

# #TRIWEEK VIRTUAL CHALLENGE

PRESENTED BY TOWER 

## **Daily Trial Results** **40k Bike - June 25** **10k Run - June 26** **20k Bike - July 2** **5k Run - July 4**

*USA Triathlon calculates the final time by taking the duration of your total ride divided by the total distance based on meters. Once your meters per minute is calculated, it is taken times the distance of the challenge to arrive at your final time for the distance challenge.*



**40k Bike - Women's**

<b>40k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>MPH</b>	<b>M/M</b>
48.73	Erin	Ray	30.59	820.73
60.82	Gina	DeVito	24.52	657.72
65.39	Cathy	Martinsen	22.81	611.69
74.91	Melanie	Diamanti	19.91	533.99
76.35	Lisa	Eckenroth	19.53	523.91
76.52	Olga	Starikova	19.49	522.76
76.53	McKenna	Nieves	19.49	522.68
78.42	Nathan	Patton	19.02	510.1
81.57	Katja	Pauwels	18.28	490.38
83.55	Rebecca	Maset	17.85	478.74
84.75	Alice	Turbiville	17.6	471.97
84.85	Joni	Briganti	17.58	471.42
86.23	Sophie	Tasker	17.3	463.9
86.66	Marlene	Barnes	17.21	461.55
86.88	Constance	Bellisari	17.17	460.42
88.12	Jane	Gilhooly	16.92	453.91
89.6	Lori	Coward	16.64	446.42
89.8	Stephanie	Gardner	16.61	445.41
91.23	Jennifer	Robbins	16.35	438.47
91.25	Brooke	Streicher	16.34	438.37
95.1	Julia	L	15.68	420.6
95.18	Bonnie	Herter	15.67	420.26
95.22	Linda	Collins	15.66	420.08
97.03	Alaina	Wallace	15.37	412.26
97.5	Kelly	Lawver	15.3	410.25
98.08	Patricia	Rhea	15.21	407.83
98.14	trisha	brooke	15.2	407.58
100.21	Lorinda	Limpf	14.88	399.18
107.58	Nancy	Lowery	13.86	371.81
107.91	Lynne	Ricard	13.82	370.69
110.95	Erika	Enloe	13.44	360.54
115.09	Jackie	Bonjean	12.96	347.54
118.07	Jamie	Hodges	12.63	338.79
118.67	Leah	Shaner	12.57	337.07
119.39	Gretchen	Carpenter	12.49	335.03
120.29	Lauren	Jensen	12.4	332.52
129.57	Karen	Wilcox	11.51	308.72
140.83	Shawna	Carter	10.59	284.04
141.58	Connie	Peterson	10.53	282.53
161.11	Christy	Keeler	9.26	248.28
165.75	Myla	Brigance	9	241.33
189.66	Xochitl	Kreger	7.86	210.9

**40k Bike - Men's**

<b>40k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>MPH</b>	<b>M/M</b>
54.59	Jeff	E.	27.32	732.78
61.08	Chris	Navin	24.42	654.89
61.43	Starbuck	macdougall	24.28	651.14
62.44	Mark	Boyse	23.88	640.64
62.98	Floyd (Gregg)	Goolsby	23.68	635.09
64.68	Timothy	Tobin	23.06	618.41
65.4	John	Pickett	22.8	611.61
65.79	Brian	D	22.67	607.97
68.34	Neil	Hall	21.82	585.34
69.1	Phil	Burdette	21.58	578.85
69.64	George	Eyles	21.41	574.38
71.48	Daryl	Chester	20.86	559.57
72.04	Benjamin	Yang	20.7	555.23
72.13	Danny	Silva	20.68	554.57
72.53	Stuart	Markowitz	20.56	551.48
72.94	Randy	Butler	20.45	548.4
73.17	Vitalii	Tovkach	20.38	546.69
73.28	Anthony	Rollins	20.35	545.84
73.74	Michael	Trimble	20.22	542.46
73.9	Chad	Carpenter	20.18	541.26
74	Erik	Guercio	20.15	540.56
74.05	Brent	Wiltshire	20.14	540.18
74.07	Michael	Rourke	20.13	540.01
74.17	Brian	Neal	20.11	539.31
75.29	Keith	D.	19.81	531.28
75.52	Tyler	Mahaffy	19.75	529.68
75.74	Rich	Grandelli	19.69	528.15
75.85	Kraig	Schmottlach	19.66	527.38
76.26	James	Joseph	19.55	524.5
77.82	Doug	Lennon	19.16	514.04
77.88	Dan	Tun	19.15	513.59
78.09	Chris	Mercer	19.1	512.22
78.71	Dan	Farrell	18.95	508.18
79.11	Sam	Pietrofeso	18.85	505.65
79.15	Zachary	Tacy	18.84	505.37
79.18	Eric	Flowers	18.83	505.15
79.55	Dallin	Pincock	18.75	502.83
79.76	Dave	LeVeque	18.7	501.51
80.18	Christopher	Marzen	18.6	498.91
80.48	Joe	Carpinella	18.53	497.03

**40k Bike - Men's continued**

<b>40k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>MPH</b>	<b>M/M</b>
80.65	Scott	Strickler	18.49	495.99
80.96	Gavin	McCarty	18.42	494.09
80.96	Mikko	Manner	18.42	494.07
81.41	Mario	Valdes	18.32	491.36
82.88	Benjamin	Randall	17.99	482.62
83.31	Jim	Lane	17.9	480.16
84.16	Jim	Lubinski	17.72	475.29
85.67	Brent	Greska	17.41	466.91
86.01	Clay	Schermerhorn	17.34	465.09
87.46	Michael	Flanagan	17.05	457.33
87.83	Timothy	Davis	16.98	455.44
88.85	Todd	Corley	16.78	450.2
89.71	Jake	Bamforth	16.62	445.86
90.01	David	Lasse	16.57	444.41
92.73	Zachary	Griffin	16.08	431.34
94.49	piotr	brzezinski	15.78	423.32
95.12	Peter	Weaver	15.68	420.52
96.74	Tut	Bailey	15.42	413.48
98.1	Phillip	Watson	15.2	407.76
98.73	Mark	Timmins	15.1	405.14
99.6	Stan	Watt	14.97	401.61
100.87	Randy	McGough	14.78	396.54
101.61	Steven	Worth	14.68	393.68
102.3	Matt	Landin	14.58	390.99
103.15	Tim	Neal	14.46	387.78
103.82	Richard	Layman	14.36	385.27
107.23	Pat	McNeill	13.91	373.03
107.4	Tom	Johansmeyer	13.89	372.45
107.43	Dan	Connelly	13.88	372.35
108.19	Daniel	Chapman	13.78	369.71
108.31	Bob	petersen	13.77	369.3
110.34	David	shaffer	13.52	362.52
113.07	Philip	Schreibman	13.19	353.76
113.15	Mike	Carpenter	13.18	353.52
129.15	Tamil	Vendhan	11.55	309.73
130.14	Nathan	D	11.46	307.36

**10k Run - Women's**

<b>10k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Min/Mile</b>	<b>M/M</b>
44.90295219	Kasandra	Rosenbum	7.24	222.7
45.89992574	trisha	brooke	7.4	217.87
47.13201946	Suzy	Heffernan	7.6	212.17
48.19924756	Sharon	SchmidtMongrain	7.77	207.47
48.59924514	Brooke	Mason	7.84	205.76
49.26678591	Donnelly	Nelson	7.95	202.98
52.13	Kelly	Lawver	8.42	
52.75171662	JoAnne	Banducci	8.51	189.57
53.89010345	Alaina	Wallace	8.69	185.56
55.28132374	Amanda	Craven	8.92	180.89
56.4401886	Stephanie	Mckenna	9.1	177.18
59.37079163	KAreN	Rohlf	9.58	168.43
60.22520786	Erica	Pratt	9.71	166.04
60.49590052	Jane	Gilhooly	9.76	165.3
60.94596081	Valerie	Green	9.83	164.08
61.79628175	Patricia	Rhea	9.97	161.82
61.82691612	Gretchen	Carpenter	9.97	161.74
68.94024189	Lauren	Jensen	11.12	145.05
69.13409059	Veronica	Jackson	11.15	144.65
69.32355614	Betty	Lyon	11.18	144.25
72.95584463	Lisa	Skiver	11.77	137.07
73.3902983	Laurence	Mutuel	11.84	136.26
75.3121187	Veronica	Larson	12.15	132.78
83.3357579	Dawn	Carlson	13.44	120
89.98199368	Evelyn	Brown	14.51	111.13
90.65186483	Noelle	Packard	14.62	110.31
96.0044112	Xochitl	Kreger	15.48	104.16
96.67647772	Janine	Michaels	15.59	103.44
97.0449394	Myla	Brigance	15.65	103.05
97.9085	Lianne	Holloway	15.79	102.14

**10k Run - Men's**

<b>10k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Min/Mile</b>	<b>M/M</b>
36.78999631	Rich	Grandelli	5.93	271.81
40.56001745	Cliff	Moore	6.54	246.55
40.72046567	Ryan	Burke	6.57	245.58
41.5771747	Joe	Carpinella	6.71	240.52
42.50436273	Benjamin	Randall	6.86	235.27
43.3991189	Owen	Cravens	7	230.42
43.99380271	George	Eyles	7.1	227.3
44.69874804	Enrique	Flores	7.21	223.72
45.10614956	Jared	Picune	7.28	221.7
45.53883195	Kraig	Schmottlach	7.34	219.59
45.63298976	Christopher	Haas	7.36	219.14
45.79737136	Dave	LeVeque	7.39	218.35
46.29565925	Justin	Peroff	7.47	216
46.58436263	Dave	Donahue	7.51	214.66
46.81577975	Neil	Hall	7.55	213.6
46.92391031	Floyd (Gregg)	Goolsby	7.57	213.11
47.73059172	Thad	Gilsdorf	7.7	209.51
48.09022867	yu	hu	7.76	207.94
48.67183969	William	Carter	7.85	205.46
49.01868481	William	Brent	7.91	204
49.04844385	Tedd	Girouard	7.91	203.88
49.29791761	Justin	Fabian	7.95	202.85
50.24809164	Paul	Rosenberg	8.1	199.01
50.25912458	Daryl	Chester	8.11	198.97
51.91756947	Matt	Landin	8.37	192.61
52.38737933	Jake	Bamforth	8.45	190.89
52.45766118	John	Russella	8.46	190.63
52.63392996	Michael	Moses	8.49	189.99
53.27812224	Vitalii	Tovkach	8.59	187.69
54.46317242	Douglas	Skelton	8.78	183.61
54.52635384	john	clime	8.79	183.4
55.3301473	Michael	Flanagan	8.92	180.73
55.92260554	John	Pickett	9.02	178.82
56.12597396	Mikko	Manner	9.05	178.17
56.3540934	Vince	Grimaldi	9.09	177.45
56.74303184	Matthew	Horning	9.15	176.23
58.54525531	Timothy	Davis	9.44	170.81
58.69194553	Stuart	Markowitz	9.47	170.38
59.30841259	Stephen	Wheeler	9.57	168.61
59.90557247	Delbert	Bermel	9.66	166.93

**10k Run - Men's continued**

<b>10k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Min/Mile</b>	<b>M/M</b>
60.31998067	Stan	Watt	9.73	165.78
60.620655	Jeff	E.	9.78	164.96
61.12656439	Ryan	Stokes	9.86	163.59
61.15427844	Richard	M. Stein	9.86	163.52
61.71996145	David	Perry	9.95	162.02
63.35718545	Pablo	Gonzalez	10.22	157.84
64.23288017	Peter	Weaver	10.36	155.68
64.41163717	Bob	Feldbauer	10.39	155.25
64.59296442	Timothy	Tobin	10.42	154.82
65.70236202	Phillip	Watson	10.6	152.2
67.54070413	Mark	Timmins	10.89	148.06
69.25632694	David	Beam	11.17	144.39
76.09223151	Tim	Neal	12.27	131.42
76.61690968	David	shaffer	12.36	130.52
78.17946913	Randy	Butler	12.61	127.91
78.42733164	Tamil	Vendhan	12.65	127.51
80.40561166	David	Lasse	12.97	124.37
81.8325351	Richard	Lane	13.2	122.2
88.70815462	Mike	Carpenter	14.31	112.73

**20k Bike - Women's**

<b>20k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>MPH</b>	<b>M/M</b>
31.05390701	Lindsey	Bauman	24.01134259	644.0413437
33.13072424	Sharon	SchmidtMongrain	22.5061787	603.6692665
34.42674145	Connie	Peterson	21.65891887	580.9437419
34.69411357	Gina	DeVito	21.49200321	576.4666667
34.80435787	Mark	Davis	21.42392636	574.6406836
36.05530617	Leslie	Mellet	20.68061762	554.7033745
36.28760604	Suzy	Heffernan	20.54822793	551.1523681
36.96776163	Brooke	Mason	20.17016901	541.0119283
37.47645003	Kate	BurnsJager	19.89638825	533.6684767
38.76444135	Lucas	Elder	19.2353088	515.9367529
39.74285942	Bethanie	Abma	18.76176025	503.2350539
39.79767662	Aliicia	Furrer	18.73591786	502.5418994
39.90430907	Lauren	Vaszil	18.68585166	501.199005
40.00058985	Rebecca	Maset	18.64087512	499.992627
40.50432828	Diana	Callahan	18.40904495	493.7743902
40.53274761	Christina	Grandelli	18.39613754	493.4281829
40.74404994	Heidi	Platt	18.30073351	490.8692197
40.81734101	Jana	denault	18.26787296	489.9878215
40.89232506	Christine	Valdes	18.23437525	489.0893333
41.25418182	Meghann	Cleary	18.07443433	484.7993371
41.95038289	Heather	Ott	17.77447424	476.7536938
42.0098069	Olga	Starikova	17.74933176	476.0793128
42.01989642	Nathan	Patton	17.74506992	475.965
42.6914343	Barbara	L	17.4659393	468.4780526
42.99182044	Karen	Hertel	17.34390385	465.2047714
43.12342274	Sara	Bertram	17.29097443	463.7850785
43.12628771	Rebecca	Woodhouse	17.28982576	463.7542683
43.48333683	Lorinda	Limpf	17.14785604	459.9463026
43.64019549	Wendy	Watson	17.08622044	458.2930891
44.11109804	Stacia	McInnes	16.90381861	453.4006381
44.28977319	Ashley	Heinitsh	16.83562471	451.5715155
44.30611498	Kristen	Saunders	16.82941509	451.4049587
44.42501806	trisha	brooke	16.78437134	450.1967781
44.48379278	Gail	Anthony	16.7621948	449.6019506
44.55295506	Kelsey	Bracewell	16.73617382	448.9040058
44.65903908	Sara	Astle	16.69641836	447.8376699
44.79569587	Jenny	Zhang	16.64548313	446.4714658
44.90818917	Denise	Koury	16.60378683	445.3530719



**20k Bike - Women's Continued**

<b>20k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>MPH</b>	<b>M/M</b>
45.16050507	Katja	Pauwels	16.51101994	442.8648432
45.2670974	Meridith	Stafford	16.47214076	441.8220109
45.28013444	Shawna	Carter	16.4673981	441.6948016
45.9076025	Karen	Gorman	16.24232065	435.6576888
46.07151445	Maggie	Feikes	16.18453417	434.1077179
46.25989671	NIRAMON	BELOE	16.11862656	432.3399191
46.46959355	Jamie	Hodges	16.04589029	430.3889591
46.93550862	Veronica	Jackson	15.88660743	426.1166138
47.78564483	Fran	Trees	15.60397485	418.5357354
47.80816043	Diana	Hassel	15.59662604	418.3386229
47.87605751	Jocelyn	Nokes	15.57450715	417.7453416
48.3349429	Julie	Mescher	15.42664489	413.7793241
48.49252278	Liz	McCane	15.37651492	412.4347188
48.56418807	Linda	Collins	15.35382408	411.8260964
48.6332265	Sheila	Kaczynski	15.3320282	411.2414791
48.90563454	Natalie	Ghilain	15.24662765	408.9508333
48.98880411	Tracey	Barker	15.22074306	408.2565468
49.08239455	Jennifer	Williamson	15.1917201	407.4780822
49.15434488	Joy	Booker	15.16948302	406.8816306
49.51006661	Christy	Keeler	15.06049276	403.9582527
49.6287643	Marcy	Silverman	15.02447241	402.9921011
49.9415503	Vicki	Roe	14.93037352	400.4681448
50.23889687	Audrey	Allen	14.84200583	398.0979131
50.39034115	Gretchen	Carpenter	14.79739932	396.9014605
51.21273974	Jenny	Smith	14.55977563	390.5278276
51.38842559	Jordan	Talbot	14.50999892	389.192698
51.42382281	Susan	Baker	14.50001107	388.9248
51.5089745	Linda	Pyle	14.47604048	388.2818518
51.88983592	Alison	Kreideweis	14.36978913	385.4319376
52.23194523	Connie	J	14.27566974	382.9074317
52.68872274	Christina	Holland	14.15190882	379.5878693
53.65404646	K	F	13.89729292	372.758465
53.94114457	Ruth	Albright	13.82332551	370.7744832
53.95791921	Jennifer	Mathe	13.81902807	370.6592154
54.12819892	Evelyn	Brown	13.77555535	369.4931736
54.18285427	Betty	Lyon	13.76165966	369.1204583
54.19192814	Allison	Van	13.75935542	369.0586529
54.70405153	Lucy	Reed	13.63054434	365.6036334
55.13723598	elizabeth	lemon	13.52345628	362.7312767
55.60556201	Erin	Olsen	13.40955784	359.6762496

**20k Bike - Women's Continued**

<b>20k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>MPH</b>	<b>M/M</b>
55.88768826	Cathy	Martinsen	13.34186514	357.8605704
56.60945	Rachel	Mumford	13.17175843	353.2979035
57.1780047	Eryn	Deeming	13.04078385	349.7848535
57.82758267	Lynne	Ricard	12.89429656	345.8557159
57.99464461	Connie	Meek	12.85715267	344.8594286
59.90830561	Lauren	Jensen	12.4464545	333.8435263
59.9861898	Karen	Ireland	12.43029441	333.4100743
61.36051134	Janine	Michaels	12.151887	325.942525
61.48414917	Teddy	Rodenfels	12.1274509	325.2870906
61.52789039	Bethany	Pellerito	12.11882929	325.0558385
61.73142461	Carol	Meisel	12.07887239	323.9840993
63.35827398	debra	robenymer	11.76872337	315.6651648
63.9940906	Laurence	Mutuel	11.65179461	312.5288571
64.11880923	Kelly	Landino	11.6291305	311.9209517
66.45924404	Lianne	Holloway	11.21959798	300.936315
67.04386771	Myla	Brigance	11.12176289	298.3121452
71.38033779	Candace	Hayden	10.44609795	280.1892036
72.45123832	Xochitl	Kreger	10.29169435	276.0477318
72.6300952	Karen	Wilcox	10.2663503	275.3679442
77.40430135	Alethia	Mongerie	9.633133909	258.3835737
77.78468759	Colleen	Moore	9.586025517	257.1200145
85.89040645	Lisa	Skiver	8.681365368	232.8548767
87.79611509	Maryory	Calixto	8.492927042	227.8005124
99.15015131	Samantha	Wallace	7.520371781	201.7142661
102.9503606	Bonnie	Herter	7.242772105	194.2683822

**20k Bike - Men's**

<b>20k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>MPH</b>	<b>M/M</b>
26.64138324	Lars	Heise	27.98826147	750.7117712
27.45158351	Robert	Zinda	27.1622218	728.5554217
28.74120828	Alexander	Jackson	25.94344653	695.8649688
29.12811073	Justin	Fabian	25.59884529	686.6219436
31.03997783	Dennis	Upton	24.02211767	644.3303571
32.52666193	Timothy	Tobin	22.92414763	614.8801879
32.61278507	Rich	Grandelli	22.86361003	613.2564255
32.66220093	Geoffrey	Allen	22.82901883	612.3286072
32.69262204	Nathan	D	22.80777599	611.7588235
32.87663804	Erik	Guercio	22.68011708	608.334708
33.31915134	Ruben	Estrada	22.37890133	600.2553846
33.35180664	Doug	Lennon	22.35698977	599.6676647
33.35772411	George	Eyles	22.35302377	599.5612871
33.72070097	Matthew	Horning	22.11241103	593.1074807
33.73647123	Mark	Boyse	22.10207448	592.83023
34.0972174	John	Pickett	21.86823609	586.5581277
34.1224287	Daryl	Chester	21.85207878	586.1247503
34.18501332	Javier	Ruiz	21.81207282	585.0516954
34.34564226	Floyd (Gregg)	Goolsby	21.71006133	582.3155045
34.66119898	Wilson	Pou	21.5124122	577.0140845
34.86164568	Edward	Robison	21.38872062	573.6963821
35.08001612	Douglas	Skelton	21.25557746	570.1251656
35.61259911	Sam	Pietrofeso	20.93770235	561.5989986
35.62038002	Christian	Miki	20.93312872	561.4763231
35.68441584	Peter	Cordova	20.89556414	560.4687517
36.00650398	Gary	Klein	20.70864754	555.4552036
36.68900155	Gavin	McCarty	20.32342033	545.1224932
36.8108069	Mark	Roy	20.25617102	543.3187067
37.00910691	Michael	Flanagan	20.14763561	540.4075286
37.36220545	Keith	D.	19.95722659	535.3003057
37.40696141	Micah	Brock	19.93334855	534.65984
37.43158546	Vitalii	Tovkach	19.92023557	534.3081185
37.49240456	William	D	19.88792154	533.4413793
37.6048585	Brian	Berliner	19.8284485	531.8461709
37.62885308	Brian	D	19.8158046	531.5070316
38.02959928	Richard	M. Stein	19.60699072	525.9061463
38.35832065	Chris	Marston	19.43896363	521.3992599
38.7722079	Greg	Clemmons	19.23145574	515.8334045
38.79088399	Dave	LeVeque	19.22219664	515.5850536

## 20k Bike - Men's Continued

20k Total Time	First Name	Last Name	MPH	M/M
38.79282699	Brian	Neal	19.22123387	515.5592297
38.82806789	Benjamin	Yang	19.20378841	515.0913009
38.98799638	David	DaPrato	19.1250146	512.9784
39.40265177	Tyler	Mahaffy	18.92375174	507.5800512
39.86934831	Joe	Carpinella	18.70223697	501.638498
40.25070439	Neil	Hall	18.52504227	496.8857143
40.33096822	Kevin	Cronin	18.48817504	495.8968476
40.45647685	Doug	Casey	18.43081895	494.3584207
40.49889503	Christopher	Marzen	18.41151467	493.840634
40.59972609	Jeff	Kavali	18.36578893	492.6141608
40.60613123	Jade	Costen	18.36289194	492.5364568
40.60684507	Philip	Vanderwoude	18.36256914	492.5277984
40.69428977	Jim	Lubinski	18.32311128	491.4694448
40.71709038	Daniel	Evan	18.31285077	491.1942335
40.75643952	Scott	Strickler	18.29517026	490.72
41.03294352	Kraig	Schmottlach	18.17188668	487.4132413
41.3421904	Daniel	Woods	18.03595777	483.7673042
41.79676555	Rick	Barton	17.83980148	478.5059259
41.91201644	Timothy	Davis	17.79074507	477.1901163
42.08043554	Charlie	Rossi	17.71954093	475.2802518
42.08319493	Matt	Schreiber	17.71837906	475.2490878
42.15675117	Tedd	Girouard	17.68746356	474.4198603
42.49868314	Justin	Searcy	17.5451554	470.6028169
42.9855972	Marty	Bonick	17.34641481	465.2721214
43.01900247	Mario	Valdes	17.33294491	464.9108266
43.32907209	Phil	Burdette	17.20890765	461.583852
43.36420252	Starbuck	macdougall	17.19496628	461.2099113
43.52635612	John	Hayward	17.13090795	459.4917145
43.8031945	Cruz	rodriguez	17.02263975	456.5877038
43.94445421	CJ	Duffaut	16.96792038	455.12
44.07260476	Clay	Schermerhorn	16.91858251	453.7966409
44.09993464	Delbert	Bermel	16.90809762	453.5154114
44.43227638	Chris	Navin	16.7816295	450.1232354
44.53547358	Richard	Layman	16.74274326	449.0802138
44.56785321	Andrew	C	16.73057925	448.7539461
44.77598548	Chris	Astle	16.65281047	446.6680026
45.13781225	David	Huber	16.51932078	443.0874915
45.16772497	Andrew	Lovig	16.50838072	442.7940529
45.21969556	Douglas	Kuch	16.48940779	442.2851537
45.46290779	Brent	Greska	16.40119465	439.9190674

## 20k Bike - Men's Continued

20k Total Time	First Name	Last Name	MPH	M/M
45.50804256	David	Foster	16.38492798	439.4827568
45.588403	Federico	Chialvo	16.35604564	438.7080636
45.68517717	Timothy	Mills	16.32139889	437.7787553
45.7141224	Francis	Schauer	16.31106452	437.501563
45.81702725	Rick	Bunnell	16.27442994	436.5189363
45.84202938	mark	silverstein	16.2655539	436.2808599
45.88218275	Matt	Landin	16.25131926	435.8990528
45.91166073	Gus	Solidum	16.24088495	435.61918
46.09452918	David	Lasse	16.17645333	433.8909705
46.48254929	Joe	Peters	16.04141794	430.269
46.64169479	Sergio	Plotnik	15.98668323	428.800885
46.64476517	Peter	Weaver	15.98563091	428.7726592
46.76895497	Paul	Rosenberg	15.94318283	427.6341007
46.90346496	Gary	Faber	15.89746089	426.4077295
46.99363083	Martin	Spierings	15.86695871	425.5895884
47.02469861	David	M	15.8564759	425.3084143
47.50424402	Matthew	Woods	15.69640809	421.0150148
47.5199445	Eli	Tepperberg	15.69122203	420.8759124
47.62688574	Jeffrey	Meister	15.65598901	419.9308791
47.70054465	Patrick	McDeed	15.63181313	419.2824242
48.30649639	Jake	Bamforth	15.43572926	414.0229885
48.74640345	John	Russella	15.29643107	410.2866794
49.17500879	Stan	Watt	15.16310863	406.7106543
49.38811219	Mike	Carpenter	15.09768175	404.9557498
49.82239063	Bob	petersen	14.96608233	401.4259401
50.15776627	Steven	Worth	14.86601289	398.7418398
51.12928221	Tim	Neal	14.58354133	391.1652802
52.20548188	Jordan	Nuger	14.28290619	383.1015304
52.70685036	Daniel	Chapman	14.14704151	379.4573165
52.77550582	Brian	Wamsley	14.12863768	378.9636819
53.64576113	Tom	Johansmeyer	13.89943929	372.8160357
53.91684236	Cory	Hodges	13.82955617	370.9416042
54.12272973	steven	heller	13.77694739	369.5305115
54.45364115	Geoffrey	Booth	13.69322573	367.2848974
54.64248997	Bill	Walsh	13.64590084	366.0155313
55.75352161	Stephen	Sutherland	13.37397134	358.7217349
56.30587214	Joshua	White	13.24277507	355.2027389
58.5	Bob	Culver	12.74608547	341.8803419
58.66875494	Phillip	Watson	12.7094226	340.8969565
58.90961296	Michael	Moses	12.65745882	339.5031642

## 20k Bike - Men's Continued

20k Total Time	First Name	Last Name	MPH	M/M
60.0278223	David	shaffer	12.42167334	333.1788366
60.30280392	Carl	P	12.36503034	331.6595365
61.40819836	Jaime	Garcia	12.14245036	325.6894118
63.20205747	Christopher	Haas	11.79781213	316.4453943
63.31944953	LAWRENCE	M	11.77593939	315.8587156
64.06702396	Manny	Hernandez	11.63853031	312.1730769
65.64714091	Randy	Butler	11.35839261	304.6591173
68.09363487	Jack	Michael	10.95030397	293.7132088

## 5k Run - Women's

5k Total Time	First Name	Last Name	Min/Mile	M/M
19.21258374	Christina	Grandelli	6.197607659	260.2461005
19.60232162	Suzy	Heffernan	6.323329553	255.0718276
20.2052147	Nathan	Patton	6.517811194	247.4608696
20.55931342	Kasandra	Rosenbum	6.632036588	243.1987828
20.82550491	Sophie	Tasker	6.717904808	240.0902174
21.05760094	trisha	brooke	6.792774498	237.4439526
22.27	Kelly	Lawver	7.183	
22.57425494	Brooke	Mason	7.282017722	221.4912525
23.77589301	Lesley	Thompson	7.669642907	210.2970432
24.08906008	Susan	Dreihaupt	7.770664542	207.5631006
24.11732904	Sharon	SchmidtMongrain	7.77978356	207.3198069
24.38485492	Donnelly	Nelson	7.866082231	205.0453044
24.42729711	Lorinda	Limpf	7.879773263	204.6890402
24.57506052	Abby	Omerza	7.927438879	203.4582985
24.68586505	Regina	Cortada	7.963182274	202.5450593
25.13913374	Jane	Gilhooly	8.109397981	198.8930904
25.4567533	Stephanie	Mckenna	8.211855903	196.4115353
25.54914831	Alison	Kreideweis	8.241660745	195.7012398
25.69543874	Bobbi	Baur	8.288851206	194.5870647
26.10975127	Michelle	Christine	8.422500409	191.4993348
26.34781295	Claudia	Kuhl-Russell	8.499294501	189.7690715
26.38649607	Christine	Valdes	8.511772926	189.4908663
26.68655429	Kris	Messner	8.6085659	187.3602694
27.20544057	Jacqlyne	Thornton	8.775948571	183.7867682
27.30740959	Leslie	Mellet	8.808841803	183.1004872
27.3403747	Miranda	Eserman	8.819475709	182.8797175
27.60583385	Tess	Talbot	8.905107695	181.1211364
27.71480918	Kathy	Hoskins	8.940261026	180.4089636
27.80015992	Kayla	DeSanty	8.967793521	179.8550805
27.98715569	Elisabeth	Hesse	9.028114738	178.6533814
29.12677464	Erica	Pratt	9.395733754	171.66336
29.3997873	Jordan	Talbot	9.483802356	170.0692576
29.47907559	Amber	Sheeley	9.509379222	169.6118314
29.6946431	Ashley	Pusey	9.578917128	168.3805387
29.83811736	Julie	Ehrlich	9.625199148	167.570894
29.91237355	Linda	Collins	9.64915276	167.1549063
29.96195672	Melissa	Villmow	9.66514733	166.8782866
30.0191759	Fran	Balamuth	9.68360513	166.5602019
30.06387174	Jenny	Zhang	9.698023143	166.3125775
30.55923896	Christina	Holland	9.85781902	163.61664

**5k Run - Women's Continued**

<b>5k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Min/Mile</b>	<b>M/M</b>
30.58051416	Pamela	Wallace	9.864681988	163.5028101
30.62524295	Gail	Anthony	9.879110631	163.2640109
30.64929297	Veronica	Jackson	9.886868701	163.1359002
30.66284462	Joy	Booker	9.891240201	163.0638012
30.78856889	Karen	S	9.931796415	162.3979347
31.29463041	Alethia	Mongerie	10.09504207	159.7718182
31.33684819	Lindsey	Bauman	10.10866071	159.5565696
31.42543124	Lauren	Jensen	10.13723588	159.1068063
31.67561037	Mark	Davis	10.21793883	157.8501548
31.99063681	Myla	Brigance	10.31956026	156.2957321
32.36728458	Jennifer	Mathe	10.44105954	154.4769685
32.43360678	Renee	Ortner	10.4624538	154.1610846
32.43514709	KAren	Rohlf	10.46295067	154.1537637
32.54952119	Jennifer	Leicht	10.49984554	153.6120907
32.62992275	april	Elizabeth	10.52578153	153.2335837
32.72336771	Bethanie	Abma	10.55592507	152.7960094
32.7513519	Jenna	Mayo	10.56495223	152.6654538
32.78923411	Lori	Coward	10.57717229	152.4890756
33.02998031	Emily	Thomas	10.65483236	151.3776258
33.05654777	Jennifer	Stewart	10.6634025	151.255964
33.76349961	Renee	Coley	10.89145149	148.0889143
33.85676354	Laurence	Mutuel	10.92153663	147.6809794
33.95744644	Valerie	Green	10.95401498	147.2431094
34.07401188	Nancy	Bauer	10.99161673	146.7393983
34.20979767	Tacy	Rupp	11.0354186	146.1569592
34.22857291	Ana	Constantine	11.04147513	146.0767883
34.90275602	Heather	Szerszen	11.25895355	143.2551629
34.98474404	Ana	Bumgardner	11.2854013	142.9194393
35.26478443	Erin	Olsen	11.37573691	141.7845049
35.64901238	Mari	Rueter	11.49968141	140.25634
35.68561468	Rachel	Mumford	11.51148861	140.1124807
35.77248512	Samantha	Wallace	11.53951133	139.7722295
36.56325282	Tanya	Redding	11.79459768	136.7493211
36.5913627	Olga	Starikova	11.80366539	136.6442688
37.6386103	Janine	Goulet	12.14148719	132.8423117
37.82625874	Wendy	Watson	12.20201895	132.1833077
37.95879329	Julia	L	12.24477203	131.7217848
38.65430184	SaraMorgan	Woods	12.46912962	129.3517089
39.40165979	Meridith	Stafford	12.71021284	126.8982075
39.65134165	Samantha	Gibbar	12.79075537	126.0991379



**5k Run - Women's Continued**

<b>5k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Min/Mile</b>	<b>M/M</b>
39.80044202	Jackie	Bonjean	12.83885227	125.6267455
39.92637422	Colleen	Moore	12.87947556	125.2305048
40.0059513	Elizabeth	Towne	12.90514558	124.981405
40.26349718	Noelle	Packard	12.9882249	124.1819601
40.53186063	Denise	Koury	13.07479375	123.3597452
41.61194659	Xochitl	Kreger	13.42320858	120.1578011
42.05498459	Edith	L	13.56612406	118.8919708
42.33651666	Sue	Casaway	13.65694086	118.1013554
42.44254889	michele	fisher	13.6911448	117.8063083
42.61482558	Leslie	Hodz	13.74671793	117.330059
42.89266969	Natalie	Ghilain	13.83634506	116.5700348
44.88559689	Lisa	Kelsay	14.4792248	111.3943079
45.29389378	Rosalind	Jarrett Sepulveda	14.61093348	110.390156
45.56853428	Lianne	Holloway	14.69952719	109.7248371
45.61236412	Betty	Lyon	14.71366585	109.6194003
46.67712919	Evelyn	Brown	15.05713845	107.1188414
47.18515211	ELLY	WALKER	15.22101681	105.9655374

**5k Run - Men's**

<b>5k Total Time</b>	<b>First Name</b>	<b>Last Name</b>	<b>Min/Mile</b>	<b>M/M</b>
17.41061672	Rich	Grandelli	5.616327976	287.1810964
19.41146649	Benjamin	Randall	6.261763382	257.5797147
22.29317046	Mark	Witmer	7.19134531	224.2839352
22.30171755	Donnie	Constantine	7.194102435	224.1979789
22.31729274	Kraig	Schmottlach	7.19912669	224.0415116
22.34120299	Justin	Fabian	7.206839675	223.8017354
22.37610423	Thad	Gilsdorf	7.21809814	223.4526595
22.6333393	John	Pickett	7.301077194	220.9130493
22.74625291	Jim	Lubinski	7.337500939	219.8164251
23.22469687	Timothy	Tobin	7.491837699	215.2880629
23.49647593	Joe	Carpinella	7.579508366	212.797868
24.19991536	Matt	Landin	7.806424309	206.6122929
24.21155554	Dave	Donahue	7.810179205	206.51296
24.30319634	nicholas	lobosco	7.839740753	205.7342553
24.49148676	William	D	7.9004796	204.1525714
24.70941324	Big	Fish	7.970778465	202.3520329
24.73798843	Douglas	Skelton	7.979996268	202.1182932
26.00555009	Vitalii	Tovkach	8.388887127	192.2666501
26.25091612	Pablo	Gonzalez	8.468037457	190.4695431
26.44168861	Paul	Rosenberg	8.52957697	189.0953363
26.90728959	Matthew	Woods	8.679770835	185.82325
27.32129925	Travis	Stone	8.813322339	183.0074022
27.38386923	Chris	Simpson	8.833506203	182.5892447
27.82308144	Starbuck	macdougall	8.975187563	179.7069102
28.3448764	Bruno	Camara	9.143508518	176.398723
28.55834967	Clay	Schermerhorn	9.21237086	175.080145
28.76209293	Jay	Hamvas	9.278094494	173.8399223
28.83530096	Chris	Golden	9.301709988	173.3985717
28.85187018	John	F	9.307054898	173.2989913
29.04033623	Terry	Zdanio	9.367850397	172.1743151
29.62987566	Michael	Nicholas	9.558024407	168.7485988
29.63637003	Brendan	Boylan	9.560119363	168.7116201
29.78479267	sufyan	Chaudhry	9.607997634	167.8709016
30.00636795	Brent	Greska	9.679473532	166.6312967
30.16843938	Bob	Feldbauer	9.73175464	165.736117
30.50149335	Ken	Adams	9.839191404	163.9264
30.53060067	Chris	Mercer	9.848580862	163.7701155
31.1687238	Matt	Schreiber	10.05442703	160.4172193
31.6625092	Thoms	McKenna	10.21371264	157.9154693
32.67972439	CRAIG	PLESKAC	10.54184658	153.0000664

## 5k Run - Men's Continued

5k Total Time	First Name	Last Name	Min/Mile	M/M
33.02028914	David	Dyck	10.65170618	151.4220538
33.61685359	Andrew	C	10.84414632	148.7349191
34.21956852	Scott	Strickler	11.03857049	146.1152263
34.64786913	Peter	Boncelet	11.17673198	144.3090189
34.77777865	Stephen	Wheeler	11.21863827	143.7699645
35.55548497	Michael	Daggett	11.46951128	140.6252792
35.66372645	RUBEN	ALVAREZ	11.50442789	140.1984733
36.30732911	Danny	Silva	11.71204165	137.713242
37.11224704	Billy	McKee	11.97169259	134.7264151
37.44552018	Dieter	Littles	12.07920006	133.5273212
37.5932183	Francis	Schauer	12.12684461	133.0027123
37.92026841	Martin	Spierings	12.23234465	131.8556068
38.39682738	Mike	Hargrove	12.38607335	130.2190921
38.90767917	John	Hayward	12.55086425	128.5093356
39.34451573	Marvin	Merrit	12.69177927	127.0825147
40.96614412	Randy	Butler	13.2148852	122.0520043
43.1381383	Kevin	Whaley	13.91552848	115.9067173
45.13888889	Brian	D	14.5609319	110.7692308
49.98308934	Damon	Leach	16.12357721	100.0338328
64.70070994	Richard	Prokesch	20.87119675	77.27890474
572.3396349	Gus	Solidum	184.6256887	8.736071547