     | 0:15:47 | 0:01:09 | 0:47:43 | 21.38 | 0:01:01 | 0:25:25 | 8:12 | 1:31:05 |

#### Male 25-29

| Place | Bib # | Name              | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|-------------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 378   | Andy Tucker       | 0:12:25 | 0:00:52 | 0:46:44 | 21.83 | 0:00:42 | 0:19:15 | 6:13 | 1:19:58 |
| 2     | 459   | Estaban Berenguer | 0:12:37 | 0:01:09 | 0:49:27 | 20.63 | 0:00:41 | 0:24:10 | 7:48 | 1:28:04 |
| 3     | 444   | Joshua Leis       | 0:00:00 | 0:00:00 | 0:00:00 | 0     | 0:01:05 | 0:22:05 | 7:07 | 1:28:15 |
| 4     | 375   | Chad Dieter       | 0:16:50 | 0:01:51 | 0:54:11 | 18.82 | 0:00:32 | 0:22:03 | 7:07 | 1:35:27 |
| 5     | 357   | David Farris      | 0:15:57 | 0:01:42 | 0:53:45 | 18.98 | 0:00:44 | 0:25:54 | 8:21 | 1:38:02 |
| 6     | 326   | Michael Anderson  | 0:16:26 | 0:02:00 | 0:53:16 | 19.15 | 0:00:56 | 0:25:31 | 8:14 | 1:38:09 |
| 7     | 423   | Christian Webber  | 0:14:29 | 0:01:43 | 0:59:10 | 17.24 | 0:01:08 | 0:28:37 | 9:14 | 1:45:07 |
| 8     | 329   | Ryan Garcia       | 0:22:45 | 0:03:07 | 0:59:32 | 17.13 | 0:00:44 | 0:29:44 | 9:35 | 1:55:52 |

#### Male 30-34

| Place | Bib # | Name             | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace  | Finish  |
|-------|-------|------------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 1     | 430   | Ben Schlorholtz  | 0:15:47 | 0:00:32 | 0:49:00 | 20.82 | 0:00:32 | 0:19:36 | 6:19  | 1:25:27 |
| 2     | 344   | Brad Conti       | 0:17:22 | 0:00:39 | 0:48:40 | 20.96 | 0:00:38 | 0:21:46 | 7:01  | 1:29:05 |
| 3     | 380   | Reuben Jones     | 0:13:39 | 0:01:41 | 0:52:00 | 19.62 | 0:01:08 | 0:21:45 | 7:01  | 1:30:13 |
| 4     | 410   | Ryan Pollard     | 0:16:00 | 0:01:49 | 0:52:09 | 19.56 | 0:00:56 | 0:19:56 | 6:26  | 1:30:50 |
| 5     | 366   | Mikkel Jensen    | 0:15:20 | 0:01:53 | 0:48:19 | 21.11 | 0:01:07 | 0:25:28 | 8:13  | 1:32:07 |
| 6     | 389   | Evan Landers     | 0:14:35 | 0:01:21 | 0:54:30 | 18.72 | 0:01:07 | 0:23:24 | 7:33  | 1:34:57 |
| 7     | 324   | Cody Neeley      | 0:16:45 | 0:02:19 | 0:54:35 | 18.69 | 0:01:42 | 0:22:14 | 7:10  | 1:37:35 |
| 8     | 402   | Brian Raffa      | 0:14:39 | 0:03:15 | 0:57:09 | 17.85 | 0:01:09 | 0:22:05 | 7:07  | 1:38:17 |
| 9     | 370   | Casey Lauer      | 0:00:00 | 0:00:00 | 0:56:43 | 17.98 | 0:00:00 | 0:00:00 | 0     | 1:44:03 |
| 10    | 334   | Jeremy Pate      | 0:19:52 | 0:01:17 | 0:54:33 | 18.7  | 0:01:08 | 0:29:13 | 9:25  | 1:46:03 |
| 11    | 350   | Tollie Coates IV | 0:20:32 | 0:02:31 | 0:40:39 | 25.09 | 0:15:18 | 0:27:16 | 8:48  | 1:46:16 |
| 12    | 446   | John Legg        | 0:22:32 | 0:02:41 | 0:57:16 | 17.81 | 0:03:09 | 0:26:46 | 8:38  | 1:52:24 |
| 13    | 330   | Carlton Clark    | 0:20:07 | 0:02:14 | 1:03:00 | 16.19 | 0:01:22 | 0:29:12 | 9:25  | 1:55:55 |
| 14    | 435   | Adam Elder       | 0:19:21 | 0:04:20 | 1:06:13 | 15.4  | 0:00:43 | 0:33:40 | 10:52 | 2:04:17 |
| 15    | 356   | Michael Overend  | 0:19:11 | 0:05:36 | 1:18:29 | 13    | 0:00:51 | 0:37:45 | 12:11 | 2:21:52 |

#### Male 35-39

| Place | Bib # | Name              | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|-------------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 460   | Mark Nelson       | 0:11:53 | 0:00:55 | 0:44:08 | 23.11 | 0:00:32 | 0:18:15 | 5:53 | 1:15:43 |
| 2     | 458   | Joe Lafittie      | 0:13:33 | 0:00:34 | 0:49:50 | 20.47 | 0:00:36 | 0:21:34 | 6:57 | 1:26:07 |
| 3     | 421   | Ben Taylor        | 0:12:47 | 0:01:49 | 0:50:47 | 20.09 | 0:01:40 | 0:19:34 | 6:19 | 1:26:37 |
| 4     | 403   | Dustin Stokesbary | 0:15:22 | 0:01:17 | 0:51:08 | 19.95 | 0:00:58 | 0:21:02 | 6:47 | 1:29:47 |

|    |     |                  |         |         |         |       |         |         |       |         |
|----|-----|------------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 5  | 442 | Bruce Salter     | 0:13:16 | 0:04:30 | 0:46:07 | 22.12 | 0:00:49 | 0:25:36 | 8:15  | 1:30:18 |
| 6  | 445 | Chuck Dennie     | 0:14:08 | 0:01:16 | 0:51:17 | 19.89 | 0:01:30 | 0:23:00 | 7:25  | 1:31:11 |
| 7  | 351 | Phillip Metcalf  | 0:17:04 | 0:01:52 | 0:54:51 | 18.6  | 0:01:37 | 0:21:20 | 6:53  | 1:36:44 |
| 8  | 332 | Craig Pajak      | 0:16:22 | 0:03:45 | 0:52:12 | 19.54 | 0:01:28 | 0:23:20 | 7:32  | 1:37:07 |
| 9  | 364 | Colin Pires      | 0:17:57 | 0:00:46 | 0:51:54 | 19.65 | 0:01:00 | 0:25:41 | 8:17  | 1:37:18 |
| 10 | 395 | Jeff Dinges      | 0:16:37 | 0:02:08 | 0:51:25 | 19.84 | 0:00:56 | 0:27:07 | 8:45  | 1:38:13 |
| 11 | 368 | Thomas Breen     | 0:14:25 | 0:02:07 | 0:57:10 | 17.84 | 0:01:23 | 0:24:06 | 7:46  | 1:39:11 |
| 12 | 369 | Guido Kohler     | 0:17:39 | 0:02:17 | 0:53:01 | 19.24 | 0:03:01 | 0:23:46 | 7:40  | 1:39:44 |
| 13 | 371 | Jeff Fadden      | 0:15:45 | 0:03:04 | 0:54:12 | 18.82 | 0:01:28 | 0:25:17 | 8:09  | 1:39:46 |
| 14 | 441 | Glenn Newell     | 0:16:24 | 0:00:30 | 0:56:38 | 18.01 | 0:01:10 | 0:28:10 | 9:05  | 1:42:52 |
| 15 | 437 | Thomas Mooney    | 0:16:07 | 0:01:20 | 0:59:20 | 17.19 | 0:01:05 | 0:25:08 | 8:06  | 1:43:00 |
| 16 | 424 | Gram Holmes      | 0:16:22 | 0:02:03 | 0:58:32 | 17.43 | 0:00:42 | 0:25:54 | 8:21  | 1:43:33 |
| 17 | 359 | Daniel McCaffery | 0:21:13 | 0:01:24 | 0:58:17 | 17.5  | 0:01:35 | 0:21:19 | 6:53  | 1:43:48 |
| 18 | 333 | Travis bean      | 0:15:31 | 0:02:31 | 0:54:02 | 18.88 | 0:01:32 | 0:31:49 | 10:16 | 1:45:25 |
| 19 | 396 | Joe Holt         | 0:16:21 | 0:02:24 | 0:59:28 | 17.15 | 0:01:00 | 0:29:55 | 9:39  | 1:49:08 |
| 20 | 347 | Keith Lemasters  | 0:20:54 | 0:02:12 | 0:59:03 | 17.27 | 0:01:27 | 0:26:36 | 8:35  | 1:50:12 |
| 21 | 394 | Zach Taylor      | 0:18:13 | 0:01:35 | 1:05:30 | 15.57 | 0:01:10 | 0:25:02 | 8:05  | 1:51:30 |
| 22 | 325 | Dustin Hughes    | 0:17:17 | 0:02:43 | 1:00:42 | 16.8  | 0:01:42 | 0:33:57 | 10:57 | 1:56:21 |

#### Male 40-44

| Place | Bib # | Name                | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|---------------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 335   | Shawn Toenyas       | 0:12:43 | 0:00:49 | 0:48:15 | 21.14 | 0:00:46 | 0:20:53 | 6:44 | 1:23:26 |
| 2     | 337   | Jimmy Hathaway      | 0:14:47 | 0:01:19 | 0:49:35 | 20.57 | 0:00:51 | 0:24:42 | 7:58 | 1:31:14 |
| 3     | 439   | A.J White           | 0:15:47 | 0:01:46 | 0:49:31 | 20.6  | 0:00:56 | 0:23:25 | 7:33 | 1:31:25 |
| 4     | 436   | Garth Sinclair      | 0:15:38 | 0:01:46 | 0:49:27 | 20.63 | 0:01:35 | 0:24:29 | 7:54 | 1:32:55 |
| 5     | 429   | Kevin Klamser (464) | 0:13:49 | 0:02:00 | 0:56:36 | 18.02 | 0:00:53 | 0:24:23 | 7:52 | 1:37:41 |
| 6     | 328   | Michael Lovechuck   | 0:14:00 | 0:02:34 | 0:55:04 | 18.52 | 0:01:06 | 0:26:34 | 8:34 | 1:39:18 |
| 7     | 331   | Lloyd Carter        | 0:30:13 | 0:02:05 | 0:52:03 | 19.6  | 0:01:26 | 0:28:19 | 9:08 | 1:54:06 |

#### Male 45-49

| Place | Bib # | Name            | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace  | Finish  |
|-------|-------|-----------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 1     | 398   | Chris Neudecker | 0:12:44 | 0:01:03 | 0:45:12 | 22.57 | 0:00:57 | 0:19:42 | 6:21  | 1:19:38 |
| 2     | 406   | Scott Dorsch    | 0:11:58 | 0:01:17 | 0:47:32 | 21.46 | 0:00:42 | 0:23:05 | 7:27  | 1:24:34 |
| 3     | 447   | Jim Everett     | 0:15:03 | 0:00:38 | 0:47:53 | 21.3  | 0:00:40 | 0:20:27 | 6:36  | 1:24:41 |
| 4     | 399   | Michael Ropa    | 0:13:29 | 0:01:25 | 0:49:43 | 20.52 | 0:00:47 | 0:21:09 | 6:49  | 1:26:33 |
| 5     | 409   | Brian Sterrett  | 0:14:23 | 0:01:39 | 0:48:02 | 21.24 | 0:01:00 | 0:22:37 | 7:18  | 1:27:41 |
| 6     | 355   | Edward Eastman  | 0:13:16 | 0:02:23 | 0:46:34 | 21.9  | 0:01:33 | 0:24:55 | 8:02  | 1:28:41 |
| 7     | 440   | Dave Earley     | 0:12:19 | 0:01:20 | 0:49:28 | 20.62 | 0:00:37 | 0:26:01 | 8:24  | 1:29:45 |
| 8     | 400   | Keith Sasser    | 0:12:48 | 0:02:17 | 0:49:05 | 20.78 | 0:01:08 | 0:26:36 | 8:35  | 1:31:54 |
| 9     | 427   | Joel Scilley    | 0:16:51 | 0:02:33 | 0:52:23 | 19.47 | 0:01:51 | 0:22:00 | 7:06  | 1:35:38 |
| 10    | 367   | Jim Robson      | 0:17:31 | 0:01:30 | 0:54:35 | 18.69 | 0:00:52 | 0:25:20 | 8:10  | 1:39:48 |
| 11    | 443   | Jason Miller    | 0:16:25 | 0:01:48 | 0:51:15 | 19.9  | 0:01:57 | 0:33:45 | 10:53 | 1:45:10 |

#### Male 50-54

| Place | Bib # | Name         | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|--------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 362   | Jimmy Railey | 0:12:37 | 0:00:56 | 0:43:47 | 23.3  | 0:00:47 | 0:19:03 | 6:09 | 1:17:10 |
| 2     | 431   | Kent Nonaka  | 0:13:58 | 0:01:15 | 0:47:34 | 21.44 | 0:01:16 | 0:25:17 | 8:09 | 1:29:20 |

|   |     |              |         |         |         |       |         |         |      |         |
|---|-----|--------------|---------|---------|---------|-------|---------|---------|------|---------|
| 3 | 391 | James Graner | 0:15:17 | 0:02:50 | 0:49:02 | 20.8  | 0:00:53 | 0:23:06 | 7:27 | 1:31:08 |
| 4 | 448 | Tony Bennett | 0:16:54 | 0:02:37 | 0:52:44 | 19.34 | 0:01:11 | 0:24:02 | 7:45 | 1:37:28 |
| 5 | 414 | Rex Lawrence | 0:17:41 | 0:02:35 | 0:55:43 | 18.31 | 0:01:43 | 0:26:41 | 8:36 | 1:44:23 |

#### Male 55-59

| Place | Bib # | Name              | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace  | Finish  |
|-------|-------|-------------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 1     | 462   | Doug Jones        | 0:13:02 | 0:00:51 | 0:42:15 | 24.14 | 0:00:42 | 0:21:37 | 6:58  | 1:18:27 |
| 2     | 461   | Bo Mills          | 0:12:22 | 0:00:59 | 0:47:32 | 21.46 | 0:00:50 | 0:23:23 | 7:33  | 1:25:06 |
| 3     | 411   | Ray Maulbeck      | 0:14:37 | 0:01:08 | 0:52:49 | 19.31 | 0:01:12 | 0:27:34 | 8:54  | 1:37:20 |
| 4     | 455   | Ted Blume         | 0:15:52 | 0:02:08 | 0:53:58 | 18.9  | 0:02:02 | 0:28:21 | 9:09  | 1:42:21 |
| 5     | 428   | Ron Rago          | 0:20:58 | 0:02:01 | 0:58:49 | 17.34 | 0:01:31 | 0:35:01 | 11:18 | 1:58:20 |
| 6     | 361   | Keith Zwingelberg | 0:22:28 | 0:03:49 | 1:02:15 | 16.39 | 0:01:42 | 0:31:53 | 10:17 | 2:02:07 |
| 7     | 457   | Russell Stegman   | 0:23:16 | 0:03:37 | 1:03:12 | 16.14 | 0:03:33 | 0:52:16 | 16:52 | 2:25:54 |

#### Male 60-64

| Place | Bib # | Name      | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|-----------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 353   | Dale Nash | 0:16:12 | 0:00:53 | 0:45:35 | 22.38 | 0:01:03 | 0:21:00 | 6:46 | 1:24:43 |

#### Male 65-69

| Place | Bib # | Name            | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|-----------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 467   | Jerry Armstrong | 0:15:59 | 0:02:03 | 0:48:44 | 20.93 | 0:01:29 | 0:25:41 | 8:17 | 1:33:56 |

#### Male 70+

| Place | Bib # | Name           | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace  | Finish  |
|-------|-------|----------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 1     | 453   | Wayne McSheehy | 0:14:43 | 0:01:33 | 0:50:02 | 20.39 | 0:00:53 | 0:28:24 | 9:10  | 1:35:35 |
| 2     | 449   | Ed Gandy       | 0:25:00 | 0:03:43 | 1:08:52 | 14.81 | 0:02:10 | 0:37:52 | 12:13 | 2:17:37 |

#### Female 25-29

| Place | Bib # | Name              | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|-------------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 386   | Anna Dager        | 0:18:32 | 0:02:35 | 0:59:50 | 17.05 | 0:00:37 | 0:21:36 | 6:58 | 1:43:10 |
| 2     | 373   | Heather Henderson | 0:17:01 | 0:03:32 | 0:59:01 | 17.28 | 0:02:12 | 0:29:14 | 9:26 | 1:51:00 |

#### Female 30-34

| Place | Bib # | Name               | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace  | Finish  |
|-------|-------|--------------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 1     | 426   | Chloe Elfrink      | 0:12:44 | 0:01:24 | 0:50:28 | 20.21 | 0:00:40 | 0:23:44 | 7:39  | 1:29:00 |
| 2     | 412   | Kristen Woodward   | 0:13:13 | 0:00:59 | 0:53:20 | 19.13 | 0:00:39 | 0:25:13 | 8:08  | 1:33:24 |
| 3     | 452   | Jamie Ortiz        | 0:13:36 | 0:00:41 | 0:54:00 | 18.89 | 0:01:02 | 0:27:44 | 8:57  | 1:37:03 |
| 4     | 348   | Sara Redfield      | 0:16:22 | 0:02:59 | 0:52:55 | 19.28 | 0:01:17 | 0:25:27 | 8:13  | 1:39:00 |
| 5     | 354   | Leisa Eastman      | 0:18:11 | 0:01:22 | 0:54:19 | 18.78 | 0:00:56 | 0:26:43 | 8:37  | 1:41:31 |
| 6     | 343   | Ellen Fleisher     | 0:17:00 | 0:03:30 | 0:57:03 | 17.88 | 0:01:16 | 0:26:21 | 8:30  | 1:45:10 |
| 7     | 382   | Emily Grebenc      | 0:18:00 | 0:04:58 | 1:02:24 | 16.35 | 0:01:39 | 0:28:00 | 9:02  | 1:55:01 |
| 8     | 345   | Adrienne Patel     | 0:18:17 | 0:01:18 | 1:02:59 | 16.19 | 0:00:59 | 0:31:59 | 10:19 | 1:55:32 |
| 9     | 360   | Jill McCaffrey     | 0:11:47 | 0:11:35 | 1:01:04 | 16.7  | 0:01:45 | 0:31:08 | 10:03 | 1:57:19 |
| 10    | 387   | Andrea Erdekian    | 0:18:08 | 0:03:22 | 1:07:40 | 15.07 | 0:02:39 | 0:30:00 | 9:41  | 2:01:49 |
| 11    | 438   | Amanda Bentley     | 0:25:14 | 0:04:10 | 1:09:35 | 14.66 | 0:01:19 | 0:26:40 | 8:36  | 2:06:58 |
| 12    | 336   | Stacey St. Charles | 0:17:02 | 0:02:01 | 1:13:36 | 13.86 | 0:01:00 | 0:33:50 | 10:55 | 2:07:29 |
| 13    | 349   | Cinda Morber       | 0:22:35 | 0:04:39 | 1:03:28 | 16.07 | 0:01:33 | 0:37:33 | 12:07 | 2:09:48 |

**Female 35-39**

| Place | Bib # | Name              | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|-------------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 413   | Jennifer Bleakley | 0:17:57 | 0:01:21 | 0:49:33 | 20.59 | 0:00:35 | 0:23:15 | 7:30 | 1:32:41 |
| 2     | 420   | Olga Cemore       | 0:17:56 | 0:01:01 | 0:54:39 | 18.66 | 0:00:51 | 0:27:44 | 8:57 | 1:42:11 |
| 3     | 365   | Kimberly Pires    | 0:18:03 | 0:01:16 | 0:56:59 | 17.9  | 0:01:10 | 0:28:48 | 9:17 | 1:46:16 |
| 4     | 352   | Natalie Radford   | 0:14:45 | 0:03:19 | 1:04:41 | 15.77 | 0:02:00 | 0:25:59 | 8:23 | 1:50:44 |
| 5     | 404   | Jeane Hakenewert  | 0:19:42 | 0:03:28 | 1:00:05 | 16.98 | 0:01:43 | 0:26:49 | 8:39 | 1:51:47 |
| 6     | 363   | Liza Ingram       | 0:19:44 | 0:01:09 | 1:02:29 | 16.32 | 0:01:00 | 0:30:09 | 9:44 | 1:54:31 |

**Female 40-44**

| Place | Bib # | Name                | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace  | Finish  |
|-------|-------|---------------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 1     | 346   | Julie Allman        | 0:14:57 | 0:02:30 | 0:56:27 | 18.07 | 0:01:18 | 0:22:21 | 7:13  | 1:37:33 |
| 2     | 379   | Stephanie Schroeder | 0:14:27 | 0:01:36 | 0:52:50 | 19.31 | 0:01:08 | 0:31:38 | 10:12 | 1:41:39 |
| 3     | 451   | Libby Wheeler       | 0:18:18 | 0:01:44 | 1:04:05 | 15.92 | 0:01:52 | 0:32:08 | 10:22 | 1:58:07 |
| 4     | 341   | Karen Minert        | 0:06:57 | 0:03:37 | 1:13:26 | 13.89 | 0:00:56 | 0:41:21 | 13:20 | 2:06:17 |
| 5     | 450   | Cassie Allen        | 0:22:32 | 0:03:17 | 1:01:32 | 16.58 | 0:03:10 | 0:39:08 | 12:37 | 2:09:39 |
| 6     | 432   | Grace Casey         | 0:20:34 | 0:02:38 | 1:10:01 | 14.57 | 0:10:10 | 0:40:04 | 12:55 | 2:23:27 |

**Female 45-49**

| Place | Bib # | Name          | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace | Finish  |
|-------|-------|---------------|---------|---------|---------|-------|---------|---------|------|---------|
| 1     | 456   | Theresa Blume | 0:20:08 | 0:02:03 | 0:54:52 | 18.59 | 0:01:07 | 0:25:44 | 8:18 | 1:43:54 |

**Female 50-54**

| Place | Bib # | Name          | Swim    | T1      | Bike    | MPH   | T2      | Run     | Pace  | Finish  |
|-------|-------|---------------|---------|---------|---------|-------|---------|---------|-------|---------|
| 1     | 434   | Alice Guay    | 0:16:19 | 0:01:56 | 0:56:47 | 17.96 | 0:01:27 | 0:26:57 | 8:42  | 1:43:26 |
| 2     | 422   | Nina Korges   | 0:22:33 | 0:01:15 | 1:02:11 | 16.4  | 0:01:08 | 0:28:15 | 9:07  | 1:55:22 |
| 3     | 392   | Lynne Carlson | 0:25:27 | 0:03:34 | 1:05:41 | 15.53 | 0:02:21 | 0:32:53 | 10:36 | 2:09:56 |