

Race Date
May 10, 2025

25 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	3	Sydney Larkin	120	27	1	5:20.6	23:14	0:49.0	2	44:59.4	20.0	0:59.4	1	21:30.9	6:56	1:13:39.5
2	7	Shannon Florea	129	48	2	5:44.5	24:58	0:42.4	1	43:54.6	20.5	1:05.9	2	23:25.3	7:33	1:14:52.9
3	21	Taylor Kavanaugh	127	31	3	5:56.5	25:50	0:41.0	3	48:16.0	18.6	0:45.5	3	27:24.9	8:51	1:23:04.1

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	Steve Leatherman	121	37	1	5:15.9	22:54	0:31.3	2	38:47.0	23.2	0:42.7	1	21:36.4	6:58	1:06:53.5
2	2	Jonathan Bylund	133	45	3	6:29.0	28:11	0:38.6	1	37:56.5	23.7	1:18.5	2	22:27.0	7:15	1:08:49.8
3	4	Corey Hawes	141	36	2	5:51.7	25:29	1:09.1	3	42:55.3	21.0	0:57.3	3	23:05.2	7:27	1:13:58.7

Race Date
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25 Heart & Sole Triathlon
Age Group Results
Default Division

Female 15 to 19

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	29	Sarah-Louise Hosey	148	17	1	6:20.4	27:34	1:02.4	1	49:18.7	18.3	0:55.9	1	27:26.5	8:51	1:25:04.1

Male 15 to 19

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	49	Wyatt Fehrman	124	18	2	5:43.9	24:55	4:50.1	1	53:02.3	17.0	1:59.1	1	27:14.7	8:47	1:32:50.3
2	50	Decklin Jeffs	125	17	1	4:53.6	21:17	2:35.6	2	56:27.0	15.9	1:13.9	2	27:41.4	8:56	1:32:51.6

Female 20 to 24

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	89	Audrey Wright	220	24	1	11:09.4	48:31	2:22.7	1	1:08:47.0	13.1	1:34.3	1	30:54.7	9:58	1:54:48.3

Male 20 to 24

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	83	Conor Keenan	241	24	1	10:06.7	43:58	2:34.4	1	1:07:04.8	13.4	0:48.0	1	30:30.9	9:51	1:51:05.0

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Age Group Results
Default Division

Female 25 to 29

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	78	Laura Pope	169	27	1	7:33.9	32:54	2:33.3	2	1:43:44.0	8.68		1	26:35.4	8:35	1:48:44.0
2	109	Tylar Plunkett	228	25	2	13:11.6	57:22	2:53.7	1	1:32:15.1	9.76	0:30.9	2	39:49.3	12:51	2:28:40.8

Male 25 to 29

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	24	Dalton Scales-Conklin	168	29	2	7:15.6	31:34	1:26.2	2	48:33.2	18.5	0:57.4	1	25:24.2	8:12	1:23:36.8
2	44	Nick Waun	209	28	3	8:14.7	35:51	2:28.5	1	48:02.1	18.7	1:15.3	2	32:25.8	10:28	1:32:26.6
3	53	Aaron Wesley	142	27	1	5:42.1	24:48	0:32.1	3	51:57.7	17.3	2:36.3	3	33:54.7	10:56	1:34:43.1

Female 30 to 34

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	32	Anna Balassa	122	32	1	5:31.3	24:01	2:48.2	10	1:23:06.4	10.8		1	28:27.3	9:11	1:26:49.5
2	34	Mackenzie Kirker-Head	153	33	4	7:18.2	31:45	1:41.7	1	48:46.0	18.5	0:59.0	3	28:47.7	9:17	1:27:32.8
3	52	Kirsten Brown	126	32	2	5:36.1	24:22	1:14.3	3	57:58.7	15.5	0:48.9	2	28:42.4	9:16	1:34:20.7
4	62	Braxton Sowder	240	30	6	9:27.9	41:09	1:44.9	2	57:45.6	15.6	1:30.0	4	29:03.6	9:22	1:39:32.2
5	79	McKenzie Cordell	159	33	3	6:34.9	28:37	4:48.8	11	1:41:01.8	8.91		10	36:59.8	11:56	1:49:07.3
6	82	Alexis Morgan	239	33	11	14:53.2	64:44	2:18.7	5	1:03:15.4	14.2	1:07.5	5	29:22.9	9:29	1:50:58.0
7	92	Elizabeth Vagedes	227	32	8	11:37.4	50:32	4:10.0	4	1:02:07.0	14.5	2:21.0	8	35:38.2	11:30	1:55:53.8
8	98	Kathryn Partin	238	33	9	12:18.7	53:32	2:59.4	6	1:10:47.0	12.7	1:18.4	6	33:48.1	10:54	2:01:11.7
9	103	Chihiro Abe	246	33	10	12:38.2	54:57	2:01.2	7	1:13:54.7	12.2	1:13.3	9	35:53.7	11:35	2:05:41.2
10	106	Brenna Oâ€™Nan	219	30	7	11:18.8	49:12	1:57.5	9	1:20:34.2	11.2	0:52.9	7	34:06.5	11:00	2:08:50.1

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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>
11	108	Ashlee Brown	187	34	5	8:59.6	39:06	3:41.1	8	1:17:44.7	11.6	1:12.8	11	45:46.0	14:46	2:17:24.3

Male 30 to 34

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	16	Jackson Feezell	147	31	1	7:29.1	32:33	2:17.3	6	1:12:39.5	12.4		1	18:45.2	6:03	1:21:45.5
2	33	Jp Isaacs	170	30	2	7:55.8	34:29	2:24.8	1	51:57.4	17.3	0:55.3	2	23:37.1	7:37	1:26:50.7
3	45	Matthew Hecker	208	31	3	8:40.4	37:43	1:13.3	2	52:03.3	17.3	1:06.2	4	29:35.6	9:33	1:32:39.0
4	66	Nathan Oâ€™Nan	218	32	4	9:00.2	39:09	3:13.7	4	1:01:27.5	14.6	0:45.5	3	26:04.2	8:25	1:40:31.2
5	91	Eric Baker	221	32	5	9:05.4	39:32	2:56.1	3	1:00:30.8	14.9	1:33.8	7	41:07.6	13:16	1:55:13.8
6	99	Trevor Hebert	244	30	6	11:05.8	48:15	3:28.0	5	1:10:26.7	12.8	2:09.6	6	34:52.8	11:15	2:02:03.0
7	105	Keita Abe	245	34	7	13:02.6	56:43	2:39.3	7	1:18:02.6	11.5	0:56.6	5	33:31.8	10:49	2:08:13.1

Female 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
1	30	Sarah Hunter	152	37	2	7:01.8	30:34	1:41.2	5	1:29:22.5	10.1		1	26:15.4	8:28	1:25:32.9
2	51	Louise Murphy	193	37	4	8:29.1	36:54		1	0:00.2	****		7	1:25:28.5	27:34	1:33:58.0
3	60	Erin Andrews	163	38	3	7:59.2	34:44	2:42.3	2	54:41.4	16.5	1:15.4	4	32:22.0	10:26	1:39:00.5
4	61	Natalie Sturdevant	206	39	5	8:41.6	37:48	2:54.9	3	57:27.5	15.7	0:50.3	2	29:16.5	9:27	1:39:11.0
5	72	Megan O'Donnell	216	39	1	6:36.3	28:43	1:55.1	6	1:42:56.5	8.74		3	31:35.9	10:12	1:42:35.4
6	77	Kara Curry	225	39	7	12:08.6	52:48	1:07.7	4	57:51.0	15.6	1:57.1	5	33:26.3	10:47	1:46:30.8
7	95	Brittany Conner	194	35	6	8:44.8	38:02	2:19.8	7	1:49:14.6	8.24		6	34:12.9	11:02	1:57:47.3

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Age Group Results

Default Division

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	10	Aaron Schwartz	139	38	2	6:00.6	26:08	1:21.3	4	46:57.1	19.2	0:51.1	3	22:48.9	7:22	1:17:59.2
2	11	Jarrold Willoughby	165	39	6	7:40.4	33:22	0:47.6	2	46:43.2	19.3	0:58.0	2	22:31.2	7:16	1:18:40.6
3	20	JonJon Taylor	158	39	4	6:29.4	28:13	2:38.1	3	46:55.4	19.2	1:22.4	5	25:05.7	8:06	1:22:31.2
4	25	Christopher Goins	188	36	8	8:27.9	36:48	3:04.4	5	48:51.9	18.4	1:30.8	1	21:53.1	7:04	1:23:48.2
5	31	Kevin Luley	186	39	5	7:27.8	32:27	1:51.0	1	46:25.2	19.4	0:54.5	11	30:10.7	9:44	1:26:49.3
6	35	Matthew Schumann	138	35	3	6:15.6	27:13	2:13.2	7	50:45.3	17.7	1:03.8	7	27:24.6	8:51	1:27:42.7
7	37	Logan Waller	196	36	9	8:33.2	37:11	1:57.6	8	51:11.3	17.6	1:29.8	6	26:01.4	8:24	1:29:13.6
8	39	Derrick Hundley	217	38	11	9:11.0	39:56	4:23.0	9	51:36.2	17.4	0:51.8	4	24:50.6	8:01	1:30:52.7
9	56	Alex Workman	207	35	10	8:54.2	38:43	2:12.0	10	55:40.0	16.2	1:19.0	9	28:38.1	9:14	1:36:43.4
10	59	Charles Cates	235	36	12	10:05.2	43:51	3:16.9	11	56:13.4	16.0	1:19.9	8	27:37.3	8:55	1:38:32.8
11	65	Brad Davis	190	39	7	8:10.0	35:31	2:31.8	6	49:41.1	18.1	1:11.9	12	38:46.3	12:30	1:40:21.4
12	80	Joshua Oliver	226	38	14	11:44.9	51:05	3:22.2	13	1:03:39.4	14.1	2:07.9	10	29:52.7	9:38	1:50:47.3
13	94	Joshua Miller	237	39	13	10:30.1	45:40	3:00.4	12	1:02:43.6	14.3	1:39.0	13	39:27.2	12:44	1:57:20.5

Female 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	73	Jessica Tipton	215	44	1	9:20.2	40:36	3:06.5	1	55:56.7	16.1	1:37.0	1	33:09.5	10:42	1:43:10.1

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	5	Bradley Bolen	145	44	2	6:33.4	28:31	0:56.6	2	42:34.4	21.1	0:29.0	3	23:26.9	7:34	1:14:00.5

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Default Division

Male 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
2	8	Charlie Pulliam	146	41	3	6:42.6	29:11	1:09.1	3	44:21.7	20.3	1:03.5	1	21:50.1	7:03	1:15:07.2
3	12	Amore Fryman Jr	185	41	4	7:15.0	31:32	1:32.9	1	41:44.6	21.6	2:12.0	4	26:16.1	8:28	1:19:00.7
4	18	Joe Murphy	184	42	6	7:37.7	33:10	0:56.4	4	44:54.2	20.0	1:19.0	6	27:26.2	8:51	1:22:13.8
5	22	Joseph Wiley	172	42	7	7:51.8	34:12	1:40.8	5	50:13.9	17.9	0:21.9	2	23:14.8	7:30	1:23:23.3
6	40	Dan Sturdevant	205	40	8	9:32.5	41:30	2:10.8	6	51:46.1	17.4	1:09.8	5	26:47.6	8:39	1:31:27.0
7	47	David Lyons	157	41	5	7:36.7	33:06	1:46.4	10	1:25:28.8	10.5		7	28:17.0	9:07	1:32:48.1
8	54	Chase Azevedo	140	43	1	6:17.6	27:22	2:03.2	7	54:58.7	16.4	0:55.6	9	30:47.7	9:56	1:35:03.0
9	76	Rafael Jacome	222	41	9	9:54.4	43:04	2:55.1	8	57:46.6	15.6	1:43.3	10	33:11.3	10:42	1:45:30.8
10	102	JJ victorino	243	41	10	18:46.6	81:38	2:57.4	9	1:11:09.5	12.6	0:43.9	8	30:37.7	9:53	2:04:15.1

Female 45 to 49

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	43	Heidi Holtzman	150	45	2	7:24.1	32:11	1:41.7	2	1:23:35.6	10.8		1	31:30.9	10:10	1:32:17.2
2	81	Laura Parker	136	46	1	5:57.0	25:53	2:06.7	1	59:46.7	15.1	1:04.7	2	41:53.7	13:31	1:50:49.1

Male 45 to 49

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	13	Zachary Moore	128	46	3	6:05.4	26:29	1:27.8	2	46:07.8	19.5	1:00.0	4	24:54.2	8:02	1:19:35.3
2	15	Greg Marta	131	47	4	6:24.0	27:50	0:54.6	1	45:38.8	19.7	0:52.9	8	27:08.3	8:45	1:20:58.8
3	17	Adam Schaffner	167	48	8	7:47.0	33:51	1:39.0	3	49:12.2	18.3	0:48.8	2	22:38.7	7:18	1:22:05.9
4	23	Richard Moore	156	47	6	7:42.2	33:30	2:13.2	14	1:23:37.0	10.8		5	25:31.1	8:14	1:23:32.7

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Default Division

Male 45 to 49

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
5	27	Yuri Zarate	160	45	5	7:08.8	31:04	2:18.5	13	1:15:16.0	12.0		3	23:09.1	7:28	1:24:16.2
6	38	Steve Larsen	183	48	7	7:46.4	33:48	1:10.2	5	53:04.6	17.0	0:37.1	7	27:00.3	8:43	1:29:38.9
7	41	Rob Livermore	166	49	9	8:05.4	35:11	2:57.6	10	57:44.1	15.6	1:45.4	1	21:02.7	6:47	1:31:35.4
8	42	Adam Kring	123	45	1	5:16.3	22:55	1:49.3	6	55:01.9	16.4	0:36.8	10	29:27.5	9:30	1:32:12.0
9	46	Michael Pennell	182	49	12	9:47.9	42:36	2:40.3	4	52:53.8	17.0	0:51.4	6	26:31.5	8:33	1:32:45.1
10	58	Ryan Oberhausen	130	47	2	6:00.5	26:08	3:35.9	9	57:05.9	15.8	2:34.0	9	28:51.7	9:19	1:38:08.2
11	70	Russell Greene	195	49	11	9:05.6	39:32	2:36.7	8	56:55.0	15.8	1:27.9	11	31:56.7	10:18	1:42:02.1
12	74	Grant Gilbert	224	46	14	11:14.8	48:54	2:34.6	7	55:41.2	16.2	1:14.9	12	32:37.7	10:32	1:43:23.2
13	100	Kevin Krauss	214	47	10	8:53.2	38:39	3:05.0	11	1:03:55.8	14.1	1:59.3	14	44:24.1	14:19	2:02:17.7
14	104	James Martin	192	48	13	10:25.1	45:18	2:47.2	12	1:10:41.9	12.7	1:30.1	13	40:30.1	13:04	2:05:54.4

Female 50 to 54

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	64	Heather Ferguson	161	52	3	7:46.4	33:48	1:29.5	3	56:49.5	15.8	0:49.7	2	33:24.7	10:47	1:40:20.0
2	69	Kathryn Klope	173	52	2	7:42.7	33:32	1:24.2	1	52:28.1	17.2	1:12.0	4	38:51.7	12:32	1:41:38.8
3	71	Rachel Wilson	149	50	1	7:16.1	31:36	1:28.5	2	54:19.8	16.6	1:21.1	3	37:52.7	12:13	1:42:18.3
4	75	Pamela Stafford	231	51	4	11:49.6	51:25	2:27.0	4	59:35.7	15.1	2:16.1	1	29:00.3	9:21	1:45:08.9

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	48	Scott Rountree	162	51	1	8:50.1	38:25	2:02.6	1	47:24.2	19.0	1:34.5	3	32:57.3	10:38	1:32:48.9

Race Date
May 10, 2025

25 Heart & Sole Triathlon
Age Group Results
Default Division

Male 50 to 54

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
2	68	James Rose	210	53	4	11:09.4	48:31	2:12.9	2	56:50.8	15.8	1:18.0	1	29:33.7	9:32	1:41:05.0
3	93	Troy Overbay	247	53	3	10:59.2	47:46	2:53.2	4	1:11:23.3	12.6	0:39.7	2	30:52.4	9:58	1:56:47.9

Female 55 to 59

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	67	Jeness Campbell	180	56	1	8:45.6	38:05	1:07.7	1	53:01.3	17.0	1:21.5	1	36:38.3	11:49	1:40:54.5
2	84	Louisa Summers	198	57	2	9:19.9	40:34	2:27.7	2	55:48.5	16.1	1:39.3	3	41:58.3	13:32	1:51:13.9
3	97	Mylissa Trowbridge	191	55	3	9:24.1	40:53	2:14.5	3	1:48:53.8	8.26		2	41:47.2	13:29	1:59:44.7

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	9	Leon Sachs	134	58	2	6:29.4	28:13	0:51.3	1	42:29.6	21.2	0:51.7	2	25:54.5	8:21	1:16:36.6
2	14	Kevin Mckinney	181	55	4	8:19.6	36:13	0:27.7	2	44:32.8	20.2	0:42.1	1	25:37.8	8:16	1:19:40.2
3	26	Robert Phillips	174	57	3	7:56.6	34:32	1:15.8	4	1:15:13.0	12.0		3	26:53.6	8:41	1:23:49.2
4	36	Stephen Miller	132	57	1	6:22.1	27:41	0:52.3	3	50:10.7	17.9	0:49.2	4	29:50.6	9:38	1:28:05.1

Female 60 to 64

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

Race Date
May 10, 2025

25 Heart & Sole Triathlon
Age Group Results
Default Division

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	86	Anne Garnier	189	61	1	8:00.0	34:47	2:26.8	1	1:03:35.4	14.2	1:16.9	1	37:29.4	12:06	1:52:48.7

Male 60 to 64

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	19	Charles Fell	151	60	1	6:58.3	30:19	1:03.4	1	46:32.6	19.3	0:35.9	1	27:08.9	8:45	1:22:19.3
2	55	Bob Tarne	202	61	3	8:38.5	37:34	1:31.6	2	48:27.0	18.6	1:19.3	3	35:16.4	11:23	1:35:12.9
3	57	Rudy Buchheit	179	62	2	8:36.9	37:27	3:15.3	3	52:13.0	17.2	2:12.1	2	31:15.8	10:05	1:37:33.2

Female 65 to 69

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	96	Kimberly Peterson	177	68	1	9:13.1	40:05	1:15.6	1	1:02:59.5	14.3	1:54.2	2	43:22.5	14:00	1:58:45.1
2	101	Lisa Culpepper	230	68	2	12:42.3	55:15	2:38.3	2	1:11:27.8	12.6	1:40.8	1	35:22.0	11:25	2:03:51.4

Male 65 to 69

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	6	Jerry Coleman	143	67	1	6:36.3	28:43	0:26.5	1	44:00.5	20.5	0:54.2	1	22:19.6	7:12	1:14:17.2
2	28	Steve Stevens	178	65	2	8:42.3	37:51	1:32.4	2	45:58.8	19.6	1:42.7	2	27:01.6	8:43	1:24:57.9
3	87	Gregory James	236	69	3	12:54.7	56:09	3:44.8	4	58:54.6	15.3	2:21.3	3	35:00.9	11:18	1:52:56.5

Race Date
May 10, 2025

25 Heart & Sole Triathlon
Age Group Results
Default Division

Male 65 to 69

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>
4	90	Tim Bailey	223	68	4	13:41.8	59:33	2:12.1	3	58:18.1	15.4	1:27.6	4	39:27.9	12:44	1:55:07.6

Male 70 to 74

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	63	George Van Meter	155	70	1	8:14.9	35:52	0:43.3	1	50:06.3	18.0	1:06.0	2	40:08.6	12:57	1:40:19.2
2	85	Jackson Smith	213	71	2	9:15.6	40:16	2:44.6	2	1:01:53.2	14.5	1:07.5	1	37:39.2	12:09	1:52:40.3

Male 75 and over

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	88	Jack Lynch	201	82	1	11:52.0	51:36	2:22.4	1	55:59.7	16.1	3:09.2	1	41:23.6	13:21	1:54:47.1
2	107	Steve Sturdevant	233	75	2	14:28.3	62:55	3:47.3	2	1:04:18.5	14.0	3:00.3	2	45:20.4	14:38	2:10:54.9