

Race Date  
May 13, 2023

# 23 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	8	Erin Rock	718	45	3	7:08.6	31:04	0:35.5	1	42:36.0	21.1	0:48.3	1	23:59.6	7:44	1:15:08.3
2	21	Erin Pifer	715	42	1	6:12.1	26:58	1:10.5	3	50:07.1	18.0	0:38.6	2	27:13.3	8:47	1:25:21.9
3	25	Rachel Wilson	717	48	2	6:54.7	30:03	0:29.7	2	48:27.3	18.6	0:46.9	3	31:32.0	10:10	1:28:10.7

#### 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	Robert Adams	712	53	3	6:15.3	27:12	0:33.7	1	36:14.2	24.8	0:32.3	2	20:14.1	6:32	1:03:49.8
2	2	Travis W Albrecht	703	35	1	5:39.0	24:34	0:50.1	2	38:10.4	23.6	0:29.3	1	18:56.6	6:07	1:04:05.6
3	3	Stewart Stevens	702	32	2	6:05.8	26:31	0:20.4	3	39:33.4	22.8	0:32.8	3	20:33.3	6:38	1:07:05.9

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## Age Group Results

### Default Division

#### Male 15 to 19

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall					Rnk	Time		Pace	Time		Rate	Time		Pace	Time	
1	14	Alexander Stumbur	725	18	1	6:39.6	28:58	1:10.0	1	44:57.2	20.0	0:37.6	1	26:02.2	8:24	1:19:26.9

#### Female 20 to 24

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall					Rnk	Time		Pace	Time		Rate	Time		Pace	Time	
1	59	Holli Goff	731	23	1	7:55.1	34:26	3:49.2	1	1:06:57.5	13.4	0:58.3	1	41:45.5	13:28	2:01:25.8

#### Male 20 to 24

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall					Rnk	Time		Pace	Time		Rate	Time		Pace	Time	
1	36	Carter Brown	760	21	1	10:09.8	44:12	2:26.0	1	59:09.1	15.2	0:44.7	1	28:29.3	9:11	1:40:59.2

#### Female 25 to 29

Place		Name	Bib No	Age	Swim		T1	Bike		T2	Run		Total			
Overall					Rnk	Time		Pace	Time		Rate	Time		Pace	Time	
1	51	Marie Haverty	764	28	1	11:56.9	51:57	2:31.0	1	1:01:13.3	14.7	1:22.5	1	34:26.5	11:07	1:51:30.4

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## Age Group Results

### Default Division

#### 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	10	Hayden Dwyer	730	26	3	7:41.6	33:27	1:31.2	1	45:26.7	19.8	1:11.0	1	22:05.7	7:08	1:17:56.5
2	17	John Harrison Keith	737	25	1	6:56.0	30:09	0:57.4	3	49:51.4	18.1	0:32.0	2	23:06.8	7:27	1:21:23.7
3	18	Kyle Sutter	726	29	2	7:23.8	32:10	0:52.4	2	48:14.9	18.7	0:46.5	3	24:35.5	7:56	1:21:53.3
4	38	Ethan Haverty	758	27	4	8:04.9	35:08	2:58.5	4	57:34.0	15.6	0:54.8	5	33:16.2	10:44	1:42:48.5
5	57	Daulton Armstrong	750	27	5	14:00.3	60:54	2:04.7	6	1:11:02.2	12.7	1:40.0	4	27:48.5	8:58	1:56:35.8
6	63	Maxwell Hamilton	741	29	6	18:06.3	78:43	0:42.3	5	1:06:56.0	13.4	2:01.0	6	37:07.0	11:58	2:04:52.8

#### 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	44	Kayla Iannuzzi	701	31	1	9:20.5	40:37	1:14.6	1	59:52.0	15.0	0:35.4	1	35:34.9	11:29	1:46:37.6

#### 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	4	Jordan Haggitt	707	34	2	6:39.3	28:56	0:19.5	1	39:36.3	22.7	0:32.5	1	21:02.3	6:47	1:08:10.1
2	19	John Morris	735	30	4	7:35.1	32:59	0:24.0	2	48:18.2	18.6	0:37.3	2	25:16.6	8:09	1:22:11.5
3	22	Luke Iannuzzi	713	32	1	5:08.8	22:23	0:56.7	4	51:13.7	17.6	0:52.6	4	28:43.4	9:16	1:26:55.4
4	24	Allen White	721	34	3	6:56.6	30:11	1:58.5	3	49:51.7	18.0	0:50.6	3	28:05.9	9:04	1:27:43.5
5	52	James Simmons	762	34	5	9:37.9	41:53	2:36.0	6	1:04:14.1	14.0	0:43.2	5	34:31.2	11:08	1:51:42.6
6	53	Jonathan Wahl	747	34	6	9:51.5	42:52	1:17.0	5	1:01:19.4	14.7	0:36.6	6	39:10.4	12:38	1:52:15.0

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## Age Group Results

### Default Division

#### Female 35 to 39

Place		Name	Bib No	Age	Swim		T1		Bike		T2		Run		Total	
Overall					Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
DQ	DQ	Sara Murrell	743	36	1	8:35.1	37:20	2:32.9	1	59:13.6	15.2	0:16.4	DQ	---	---	---

#### Male 35 to 39

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	5	Jeffery Oldham	769	38	3	6:37.9	28:50	0:38.3	1	42:40.9	21.1	0:31.0	1	23:47.7	7:41	1:14:16.0
2	13	John Hegeman	705	37	1	5:28.4	23:48	0:36.8	2	44:02.4	20.4	0:36.9	3	28:01.4	9:02	1:18:46.1
3	20	Jarrold Willoughby	734	37	4	7:42.1	33:29	0:50.7	3	48:51.7	18.4	0:30.3	2	25:05.1	8:06	1:23:00.2
4	30	Daniel Sturdevant	755	38	7	10:07.7	44:02	2:35.2	4	49:56.6	18.0	0:56.1	4	29:43.0	9:35	1:33:18.8
5	33	Todd Coleman	739	37	6	8:19.4	36:11	1:36.8	5	53:23.6	16.9	1:14.7	5	30:24.1	9:48	1:34:58.8
6	37	John Park	724	35	5	8:12.0	35:39	1:23.0	6	58:50.4	15.3	0:49.8	6	32:49.5	10:35	1:42:05.0
7	45	Andrew Canada	720	35	2	6:35.0	28:38	1:21.3	7	1:00:15.2	14.9	1:00.8	7	38:41.9	12:29	1:47:54.4

#### Female 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	41	Katherine Matcheswala	770	44	1	10:10.3	44:14	1:59.4	1	50:41.5	17.8	0:59.9	2	40:57.9	13:13	1:44:49.2
2	54	Apryl Butler	767	44	2	14:32.0	63:11	3:49.4	2	59:15.9	15.2	0:56.8	1	34:21.3	11:05	1:52:55.6

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## Age Group Results

### Default Division

#### Male 40 to 44

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	7	Bradley Bolen	719	42	1	6:38.7	28:53	0:50.2	1	42:21.4	21.2	0:22.7	1	24:39.8	7:57	1:14:52.9
2	26	Joe Wiley	733	40	4	8:47.0	38:12	1:36.0	4	51:56.5	17.3	0:24.3	2	26:04.6	8:25	1:28:48.5
3	29	Samuel Richard	710	40	2	7:16.4	31:38	1:32.3	2	48:40.4	18.5	0:25.5	5	33:07.7	10:41	1:31:02.4
4	32	Joe Murphy	759	40	5	8:55.5	38:48	1:29.4	3	51:32.2	17.5	1:08.9	3	31:46.6	10:15	1:34:52.8
5	39	Brian Bartell	756	42	6	10:04.0	43:46	1:50.1	5	57:51.6	15.6	0:53.8	4	32:43.3	10:33	1:43:23.0
6	43	Matthew Wright	727	42	3	7:24.8	32:14	1:20.8	6	1:02:45.9	14.3	1:21.2	6	33:20.1	10:45	1:46:12.9

#### Female 45 to 49

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	56	Izumi Wentz	745	49	1	8:40.7	37:44	3:36.0	2	1:06:21.7	13.6	1:20.9	1	36:10.8	11:40	1:56:10.4
DQ	DQ	Andrea Brown	751	48	2	9:01.8	39:16	1:59.0	1	55:05.0	16.3	0:56.8	DQ	31:03.4	10:01	1:38:06.1

#### Male 45 to 49

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	6	Matthew Shane	711	49	1	6:21.2	27:37	0:37.4	2	42:39.5	21.1	0:31.8	1	24:29.0	7:54	1:14:39.1
2	9	Jeremy Johnston	708	46	3	6:56.0	30:09	1:06.7	1	42:08.5	21.4	0:57.8	2	25:27.1	8:13	1:16:36.3
3	23	Greg Marta	714	45	2	6:51.8	29:51	1:01.7	3	48:23.9	18.6	0:50.4	4	30:00.3	9:41	1:27:08.3
4	31	Glenn Richardson	746	47	5	10:00.1	43:29	1:38.3	4	51:16.7	17.6	1:08.4	3	29:53.7	9:39	1:33:57.3
5	48	BrianD Brummel	732	47	4	7:22.7	32:05	1:58.6	5	1:02:04.4	14.5	1:34.8	5	36:33.4	11:48	1:49:34.1

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### Age Group Results

#### Default Division

#### Female 50 to 54

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	46	Kara Johnson	774	51	1	9:41.1	42:07	1:40.5	1	57:05.5	15.8	2:07.9	1	37:26.5	12:05	1:48:01.8
2	58	Marcie Rucker	773	51	3	10:16.3	44:40	2:04.6	2	58:41.7	15.3	0:41.9	3	46:33.9	15:01	1:58:18.5
3	66	Margaret RoBards	761	53	2	9:51.5	42:52	3:31.3	3	1:11:13.7	12.6	1:19.2	2	44:08.2	14:14	2:10:04.0

#### Male 50 to 54

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	John McBride	722	51	4	9:35.2	41:41	1:59.0	1	42:44.7	21.1	1:47.2	2	25:13.7	8:08	1:21:20.0
2	16	Brian Shay	716	51	2	7:48.7	33:58	1:43.7	2	45:56.5	19.6	1:02.5	1	24:49.0	8:00	1:21:20.6
3	28	John Morris	723	54	1	7:04.3	30:45	1:16.0	3	48:24.3	18.6	0:59.9	4	32:17.9	10:25	1:30:02.7
4	34	Shawn Butler	749	50	3	8:17.4	36:03	1:36.9	4	57:12.2	15.7	0:32.8	3	28:36.3	9:14	1:36:15.8
5	60	Derek Wentz	753	52	5	11:42.0	50:52	3:03.5	6	1:11:21.3	12.6	2:35.2	5	33:06.4	10:41	2:01:48.6
6	62	Jim Meeks	742	54	6	17:40.0	76:49	0:57.0	5	1:06:56.5	13.4	2:01.5	6	37:06.0	11:58	2:04:41.0

#### 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	11	Leon Sachs	704	56	1	6:15.4	27:13	0:22.0	1	44:30.1	20.2	0:31.8	1	26:19.4	8:30	1:17:58.9
2	68	Rob Voorhees	765	58	2	17:39.9	76:48	5:00.2	2	1:37:17.3	9.25	0:41.0	2	51:33.5	16:38	2:52:12.1

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## Age Group Results

### Default Division

#### Female 60 to 64

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	67	Carolyn Neal	709	62	1	8:20.1	36:15	2:16.5	1	1:17:12.6	11.7	1:48.9	1	50:47.1	16:23	2:20:25.4

#### Male 60 to 64

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	47	jerry welch	748	60	1	9:28.6	41:12	2:27.0	1	53:34.0	16.8	1:08.8	1	41:57.2	13:32	1:48:35.7

#### Female 65 to 69

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	65	Sue Russell	738	66	1	9:49.5	42:43	2:37.6	1	1:03:45.6	14.1	2:08.4	1	48:54.6	15:47	2:07:15.9

#### Male 65 to 69

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	12	Jerry Coleman	729	65	1	6:41.7	29:07	0:37.8	1	45:53.6	19.6	0:42.3	1	24:29.5	7:54	1:18:25.0
2	27	Tim Bailey	775	66	5	9:48.2	42:38	1:38.1	2	49:41.1	18.1	1:37.2	2	26:59.2	8:42	1:29:44.0
3	35	Daniel Stichnot	744	67	2	8:59.3	39:05	1:27.9	3	50:07.1	18.0	1:58.4	3	34:33.4	11:09	1:37:06.2
4	49	Mike Wood	772	65	3	9:11.0	39:56	5:13.4	4	57:24.0	15.7	1:12.6	4	37:18.2	12:02	1:50:19.4
5	50	Jim Glesige	736	68	4	9:38.8	41:57	1:38.9	5	58:41.0	15.3	1:39.5	5	39:01.1	12:35	1:50:39.4

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## Age Group Results

### Default Division

#### Male 70 to 74

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	42	Charles Benton	728	72	2	9:45.9	42:27	3:05.1	1	54:38.6	16.5	2:17.2	1	36:07.0	11:39	1:45:53.9
2	55	Greg Clark	754	72	1	9:29.9	41:18	2:22.1	3	1:00:51.1	14.8	2:17.3	2	40:53.2	13:11	1:55:53.9
3	64	N.T. Ricker	752	73	3	11:23.6	49:32	4:07.6	2	58:39.3	15.3	2:37.4	3	48:51.4	15:46	2:05:39.5

#### Male 75 and over

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	40	Jack Lynch	740	80	1	11:01.0	47:54	2:17.1	1	51:31.9	17.5	2:08.3	1	37:19.7	12:02	1:44:18.2
2	61	Russell Clarke	757	79	2	15:29.1	67:20	2:02.3	2	58:42.2	15.3	1:58.5	2	44:45.6	14:26	2:02:57.8