

YMCA Indoor Triathlon
SPRINT: Swim 15 Minutes - Bike 15 Minutes - Run 15 Minutes
Sunday, January 27th, 2019.

RANK	NAME	EVENT	M/F	SWIM METERS 1,012.50	SWIM SCORE 1.00	BIKE MILES 11.22	BIKE SCORE 1.00	RUN MILES 2.47	RUN SCORE 1.00	TOTAL SCORE 3.000
1	Sam Ottway	S	M	1,012.50	1.00	11.09	0.99	1.65	0.67	2.656
2	Tim Spurling	S	M	800.00	0.79	9.07	0.81	2.10	0.85	2.449
3	Eric Mushrush	S	M	937.50	0.93	8.45	0.75	1.88	0.76	2.440
4	Tom Selby	S	M	700.00	0.69	9.02	0.80	2.33	0.94	2.439
5	Tom Dowd	S	M	675.00	0.67	9.99	0.89	1.99	0.81	2.363
6	Richard Ottway	S	M	725.00	0.72	9.03	0.80	2.04	0.83	2.347
7	Caleb York	S	M	800.00	0.79	8.79	0.78	1.88	0.76	2.335
8	Robbie Trane	S	M	1,012.50	1.00	6.25	0.56	1.87	0.76	2.314
9	Brandon Chappell	S	M	700.00	0.69	8.02	0.71	2.16	0.87	2.281
10	Marcel Garcia	S	M	587.50	0.58	7.51	0.67	2.47	1.00	2.250
11	Rick Martin	S	M	812.50	0.80	7.94	0.71	1.58	0.64	2.150
12	Jayson Williams	S	M	785.00	0.78	7.70	0.69	1.69	0.68	2.146
13	Marc Boerner	S	M	550.00	0.54	11.22	1.00	1.24	0.50	2.045
14	Martin Mason	S	M	450.00	0.44	9.82	0.88	1.61	0.65	1.971
15	Casey Goldsberry	S	M	412.50	0.41	8.16	0.73	2.03	0.82	1.957
16	Brent Millay	S	M	562.50	0.56	7.53	0.67	1.80	0.73	1.955
17	Cordell McCoy	S	M	562.50	0.56	7.80	0.70	1.41	0.57	1.822
18	Willie Curry Jr.	S	M	400.00	0.40	8.57	0.76	1.62	0.66	1.815
19	Jim Dalton	S	M	587.50	0.58	6.30	0.56	1.53	0.62	1.761
20	John Seyffarth	S	M	225.00	0.22	8.07	0.72	1.13	0.46	1.399
1	Laura Finch	S	F	925.00	0.91	9.39	0.84	1.99	0.81	2.556
2	Gina Anderson	S	F	837.50	0.83	6.90	0.61	2.21	0.89	2.337
3	Victoria Salmond	S	F	800.00	0.79	9.05	0.81	1.78	0.72	2.317
4	Lauren Perigo	S	F	662.50	0.65	9.75	0.87	1.67	0.68	2.199

5	Debbie Elbrink	S	F	737.50	0.73	8.28	0.74	1.65	0.67	2.134
6	Sara Jasinski	S	F	700.00	0.69	8.19	0.73	1.74	0.70	2.126
7	Kilee Beshear	S	F	800.00	0.79	7.97	0.71	1.43	0.58	2.079
8	Connie Deon	S	F	645.00	0.64	8.76	0.78	1.59	0.64	2.062
9	Amber Boyd	S	F	550.00	0.54	8.69	0.77	1.78	0.72	2.038
10	Dacia Fritchley	S	F	500.00	0.49	9.01	0.80	1.66	0.67	1.969
11	Liz Jacqmain	S	F	675.00	0.67	8.93	0.80	1.24	0.50	1.965
12	Dyan Damron	S	F	637.50	0.63	7.88	0.70	1.50	0.61	1.939
13	Brenda Grall	S	F	637.50	0.63	8.52	0.76	1.32	0.53	1.923
14	Gretchen Miller	S	F	587.50	0.58	8.19	0.73	1.39	0.56	1.873
15	Jenny Hortin	S	F	500.00	0.49	8.13	0.72	1.61	0.65	1.870
16	Emily Jochim	S	F	512.50	0.51	7.51	0.67	1.62	0.66	1.831
17	Marjie Blalock	S	F	625.00	0.62	7.04	0.63	1.42	0.57	1.820
18	Kristalyn Shefveland	S	F	550.00	0.54	7.92	0.71	1.37	0.55	1.804
19	Nicole Matthews	S	F	512.50	0.51	5.63	0.50	1.76	0.71	1.721
20	Laura Estep	S	F	475.00	0.47	7.10	0.63	1.09	0.44	1.543
21	Sara Dalp	S	F	350.00	0.35	7.53	0.67	1.26	0.51	1.527
22	Candice Beck	S	F	462.50	0.46	6.48	0.58	1.09	0.44	1.476
23	Amber Winkler	S	F	412.50	0.41	7.40	0.66	1.00	0.40	1.472
24	Nikki Marshall	S	F	375.00	0.37	6.98	0.62	1.12	0.45	1.446
25	Jean Dollison	S	F	318.75	0.31	7.10	0.63	1.01	0.41	1.357
26	Windsong McCoy	S	F	300.00	0.30	6.08	0.54	0.83	0.34	1.174

YMCA Indoor Triathlon
ENDURANCE: Swim 30 Minutes - Bike 30 Minutes - Run 30 Minutes
Sunday, January 27th, 2019

TOTAL	NAME	EVENT	M/F	SWIM METERS 1,937.50	SWIM SCORE 1.00	BIKE MILES 19.21	BIKE SCORE 1.00	RUN MILES 4.75	RUN SCORE 1.00	TOTAL SCORE 3.000
1	Michael Wilson	E	M	1,825.00	0.94	18.33	0.95	3.92	0.83	2.721
2	Jeff Grunow	E	M	1,575.00	0.81	17.13	0.89	4.75	1.00	2.705
3	Kurt Johnson	E	M	1,437.50	0.74	18.58	0.97	3.82	0.80	2.513
4	Doug Hortin	E	M	1,200.00	0.62	18.82	0.98	4.32	0.91	2.509
5	Chad Hart	E	M	1,587.50	0.82	17.85	0.93	3.20	0.67	2.422
6	Ronald Estep	E	M	1,250.00	0.65	17.71	0.92	3.32	0.70	2.266
7	Rick Mills	E	M	1,250.00	0.65	17.48	0.91	3.35	0.71	2.260
8	Tad Powless	E	M	1,225.00	0.63	18.05	0.94	3.14	0.66	2.233
9	Michael Brown	E	M	1,562.50	0.81	15.14	0.79	2.84	0.60	2.192
10	Jon Townsend	E	M	1,112.50	0.57	15.18	0.79	2.93	0.62	1.981
11	Jim Childers	E	M	987.50	0.51	15.32	0.80	2.28	0.48	1.787
1	Kendra Grunow	E	F	1,937.50	1.00	18.10	0.94	4.10	0.86	2.805
2	Beth Gabhart	E	F	1,437.50	0.74	19.21	1.00	4.10	0.86	2.605
3	Molly Elfreich	E	F	1,375.00	0.71	17.73	0.92	4.25	0.89	2.527
4	Krista Harms	E	F	1,450.00	0.75	17.74	0.92	3.92	0.83	2.497
5	Kathy Gifford	E	F	1,925.00	0.99	16.43	0.86	2.67	0.56	2.411
6	Samantha Schneider	E	F	1,475.00	0.76	17.14	0.89	3.43	0.72	2.376
7	Kara Wandtke	E	F	1,287.50	0.66	17.39	0.91	3.60	0.76	2.328
8	Jessica Mason	E	F	1,175.00	0.61	17.43	0.91	2.90	0.61	2.124
9	Anne Basden	E	F	1,100.00	0.57	16.18	0.84	3.26	0.69	2.096
10	Dana Clewlow-Bray	E	F	1,075.00	0.55	16.90	0.88	3.06	0.64	2.079
11	Katherine Wantland	E	F	1,076.00	0.56	16.01	0.83	3.10	0.65	2.041
12	Diana Rich	E	F	1,187.50	0.61	14.68	0.76	3.01	0.63	2.011
13	Daniela Schurter	E	F	1,150.00	0.59	15.57	0.81	2.73	0.57	1.979

YMCA Indoor Triathlon
DUATHLON: Run 15 Minutes - Bike 15 Minutes - Run 15 Minutes
Sunday, January 27th, 2019

TOTAL	NAME	EVENT	M/F	1st Run MILES 2.27	1st Run SCORE 1.00	BIKE MILES 7.67	BIKE SCORE 1.00	2nd Run MILES 2.25	2nd Run SCORE 1.00	TOTAL SCORE 3.000
1	Shane Thread	D	M	2.27	1.00	7.60	0.99	2.25	1.00	2.991
2	Ty Robbins	D	M	2.16	0.95	7.47	0.97	2.02	0.90	2.823
3	Beau Buente	D	M	1.84	0.81	7.36	0.96	1.73	0.77	2.539
4	Tim Hanisch	D	M	1.50	0.66	7.61	1.41	1.00	0.44	2.515
5	Brian Schmuck	D	M	1.57	0.69	7.10	0.93	1.36	0.60	2.222
6	Paul Campbell	D	M	1.52	0.67	7.13	0.93	1.32	0.59	2.186
7	Ryan Beal	D	M	1.36	0.60	7.60	0.99	1.27	0.56	2.154
8	Zach Adams	D	M	1.23	0.54	7.55	0.98	1.18	0.52	2.051
1	Liesl Fraley	D	F	1.93	0.85	7.51	0.98	1.95	0.87	2.698
2	Kate Lannert	D	F	1.80	0.79	7.55	0.98	1.77	0.79	2.564
3	Laura Baker	D	F	1.77	0.78	7.59	0.99	1.73	0.77	2.538
4	Ayse Schablik	D	F	1.70	0.75	7.67	1.00	1.66	0.74	2.488
5	Brenda Goodin	D	F	1.73	0.76	7.60	0.99	1.64	0.73	2.482
6	Janet Smith	D	F	1.64	0.72	7.63	0.99	1.64	0.73	2.446
7	Natalia Martin	D	F	1.68	0.74	7.60	0.99	1.61	0.72	2.447
8	Jamie Henderlong	D	F	1.61	0.71	7.60	0.99	1.59	0.71	2.407
9	Jennifer Fisher	D	F	1.64	0.72	7.66	1.00	1.50	0.67	2.388
10	Mary Jo Plouchard	D	F	1.48	0.65	7.55	0.98	1.41	0.63	2.263
11	Amanda Becker	D	F	1.57	0.69	6.24	0.81	1.52	0.68	2.181
12	Tammie Corder	D	F	1.25	0.55	7.67	1.00	1.27	0.56	2.115
13	Angie Briggs	D	F	1.36	0.60	7.40	0.96	1.18	0.52	2.088
14	Wendy Gumbel	D	F	1.34	0.59	6.85	0.89	1.34	0.60	2.079
15	Sarah Wilson	D	F	1.23	0.54	7.60	0.99	1.16	0.52	2.048

16	Stephanie Harris	D	F	1.25	0.55	7.44	0.97	1.09	0.48	2.005
17	Nikki Moore	D	F	1.20	0.53	7.11	0.93	1.20	0.53	1.989
18	Brittany Marsh	D	F	1.32	0.58	6.83	0.89	0.98	0.44	1.908
19	Natalie Adams	D	F	1.27	0.56	6.22	0.81	1.18	0.52	1.895