

INDOOR TRIATHLON FEB 27th 2021

Last Name	First Name	Swim	Bike	Run	Total Time
Individual					
Briggs	Laura	11:55.0	36:30.0	23:36.0	1hr 12 min 1 sec
Castelli	Tayana	12:39.5	37:08.0	25:18.0	1 hr 15 min 5 sec
Colster	Christopher	07:07.0	16:06.0	07:32.0	30:45.0
Connell	Holly	10:36.6	30:59.0	21:16.0	1hr 2 min 51 sec
Coy	Cynthia	07:56.7	19:50.0	10:38.0	38:24.7
Coy	Briele			17:46.0	17:46.0
Davis	Jennifer	06:52.2	16:06.0	07:44.0	30:42.2
Foster	Quinton	11:51.0	29:00.0	20:05.0	1 hr 56 sec
Garvich	Penn	12:10.9	34:01.0	25:44.0	1hr 11 min 55 sec
Hames	Leslie	08:20.0	19:54.0	07:55.0	36:09.0
Hames	Maddie	08:33.4	21:13.0	11:04.0	40:50.4
Hames	Lauren	07:29.0	19:00.0	08:03.0	34:32.0
Hames	Matthew	09:00.0	27:27.0		36:27.0
Haselden	Monique	17:35.0	52:55.0	44:46.0	1 hr 55 min 16 sec
Holland	Daisha	05:21.0	18:45.0	07:39.0	31:45.0
Jones	Sarah	05:23.2	20:00.0	10:05.0	35:28.2
Jones	Zoe	01:31.0		06:49.0	08:20.0
Lawrence	Isaiah	05:42.8	16:08.0	07:21.0	29:11.7
McCay	Natalie	12:09.4	36:04.0	23:55.0	1hr 12 min 8 sec
Moore	Maryjon	10:48.9	45:10.0	35:11.0	1 hr 31 min 9 sec
Nichols	Rob	07:38.0	14:21.0	07:04.0	29:03.0
Nikonchuk	Gregory				00:00.0
O'neal	Mallory	06:09.0	15:03.0	07:18.0	28:30.0
Sheffer	Kanako	09:25.6	20:30.0	18:34.0	48:29.6
Sheffer (Bike only)	Gary		23:58.0		23:58.0
Sheffer (Run and Swim only)	Will	05:21.0		15:11.0	20:32.0
Shively	Sean	09:33.0	32:09.0	23:38.0	1 hr 5 min 20 sec
Sweeney	Megan				00:00.0
Swinney	Owen	01:50.0	04:55.0	11:47.0	18:32.0
Swinney	Ethan	02:04.0	03:43.0	11:48.0	17:35.0
Trenkle	Stephen	02:38.0	03:54.0	13:40.0	20:12.0
Trenkle	Peter	16:07.0	31:32.0	32:23.0	1hr 32 min
Trenkle	Laura	14:15.7	33:23.0	37:52.0	1 hr 25 min 30 sec
Wathen	Caroline	10:41.3	34:45.0	29:18.0	1 hr 14 min 44 sec
1st Youth Female Beginner Duathlon 7-9		Zoe Jones 8 min 20 sec			
1st Male Beginner 10-12		Ethan Swinney 17 min 35 sec			
2nd Male Beginner 10-12		Owen Swinney 18 min 32 sec			
3rd Male Beginner 10-12		Stephen Trenkle 20 min 12sec			
1st Female Beginner 10-12		Maddie Hames 40 min 50 sec			
1st Beginner Male 15 and under		Isaiah Lawrence 29 min 11 sec			
1st Beginner Female 15 and under		Leslie Hames 36 min 9 sec			
1st Beginner Female 16-19		Lauren Hames 34 min 32 sec			
1st Advanced Female 30-39		Holly connell 1 hr 2 min 51 sec			
2nd Advanced Female 30-39		Laura Briggs 1 hr 12 min 1 sec			
3rd Advanced Female 30-39		Natalie McCay 1 hr 12 min 8 sec			
1st Beginner Female 30-39		Mallory Oneal 28min 30 sec			
2nd Beginner Female 30-39		Jennifer Davis 30min 42 sec			
3rd Beginner Female 30-39		Daisha Holland 31 min 45 sec			
1st Advanced Male 30-39		Matthew Hames 59 min 24 sec			
2nd Advanced Male 30-39		Penn Garvich 1 hr 11 min 55 sec			
1st Beginner Male 40-49		Rob Nichols 29 min 3 sec			
1st Advanced Male 40-49		Quinton Foster 1 hr 56 sec			
2nd Advanced Male 40-49		Peter Trenkle 1 hr 32 min			
1st Advanced Female 40-49		Laura Trenkle 1 hr 25 min			
1st Beginner Female 40-49		Cynthia Coy 38 min 24 sec			
1st Advanced Female 50-59		Monique Haselden 1 hr 55 min 16 sec			
1st Beginner Male 50-59		Christpher Colster 30 min 45 sec			
1st Advanced Male 50-59		Sean Shively 1 hr 5 min 20 sec			
1st Beginner Female 50-59		Kanako Sheffer 48 min 29 sec			
1st Advanced Female 60-69		Maryjon Moore 1 hr 31 min 9 sec			
Team Winner The Sheffer family		43 min			

Winners:

Overall Advanced Winners Male and Female
1st place Matthew Hame 59 min 24 sec
1st place Holly Connell 1 hr 2min 51 sec

Overall Beginner Winners Male and Female
1st Place Rob Nichols 29 min 3 sec
1st Place Mallory O Neal 28 min 30 sec

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