

Race Date  
July 10, 2016

# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Female Overall Winners

<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>T1</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>T2</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Time</u>
1	32	Anita Woods	205	47	****	16:31.2	8:16	0:56.5	****	36:26.0	19.8	0:57.6	****	28:04.7	9:03	1:22:56.2			

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## Age Group Results

### Triathlon

#### Female 20 to 24

Place			----2M Run ----					T1	----12M Bike ----			T2	---- 3.1M ----		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	33	Carlyn Babinec	177	24	1	17:27.9	8:44	0:31.9	1	37:16.1	19.3	0:26.9	1	28:08.6	9:05	1:23:51.6

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Female 25 to 29

Place			-----2M Run -----					T1	-----12M Bike -----			T2	----- 3.1M -----		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	Brittany Wolf	183	29	1	17:06.3	8:33	1:18.0	1	39:41.2	18.1	1:11.3	1	29:55.4	9:39	1:29:12.4

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Female 30 to 34

Place			-----2M Run -----					T1	-----12M Bike -----			T2	----- 3.1M -----		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	Becky Slack	163	34	1	15:10.3	7:35	0:53.5	1	41:57.3	17.2	0:44.8	1	25:09.9	8:07	1:23:56.1
2	55	Katie Primm	165	32	2	20:13.4	10:07	1:43.3	2	43:45.1	16.5	1:03.1	2	37:40.2	12:09	1:44:25.3

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Female 35 to 39

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>----2M Run ----</u>			<u>T1</u>	<u>----12M Bike ----</u>			<u>T2</u>	<u>---- 3.1M ----</u>			<u>Total</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	51	Kimberly Raplenovich	191	35	1	17:35.6	8:48	1:46.3	1	39:00.5	18.5	2:02.8	1	37:50.3	12:12	1:38:15.6
2	59	Jennifer Clark	229	35	2	22:54.3	11:27	1:14.8	2	45:26.6	15.8	1:04.1	2	41:18.9	13:19	1:51:58.8

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Female 45 to 49

Place			-----2M Run -----					T1	-----12M Bike -----			T2	----- 3.1M -----		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	Susan Linder	194	45	2	18:01.8	9:01	1:24.0	1	37:12.2	19.4	1:14.6	2	29:36.0	9:33	1:27:28.7
2	43	Maria Mepham	204	46	1	15:49.8	7:55	1:04.2	2	45:31.7	15.8	1:09.6	1	25:50.4	8:20	1:29:25.9

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Female 55 to 59

Place			-----2M Run -----			T1	-----12M Bike -----			T2	----- 3.1M -----		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	52	Anne Naugle	185	55	1	19:52.2	9:56	0:32.5	1	42:30.3	16.9	0:30.2	1	35:29.6	11:27	1:38:55.0

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Female 65 to 69

Place			----2M Run ----			T1	----12M Bike ----			T2	---- 3.1M ----		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	60	Sarah Nice	198	68	1	22:33.3	11:17	1:15.0	1	51:08.6	14.1	1:11.8	1	39:47.1	12:50	1:55:56.0



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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Male Overall Winners

<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>T1</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>T2</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Time</u>
1	1	Jason Zangmeister	207	30	****	12:20.9	6:10	0:16.1	****	31:43.5	22.7	0:17.9	****	19:09.6	6:11	1:03:48.1	

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Male 15 to 19

Place			----2M Run ----					T1	----12M Bike ----			T2	---- 3.1M ----		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	Matthew Speck	184	17	1	12:26.0	6:13	0:41.8	1	36:23.7	19.8	0:33.5	1	20:20.7	6:34	1:10:25.8
2	26	Joseph Linder	192	17	2	15:23.2	7:42	1:22.9	2	37:34.7	19.2	1:28.1	2	24:32.7	7:55	1:20:21.8
3	38	Daniel Linder	193	17	3	16:41.9	8:21	1:21.2	3	37:58.6	19.0	1:42.8	3	27:33.6	8:53	1:25:18.2

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## Age Group Results

### Triathlon

#### Male 20 to 24

Place			-----2M Run -----					T1	-----12M Bike -----			T2	----- 3.1M -----		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	54	Cody Redden	182	21	1	19:57.5	9:59	1:32.2	1	42:00.1	17.1	1:15.6	1	37:35.0	12:07	1:42:20.6

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## Age Group Results

### Triathlon

#### Male 30 to 34

Place			----2M Run ----					T1	----12M Bike ----			T2	---- 3.1M ----			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	Nick Cicerchi	179	34	1	12:36.4	6:18	0:19.4	1	31:19.9	23.0	0:23.2	1	21:39.7	6:59	1:06:18.8
2	8	Josh Suffel	232	33	2	13:55.5	6:58	0:33.2	7	36:43.2	19.6	0:19.9	2	23:10.0	7:28	1:14:42.1
3	10	Jeremy Hinte	214	33	3	14:02.5	7:01	0:45.5	2	31:49.7	22.6	0:33.8	7	28:31.6	9:12	1:15:43.3
4	19	Joe Tichar	161	30	6	16:04.7	8:02	0:47.8	4	34:16.0	21.0	0:46.9	5	26:15.9	8:28	1:18:11.4
5	20	Russell Valliere	208	33	7	16:08.2	8:04	0:47.5	3	33:31.0	21.5	0:34.2	6	27:32.8	8:53	1:18:33.8
6	21	Mark Chapman	228	32	4	14:06.9	7:03	1:53.2	6	36:25.9	19.8	1:26.1	4	24:53.0	8:02	1:18:45.1
7	27	Anthony Fior	199	32	5	14:32.0	7:16	1:19.5	10	38:44.5	18.6	1:24.6	3	24:45.5	7:59	1:20:46.3
8	31	James Robertson	222	32	8	16:18.4	8:09	1:24.8	5	35:43.8	20.2	0:48.3	8	28:39.7	9:15	1:22:55.2
9	37	John Mark Tichar	164	33	9	16:29.3	8:15	1:08.7	8	36:54.5	19.5	1:30.8	9	29:09.0	9:24	1:25:12.6
10	49	Daniel Cusick	237	32	10	18:16.8	9:08	1:20.2	11	43:04.5	16.7	1:00.0	10	33:09.7	10:42	1:36:51.4
11	50	Matt Holtwick	238	33	11	20:50.5	10:25	1:27.7	9	36:54.7	19.5	1:26.6	11	37:21.9	12:03	1:38:01.6

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Male 35 to 39

Place					-----2M Run -----			T1	-----12M Bike -----			T2	----- 3.1M -----			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	Andy Slack	162	39									7	1:11:09.3	4:10	1:11:09.3
2	13	Nick Fedor	172	36	1	14:59.0	7:30	0:56.3	2	34:48.7	20.7	0:59.0	1	24:15.9	7:49	1:15:59.1
3	23	Chris Stone	200	37	2	15:01.8	7:31	1:21.7	5	37:28.4	19.2	1:13.9	2	24:48.1	8:00	1:19:54.2
4	24	Sergio Nunez	227	39	3	15:20.8	7:40	0:53.1	3	35:50.4	20.1	0:55.2	3	27:08.2	8:45	1:20:07.9
5	29	Joe Kepley	197	35	4	15:47.3	7:54	1:10.7	1	34:30.3	20.9	0:43.5	5	29:34.0	9:32	1:21:45.9
6	36	Matt Raplenovich	190	35	5	16:45.6	8:23	1:13.5	4	35:55.3	20.0	0:53.1	4	29:24.2	9:29	1:24:11.9
7	44	Rick Schneider	188	38	6	16:58.7	8:29	1:17.0	6	39:08.9	18.4	1:10.0	6	32:42.1	10:33	1:31:16.9

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## Age Group Results

### Triathlon

#### Male 40 to 44

Place				-----2M Run -----			T1	-----12M Bike -----			T2	----- 3.1M -----		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	2	Michael Schaefer	225	43	1	13:16.0	6:38	0:54.4	1	29:27.4	24.4	0:40.8	1	21:43.8	7:00	1:06:02.7
2	9	Steve Pesarchick	223	42	2	13:47.3	6:54	1:15.9	7	36:13.2	19.9	0:56.8	2	22:43.1	7:20	1:14:56.5
3	12	Judson Laipply	209	40	3	13:50.8	6:55	0:58.1	3	33:27.6	21.5	0:43.5	7	26:53.9	8:40	1:15:54.1
4	14	Bob Krupitzec	221	41	7	16:06.2	8:03	0:50.2	5	33:37.8	21.4	0:58.9	3	24:33.5	7:55	1:16:06.8
5	15	John Kappus	203	41	5	15:11.3	7:36	1:16.5	4	33:32.6	21.5	1:02.9	4	25:26.4	8:12	1:16:29.8
6	18	Brandon Sorensen	171	40	4	14:05.8	7:03	1:11.0	2	33:17.0	21.6	0:47.5	8	28:14.7	9:06	1:17:36.3
7	22	Jon Demko	173	41	6	15:19.0	7:40	1:05.3	6	35:02.7	20.6	0:47.7	5	26:31.4	8:33	1:18:46.3
8	30	Joshua Melda	211	42	8	16:22.9	8:11	0:50.5	8	38:01.6	18.9	0:36.4	6	26:43.0	8:37	1:22:34.6
9	48	Chad Smallwood	187	44	9	17:41.8	8:51	0:54.1	9	45:19.2	15.9	0:44.6	9	30:33.7	9:51	1:35:13.6

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Male 45 to 49

Place			-----2M Run -----			T1	-----12M Bike -----			T2	----- 3.1M -----			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	Andy Provenza	231	47	1	13:47.6	6:54	0:50.2	1	28:38.8	25.1	0:46.5	1	23:28.0	7:34	1:07:31.3
2	11	Kyle Amsdell	219	45	2	15:10.3	7:35	0:28.8	2	32:38.6	22.1	0:31.1	4	26:56.2	8:41	1:15:45.2
3	16	Tim Gossman	236	48	3	15:21.9	7:41	0:52.9	4	34:28.1	20.9	0:49.5	2	24:57.9	8:03	1:16:30.4
4	17	Daniel McNeil	210	47	4	15:48.4	7:54	0:55.3	3	33:13.5	21.7	0:51.4	3	25:55.6	8:22	1:16:44.4
5	45	Ira Hager	213	48	6	19:31.0	9:46	0:58.0	6	41:01.4	17.6	0:55.9	5	29:48.9	9:37	1:32:15.4
6	46	Ken Johnson	220	47	5	18:11.1	9:06	1:29.7	5	35:55.7	20.0	1:19.3	6	35:41.7	11:31	1:32:37.8
7	57	Steven Wood	201	48	7	20:29.8	10:15	1:24.9	7	47:46.2	15.1	1:30.6	7	36:16.1	11:42	1:47:27.7

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Male 50 to 54

Place			-----2M Run -----					T1	-----12M Bike -----			T2	----- 3.1M -----		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	25	John Lanson	181	52	1	15:17.5	7:39	0:43.7	1	34:10.9	21.1	0:40.8	2	29:20.2	9:28	1:20:13.3
2	28	Paul Miotto	212	54	2	16:03.0	8:02	1:02.7	2	35:57.6	20.0	0:54.1	1	27:08.5	8:45	1:21:06.1



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### Age Group Results

#### Triathlon

Male 55 to 59
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Place			-----2M Run -----					T1	-----12M Bike -----			T2	----- 3.1M -----		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	John Zangmeister	206	57	1	14:09.2	7:05	0:27.2	1	32:06.8	22.4	0:24.7	1	26:43.2	8:37	1:13:51.3
2	56	Darrell Primm	241	59	4	21:06.0	10:33	1:19.0	4	44:37.2	16.1	1:20.1	2	38:06.7	12:17	1:46:29.1
3	58	Rick Manella	174	57	3	20:39.2	10:20	2:12.6	3	43:16.1	16.6	2:23.8	3	40:41.2	13:07	1:49:13.0
DQ	DQ	Frank Schaefer	189	58	2	16:09.6	8:05	1:32.6	2	35:36.4	20.2	1:17.5	DQ	---	---	---

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Male 60 to 64

Place			-----2M Run -----			T1	-----12M Bike -----			T2	----- 3.1M -----			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	35	Mike Gallagher	234	63	1	17:08.4	8:34	0:59.8	2	37:00.5	19.5	0:46.7	1	28:10.1	9:05	1:24:05.8
2	39	Larry Klemens	167	63	2	18:07.9	9:04	1:19.7	1	35:32.0	20.3	1:01.0	3	31:21.6	10:07	1:27:22.3
3	41	David Marburger	168	61	3	18:18.5	9:09	1:21.0	3	37:19.6	19.3	1:30.4	2	30:37.4	9:53	1:29:07.1
4	47	Steven Streitel	176	62	4	18:26.3	9:13	0:33.9	4	40:19.8	17.9	1:12.8	4	32:09.8	10:22	1:32:42.8

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Triathlon

#### Male 65 to 69

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>----2M Run ----</u>		<u>T1</u>	<u>----12M Bike ----</u>			<u>T2</u>	<u>---- 3.1M ----</u>		<u>Total</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	53	James Krumwiede	226	66	1	19:31.4	9:46	1:09.3	1	42:47.2	16.8	1:36.0	1	36:34.0	11:48	1:41:38.1

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Tri Clydesdale

Male 99 and Under
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Place			----2M Run ----					T1	----12M Bike ----			T2	---- 3.1M ----		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	Luke Steinacker	202	38	1	15:48.5	7:54	0:59.0	1	35:12.4	20.5	0:51.6	1	26:31.3	8:33	1:19:22.9
2	2	Jim Paris	215	46	2	18:56.5	9:28	1:21.0	2	37:52.1	19.0	1:09.2	2	33:13.9	10:43	1:32:33.0

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Tri Athena

#### Female 99 and Under

Place		Name	Bib No	Age	----2M Run ----		T1	----12M Bike ----			T2	---- 3.1M ----		Total		
Place	Overall				Rnk	Time		Pace	Time	Rnk		Time	Rate		Rnk	Time
1	1	Jena Suffel	169	29	1	18:06.3	9:03	0:40.7	1	38:35.1	18.7	0:43.4	1	31:12.8	10:04	1:29:18.4

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon

#### Female Overall Winners

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>12M Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	10	Pamela Engle	230	31	****	29:21.0	9:28	1:16.7	****	45:24.6	15.9	1:12.2	****	33:43.0	10:53	1:50:57.6

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon

#### Female 40 to 44

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>12M Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	12	Shelly Bussard	151	41	1	38:04.9	12:17	1:25.2	1	45:19.5	15.9	1:27.0	1	40:08.2	12:57	2:06:24.9

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon

#### Male Overall Winners

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>12M Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	1	Lou Moore	195	45	****	20:41.6	6:40	0:50.2	****	30:46.3	23.4	0:54.5	****	21:46.5	7:01	1:14:59.2



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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon

#### Male 25 to 29

<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>T1</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>T2</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Total</u>	<u>Time</u>
1	3	Rob Schofield	156	29	1	25:04.9	8:05	1:09.3	1	40:18.7	17.9	1:12.2	1	26:23.1	8:31	1:34:08.2	

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon

#### Male 30 to 34

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>12M Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	8	Justin Petty	153	30									1	1:41:36.5	5:35	1:41:36.5

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon

#### Male 40 to 44

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>12M Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	6	Blacque Clement	224	43	1	22:41.1	7:19	1:16.4	2	47:31.1	15.2	0:51.6	1	26:10.7	8:26	1:38:31.1
2	11	Kris Bussard	239	43	3	38:04.4	12:17	1:27.7	1	45:14.8	15.9	1:52.5	3	39:44.7	12:49	2:06:24.3
3	13	Joe Stevens	155	43	2	34:39.2	11:11	0:54.3	3	51:49.8	13.9	1:10.6	2	39:33.4	12:45	2:08:07.4

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon

#### Male 45 to 49

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>12M Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>3.1M Time</u>	<u>Pace</u>	<u>Total Time</u>
1	4	Matt Jamiron	233	47	1	26:48.1	8:39	1:39.9	1	38:47.2	18.6	1:51.2	1	28:14.8	9:06	1:37:21.4
2	9	Alex Fensore	218	46	2	29:21.7	9:28	1:22.5	2	45:12.9	15.9	0:56.7	2	30:19.2	9:47	1:47:13.3

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon

#### Male 50 to 54

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>12M Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>3.1M Time</u>	<u>Pace</u>	<u>Total Time</u>
1	2	Bill Robb	152	53	1	23:40.3	7:38	0:50.3	3	43:46.3	16.5	0:48.1	1	24:42.2	7:58	1:33:47.4
2	5	Tom Roach	240	53	3	27:22.9	8:50	1:26.7	1	37:24.7	19.3	1:33.1	2	29:42.0	9:35	1:37:29.5
3	7	Stephen Schill	235	54	2	25:38.3	8:16	0:55.5	2	39:35.0	18.2	1:11.8	3	32:18.7	10:25	1:39:39.5

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon Clydesdale

#### Male 99 and Under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>12M Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	1	Matthew Beal	159	41	1	29:53.2	9:38	1:40.0	1	36:02.0	20.0	1:34.2	1	33:14.7	10:43	1:42:24.3
2	2	Mike Eldred	154	42	2	31:06.8	10:02	1:38.8	2	36:57.5	19.5	1:30.0	2	37:15.8	12:01	1:48:29.1

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon MALE Team

Male 99 and Under
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<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M Time</u>	<u>Pace</u>	<u>T1 Time</u>	<u>Rnk</u>	<u>12M Bike Time</u>	<u>Rate</u>	<u>T2 Time</u>	<u>Rnk</u>	<u>3.1M Time</u>	<u>Pace</u>	<u>Total Time</u>
1	1	TEAM Turner	170	32	1	21:58.5	7:05	0:16.0	1	34:38.1	20.8	0:18.5	1	24:15.9	7:49	1:21:27.2
2	2	TEAM Nathan Nemire	158	27	2	23:16.0	7:30	0:25.2	2	40:21.8	17.8	0:17.5	2	24:34.2	7:55	1:28:54.8

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# 2016 Sheffield Lake Triathlon & Duathlon

## Age Group Results

### Duathlon FEMALE Team

#### Female 99 and Under

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>12M Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>3.1M</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	1	TEAM Hornick Gregg	157	23	1	27:20.2	8:49	0:40.3	1	47:31.6	15.2	0:58.6	1	30:31.3	9:51	1:47:02.1