

Race Date
May 14, 2022

736 22 Heart & Sole Triathlon

Age Group Results

Default Division

Female Open Winners

Place			Swim						T1			Bike			T2			Run			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	Erin Rock	479	44	2	6:41.5	29:06	0:27.8	1	42:55.0	21.0	0:57.7	1	23:21.1	7:32	1:14:23.2					
2	24	Erin Pifer	478	41	1	6:11.6	26:56	1:07.1	3	50:45.4	17.7	0:40.4	2	26:08.8	8:26	1:24:53.5					
3	27	Kirben Grantz	509	63	3	8:25.9	36:40	0:43.3	2	46:49.6	19.2	0:44.6	3	29:13.1	9:26	1:25:56.7					

Male Open Winners

Place			Swim						T1			Bike			T2			Run			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	Stewart Stevens	464	31	2	5:39.2	24:35	0:21.4	1	38:18.9	23.5	0:28.5	1	19:59.1	6:27	1:04:47.4					
2	2	Jordan Haggit	456	33	3	6:28.2	28:08	0:41.8	2	38:41.1	23.3	0:30.1	2	20:49.2	6:43	1:07:10.6					
3	3	Keith Janson	484	38	1	5:12.9	22:41	0:30.6	3	41:11.6	21.8	0:39.8	3	21:57.7	7:05	1:09:32.9					

Race Date
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Age Group Results

Default Division

Female 15 to 19

Place			Swim			T1	Bike			T2	Run		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	Miriam Ritchey	515	19	1	10:04.7	43:49	1:20.4	1	1:05:49.7	13.7	0:45.9	1	26:06.0	8:25	1:44:06.8

Male 15 to 19

Place			Swim			T1	Bike			T2	Run		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	12	Steven Meyer	524	17	2	7:20.8	31:57	2:01.4	2	46:11.6	19.5	0:41.1	1	22:07.8	7:08	1:18:22.8
DQ	DQ	Jack Logan	451	19	1	4:54.1	21:19	0:48.3	1	43:54.8	20.5	0:43.0	DQ	---	---	---

Female 25 to 29

Place			Swim			T1	Bike			T2	Run		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	63	Lindsay Turner	530	25	1	8:48.7	38:19	2:55.1	1	1:01:13.0	14.7	0:48.3	1	33:47.0	10:54	1:47:32.3

Male 25 to 29

Place			Swim			T1	Bike			T2	Run		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	John Morris	493	29	2	7:39.3	33:17	0:28.9	1	45:32.6	19.8	0:41.2	2	24:46.1	7:59	1:19:08.4
2	19	Hayden Dwyer	508	25	3	7:40.1	33:21	1:40.7	2	50:35.9	17.8	0:42.1	1	20:46.8	6:42	1:21:25.8
3	62	Landon Meserve	512	27	1	7:12.8	31:22	1:35.1	3	1:03:28.9	14.2	0:25.5	3	34:44.8	11:13	1:47:27.3

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Age Group Results

Default Division

Female 30 to 34

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		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	76	Morgan Rausch	513	30	2	13:17.8	57:49	1:46.0	1	1:01:29.4	14.6	0:42.3	2	43:48.3	14:08	2:01:04.1
2	78	Erin Torres	529	30	1	8:32.9	37:10	1:31.3	2	1:11:04.4	12.7	0:32.3	1	42:29.2	13:42	2:04:10.3

Male 30 to 34

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		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	14	Jacob Locknane	457	34	2	6:19.0	27:28	0:55.2	1	47:11.5	19.1	0:44.9	1	23:21.8	7:32	1:18:32.6
2	36	Allen White	482	33	3	6:21.4	27:38	1:06.7	2	52:58.2	17.0	0:54.9	3	27:49.2	8:58	1:29:10.6
3	54	Paul Thompson	551	34	4	13:21.8	58:06	3:28.8	3	56:44.8	15.9	1:11.1	2	26:14.3	8:28	1:41:01.0
4	64	Andrew Canada	488	34	1	6:02.3	26:16	1:30.6	4	1:01:24.4	14.7	0:20.9	4	38:34.3	12:27	1:47:52.8

Female 35 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		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	70	Theodora Hibberd	548	37	1	14:00.4	60:54	2:59.9	1	1:03:50.5	14.1	1:04.0	1	31:52.5	10:17	1:53:47.6

Male 35 to 39

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		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	Curt Vernon	502	39	5	7:19.3	31:50	1:36.3	4	45:18.4	19.9	1:04.4	1	23:29.4	7:35	1:18:48.0
2	17	Roberto Chozet	452	37	2	6:33.6	28:31	1:17.7	3	44:58.5	20.0	1:21.4	5	26:50.8	8:40	1:21:02.1

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Age Group Results

Default Division

Male 35 to 39

Place					Swim		T1		Bike			T2		Run		Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
3	21	John Hegeman	450	36	1	5:21.9	23:20	1:11.9	1	44:47.5	20.1	0:40.5	9	30:25.2	9:49	1:22:27.3
4	23	Justin Lande	510	36	7	7:28.8	32:32	1:00.5	2	44:51.3	20.1	1:07.9	7	29:59.5	9:40	1:24:28.3
5	26	Samuel Richard	497	39	4	7:08.2	31:02	1:20.4	5	47:10.5	19.1	0:31.6	6	28:55.3	9:20	1:25:06.2
6	30	Nick Brenes	520	38	6	7:22.9	32:06	2:23.0	6	51:13.3	17.6	0:50.4	2	24:19.8	7:51	1:26:09.6
7	40	Matthew Dugger	540	39	3	7:01.8	30:34	2:23.2	11	57:12.7	15.7	1:15.1	3	25:34.6	8:15	1:33:27.7
8	44	John Warner	531	39	9	8:37.1	37:28	2:15.7	10	57:10.0	15.7	1:12.2	4	25:42.0	8:17	1:34:57.2
9	47	Chris Drexler	521	39	11	9:16.3	40:19	2:03.6	7	53:30.5	16.8	1:01.3	8	30:00.9	9:41	1:35:52.8
10	51	John Wright	517	35	10	8:41.3	37:47	1:13.6	8	56:23.9	16.0	1:33.7	11	31:49.6	10:16	1:39:42.3
11	68	Chris Shearer	480	39	8	7:41.2	33:25	1:42.7	9	56:34.2	15.9	1:09.3	13	44:24.0	14:19	1:51:31.6
12	69	Jerimy Tate	550	39	12	14:34.6	63:23	3:03.3	12	1:03:40.6	14.1	0:44.3	10	30:30.9	9:51	1:52:34.0
13	80	Joseph Oney	549	38	13	15:14.4	66:16	2:42.2	13	1:07:40.1	13.3	0:59.0	12	43:41.9	14:06	2:10:17.9

Female 40 to 44

Place					Swim		T1		Bike			T2		Run		Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	28	Diana Delcher	453	43	2	6:51.9	29:51	0:56.2	3	51:06.5	17.6	0:47.9	1	26:22.9	8:31	1:26:05.6
2	37	Misty Akers	506	44	4	8:17.6	36:04	1:11.0	2	50:49.9	17.7	0:36.5	2	28:24.7	9:10	1:29:19.9
3	39	Lindsey Slack	463	40	1	6:12.2	26:59	0:51.1	1	50:08.9	17.9	1:13.1	4	34:40.9	11:11	1:33:06.4
4	57	Katherine Matcheswala	542	43	5	8:54.9	38:46	2:26.3	4	53:07.5	16.9	0:59.2	6	37:22.3	12:03	1:42:50.3
5	73	Amy Oates	494	41	3	7:36.7	33:06	2:48.5	6	1:09:21.8	13.0	0:25.8	5	35:00.0	11:17	1:55:13.0
6	74	Erin Pope	539	42	6	11:31.3	50:06	2:03.7	5	1:06:04.2	13.6	3:00.1	3	33:40.5	10:52	1:56:20.0

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Age Group Results

Default Division

Male 40 to 44

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	6	Bradley Bolen	469	41	3	6:31.9	28:24	0:46.7	2	42:09.3	21.3	0:22.9	1	25:01.5	8:04	1:14:52.4
2	11	Daniel Paz	459	40	1	5:23.7	23:28	0:19.0	1	41:49.6	21.5	0:27.1	3	29:18.3	9:27	1:17:17.9
3	31	Andrew Ray	496	41	6	7:20.7	31:56	1:07.7	3	48:15.7	18.6	0:39.8	2	28:53.0	9:19	1:26:17.0
4	35	Jack Jones	472	42	4	6:45.6	29:23	1:11.2	4	48:52.9	18.4	1:34.2	4	29:32.1	9:32	1:27:56.0
5	42	Jeffrey Mohrman	525	40	5	7:12.4	31:20	1:35.2	7	54:49.2	16.4	0:52.5	5	29:39.1	9:34	1:34:08.6
6	43	William Azevedo	468	40	2	6:17.9	27:23	1:26.8	5	52:49.9	17.0	0:41.4	7	33:26.5	10:47	1:34:42.6
7	48	Bryce Anderson	485	40	7	8:37.9	37:32	2:03.2	8	55:01.7	16.4	0:49.0	6	29:59.9	9:41	1:36:32.0
8	60	Brian Pope	538	43	8	12:03.3	52:25	3:31.9	6	53:07.8	16.9	0:48.7	8	35:08.9	11:20	1:44:40.8

Female 45 to 49

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	32	Mary Beth Naumann	476	49	1	7:09.3	31:07	0:42.1	1	48:02.5	18.7	0:40.6	1	30:40.3	9:54	1:27:15.0
2	45	Andrea Brown	507	47	2	8:51.6	38:31	1:22.7	2	52:16.3	17.2	1:04.0	2	32:01.9	10:20	1:35:36.8

Male 45 to 49

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall	Rnk				Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	7	Jeff Presley	465	47	1	5:43.2	24:52	0:30.9	1	43:56.9	20.5	0:33.9	1	24:48.9	8:00	1:15:34.0
2	25	Brennan Donahoe	483	46	3	6:51.1	29:48	0:31.7	2	49:19.3	18.2	0:53.8	2	27:17.3	8:48	1:24:53.5
3	65	Dasen Ritchey	514	48	4	8:43.3	37:55	2:39.5	3	1:05:49.5	13.7	0:52.9	3	30:20.0	9:47	1:48:25.3
4	79	Jonathan Rumburg	498	48	5	8:57.2	38:56	2:30.1	4	1:10:33.8	12.8	1:18.1	4	45:35.1	14:42	2:08:54.5

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Age Group Results

Default Division

Female 50 to 54

Place	Place				Swim			T1	Bike			T2	Run			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	38	Deborah Howatt	522	53	1	7:59.4	34:45	0:50.0	1	49:49.1	18.1	1:00.4	1	32:17.7	10:25	1:31:56.9
2	41	Jeness Campbell	487	53	2	8:06.1	35:14	0:40.4	2	51:38.4	17.4	0:48.0	2	32:49.0	10:35	1:34:02.0
3	61	Kara Johnson	523	50	3	8:13.1	35:44	1:54.7	3	57:03.5	15.8	1:52.7	3	37:04.7	11:58	1:46:08.8
4	71	Jennifer Fights	541	53	4	10:50.7	47:09	4:19.4	4	58:25.3	15.4	2:59.9	4	37:56.9	12:14	1:54:32.3

Male 50 to 54

Place	Place				Swim			T1	Bike			T2	Run			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	4	Robert Adams	467	52	1	6:15.5	27:13	0:25.5	1	38:23.5	23.4	0:33.3	2	24:04.0	7:46	1:09:42.0
2	8	Ken Moore	475	53	2	6:52.1	29:52	1:00.7	2	41:42.2	21.6	0:57.0	4	25:07.6	8:06	1:15:39.7
3	9	Gary Lewis	473	50	5	7:20.6	31:56	1:56.4	3	41:45.3	21.6	1:04.6	3	24:29.6	7:54	1:16:36.7
4	18	Brian Shay	499	50	6	7:40.7	33:23	1:26.0	5	47:42.6	18.9	0:44.9	1	23:43.1	7:39	1:21:17.6
5	29	John McBride	537	50	10	12:50.3	55:49	2:19.5	4	42:19.7	21.3	1:56.5	5	26:42.2	8:37	1:26:08.4
6	33	Sean O'Hanlon	477	52	3	6:56.3	30:10	1:35.1	6	48:27.7	18.6	1:19.9	6	29:15.1	9:26	1:27:34.3
7	49	Stephen Bosco	554	51	11	13:06.5	57:00	2:14.7	7	49:47.4	18.1	0:25.1	8	32:14.5	10:24	1:37:48.4
8	53	Dan White	546	50	9	11:03.2	48:04	2:23.9	9	53:58.7	16.7	1:20.7	7	31:35.5	10:11	1:40:22.1
9	56	John Turner	501	52	7	8:31.6	37:05	1:56.9	8	51:37.3	17.4	1:30.1	9	38:58.7	12:34	1:42:34.8
10	77	Chris Schneider	528	52	4	7:12.6	31:21	2:57.9	10	1:06:02.1	13.6	2:00.6	10	45:14.9	14:36	2:03:28.2
11	83	Matthew Todt	552	52	8	10:39.9	46:22	3:00.1	11	1:12:41.3	12.4	0:46.1	11	1:02:06.3	20:02	2:29:13.8

Female 55 to 59

Place	Place				Swim			T1	Bike			T2	Run			Total
Place	Overall	Name	Bib No	Age	Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time

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Age Group Results

Default Division

Female 55 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		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	34	Nancy McElwain	474	56	1	6:11.5	26:56	1:07.1	1	47:47.4	18.8	0:47.6	1	31:45.7	10:15	1:27:39.6

Male 55 to 59

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		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	Leon Sachs	461	55	2	6:32.8	28:28	0:21.4	1	44:05.5	20.4	0:33.9	1	25:17.8	8:10	1:16:51.5
2	22	David Emmert	471	55	1	6:19.0	27:28	0:37.0	2	45:37.8	19.7	0:33.3	2	30:28.9	9:50	1:23:36.2

Female 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		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	Della Irby	490	60	3	10:06.1	43:55	0:55.5	1	49:30.3	18.2	1:09.3	1	36:26.7	11:45	1:38:08.1
2	72	Marcella Rucker	516	63	2	8:45.3	38:04	1:46.5	2	57:45.1	15.6	1:13.4	2	45:34.1	14:42	1:55:04.7
3	82	Carolyn Neal	458	61	1	8:20.2	36:15	1:31.7	3	1:15:34.7	11.9	1:33.3	3	47:16.7	15:15	2:14:16.8

Male 60 to 64

Place			----- Swim -----			T1	----- Bike -----			T2	----- Run -----		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	13	Steve Stevens	500	62	1	8:09.4	35:28	0:59.7	1	42:37.9	21.1	1:05.4	1	25:39.9	8:17	1:18:32.5
2	81	Milburn Gross	545	61	2	12:59.6	56:30	5:51.9	2	1:01:08.3	14.7	2:44.0	2	49:32.4	15:59	2:12:16.5

Race Date
May 14, 2022

736 22 Heart & Sole Triathlon

Age Group Results

Default Division

Female 65 to 69

Place	Overall	Name	Bib No	Age	Rnk	Swim Time	Pace	T1 Time	Rnk	Bike Time	Rate	T2 Time	Rnk	Run Time	Pace	Total Time
1	46	Kimberly Peterson	495	65	1	8:13.8	35:47	0:30.6	1	50:59.4	17.7	0:59.0	1	35:01.7	11:18	1:35:44.7

Male 65 to 69

Place	Overall	Name	Bib No	Age	Rnk	Swim Time	Pace	T1 Time	Rnk	Bike Time	Rate	T2 Time	Rnk	Run Time	Pace	Total Time
1	20	George Van Meter	481	67	1	6:02.4	26:16	0:25.8	1	47:23.4	19.0	0:40.3	1	27:18.4	8:49	1:21:50.5
2	55	Jackson Smith	518	68	2	8:11.8	35:38	1:44.2	2	56:43.5	15.9	0:53.6	2	33:52.0	10:55	1:41:25.2
3	66	Jim Glesige	489	67	3	9:24.4	40:54	1:36.8	3	57:59.8	15.5	1:26.4	3	39:06.8	12:37	1:49:34.4

Male 70 to 74

Place	Overall	Name	Bib No	Age	Rnk	Swim Time	Pace	T1 Time	Rnk	Bike Time	Rate	T2 Time	Rnk	Run Time	Pace	Total Time
1	52	Charles Benton	486	71	1	8:12.7	35:42	2:54.5	1	54:03.4	16.6	1:55.2	1	33:09.1	10:42	1:40:15.1
2	67	Greg Clark	535	71	2	8:43.3	37:55	1:59.0	3	1:00:13.9	14.9	1:26.3	2	38:32.6	12:26	1:50:55.2
3	75	N.T. Ricker	527	72	3	9:51.3	42:51	3:09.7	2	58:32.4	15.4	1:52.0	3	46:47.0	15:06	2:00:12.7

Male 75 and over

Place	Overall	Name	Bib No	Age	Rnk	Swim Time	Pace	T1 Time	Rnk	Bike Time	Rate	T2 Time	Rnk	Run Time	Pace	Total Time
1	58	Jack Lynch	511	79	1	10:11.2	44:18	2:45.3	1	51:34.0	17.5	2:13.6	1	36:10.3	11:40	1:42:54.5

Race Date
May 14, 2022

736 22 Heart & Sole Triathlon
Age Group Results

Collegiate

Male Open Winners

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Swim Time</u>	<u>Swim Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>Run Time</u>	<u>Pace</u>	<u>Total Time</u>
1	1	Nate Pohl	460	21	1	5:21.3	23:17	0:39.5	4	38:17.4	23.5	1:02.1	4	19:04.9	6:09	1:04:25.5
2	2	Drew Casey	470	25	2	6:23.7	27:48	1:10.6	5	52:10.8	17.2	2:19.4	5	34:20.6	11:05	1:36:25.4