

Race Date
June 17, 2017

SteelMan Triathlon

Overall Results

Sprint Triathlon

Place	Name	Age	Gnd	Swim		T1		Bike		T2		Run		Total Time			
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk		Time	Pace	
1	Carl Johnston	52	M	1	8:49.5	1:11	3	0:47.5	3	35:09.4	21.2	10	0:34.1	3	20:02.9	6:28	1:05:23.5
2	Jason Smoak	27	M	2	8:52.3	1:11	14	1:08.2	4	35:09.7	21.2	5	0:28.0	4	20:27.7	6:36	1:06:06.0
3	Jeremie Obert	29	M	11	10:35.5	1:25	8	0:58.5	8	37:13.0	20.0	2	0:24.7	1	19:18.5	6:14	1:08:30.3
4	Kc Bailey	59	M	12	11:03.1	1:28	11	1:06.6	5	35:19.2	21.1	13	0:36.6	6	20:44.1	6:41	1:08:49.7
5	Cameron Townsend	50	M	26	11:54.1	1:35	43	1:43.5	2	35:01.1	21.3	11	0:34.4	2	19:55.7	6:25	1:09:08.9
6	Nicholas Archer	28	M	13	11:08.0	1:29	13	1:06.8	10	37:55.8	19.7	17	0:40.0	7	21:14.3	6:51	1:12:04.9
7	Scott Tyczka	53	M	28	12:03.6	1:36	20	1:17.0	6	35:56.8	20.7	19	0:40.3	10	22:34.1	7:17	1:12:31.9
8	Paul Schumacher	50	M	6	9:28.7	1:16	10	1:02.8	7	36:22.6	20.5	12	0:34.6	27	25:24.9	8:12	1:12:53.7
9	Brian Goldsmith	31	M	15	11:22.8	1:31	9	1:01.2	13	39:45.3	18.7	35	0:47.7	5	20:38.8	6:39	1:13:35.9
10	Brian Kohl	34	M	19	11:39.0	1:33	7	0:57.1	11	38:05.6	19.6	22	0:44.5	11	22:39.9	7:18	1:14:06.3
11	Ben Barnhardt	43	M	66	14:29.6	1:56	36	1:34.6	1	34:09.4	21.8	42	0:50.8	16	23:27.7	7:34	1:14:32.3
12	Sarah Schaefer	27	F	4	9:10.9	1:13	15	1:11.3	28	41:46.6	17.8	45	0:56.9	9	21:43.4	7:00	1:14:49.2
13	Alexander Spatzer	24	M	3	8:56.8	1:11	53	1:57.2	20	41:12.0	18.1	30	0:46.5	15	23:13.6	7:29	1:16:06.1
14	Peter Boerner	54	M	5	9:14.7	1:14	5	0:56.2	12	39:11.9	19.0	20	0:43.5	60	28:42.7	9:15	1:18:49.2
15	Mike Smith	56	M	14	11:16.0	1:30	18	1:15.0	16	40:28.4	18.4	49	0:58.9	23	24:58.4	8:03	1:18:56.9
16	Jeffrey Colby	25	M	50	13:16.0	1:46	38	1:37.7	22	41:14.4	18.1	71	1:15.3	8	21:36.3	6:58	1:18:59.8
17	Elizabeth Greenwald	35	F	49	13:14.4	1:46	1	0:24.1	25	41:27.3	18.0	8	0:34.0	19	24:30.1	7:54	1:20:09.9
18	Steve Valentino	57	M	31	12:11.3	1:37	4	0:54.2	14	40:02.1	18.6	29	0:46.3	33	26:22.5	8:30	1:20:16.4
19	Beau Riggs	32	M	8	10:11.8	1:21	24	1:24.2	15	40:12.3	18.5	61	1:08.8	44	27:21.7	8:49	1:20:18.9
20	Bill Beardsley	65	M	9	10:20.2	1:23	16	1:12.3	26	41:29.1	18.0	7	0:32.2	39	26:47.4	8:38	1:20:21.3
21	David Pecenco	41	M	18	11:36.5	1:33	28	1:30.3	34	42:53.0	17.4	24	0:44.6	17	24:12.1	7:48	1:20:56.5
22	Bill Haas	31	M	17	11:29.4	1:32	27	1:30.2	9	37:32.2	19.9	16	0:39.2	66	29:59.8	9:40	1:21:10.8
23	Johnny Mawer	62	M	29	12:07.0	1:37	23	1:22.5	21	41:12.4	18.1	56	1:06.6	29	25:27.8	8:13	1:21:16.5
24	Michael Stout	47	M	33	12:14.8	1:38	29	1:31.3	39	43:16.4	17.2	90	1:59.5	14	23:06.7	7:27	1:22:08.8
25	Todd Angrignow	41	M	25	11:51.8	1:35	25	1:27.5	29	41:47.3	17.8	44	0:54.7	35	26:24.7	8:31	1:22:26.2
26	Michael Hann	41	M	24	11:49.9	1:35	56	1:59.4	48	44:28.4	16.8	87	1:46.4	13	23:03.2	7:26	1:23:07.3
27	Bo Shoemaker	33	M	34	12:16.2	1:38	69	2:15.3	46	44:25.2	16.8	75	1:18.8	12	23:02.7	7:26	1:23:18.3
28	Tom Dutton	72	M	21	11:45.4	1:34	30	1:31.6	24	41:19.2	18.0	1	0:18.4	58	28:39.8	9:15	1:23:34.4
29	Chris Hoppe-Spink	50	M	63	14:24.7	1:55	67	2:10.8	23	41:18.7	18.0	69	1:13.3	22	24:43.7	7:58	1:23:51.2
30	Todd Phelps	46	M	16	11:26.8	1:31								93	1:12:27.5	4:40	1:23:54.3
31	Barry Sutton	58	M	30	12:10.2	1:37	72	2:24.9	17	40:36.1	18.4	31	0:46.5	51	28:12.6	9:06	1:24:10.4
32	William Barren	40	M	58	13:53.2	1:51	35	1:34.4	18	40:39.0	18.3	40	0:50.4	54	28:28.9	9:11	1:25:26.1
33	Michael Barrett	24	M	27	12:00.8	1:36	22	1:21.5	51	45:32.3	16.4	18	0:40.1	30	25:51.2	8:20	1:25:26.1

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Overall Results

Sprint Triathlon

Place	Name	Age	Gnd	Swim			T1			Bike			T2		Run			Total Time
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	
34	Peter Rifenburg	17	M	57	13:51.0	1:51	17	1:13.4	40	43:16.8	17.2	4	0:26.7	37	26:38.7	8:35	1:25:26.8	
35	David Shapiro	53	M	65	14:28.5	1:56	51	1:55.9	42	43:21.9	17.2	67	1:11.7	18	24:29.4	7:54	1:25:27.5	
36	David Jones	41	M	82	16:45.1	2:14	44	1:43.8	27	41:42.9	17.9	46	0:57.4	21	24:40.8	7:57	1:25:50.0	
37	Merle Cortellucci	33	F	22	11:49.3	1:35	52	1:56.2	47	44:27.5	16.8	73	1:15.8	40	26:47.4	8:38	1:26:16.2	
38	Paul Swanson	59	M	48	13:13.0	1:46	58	2:04.5	30	42:04.7	17.7	59	1:08.6	48	28:03.5	9:03	1:26:34.4	
39	Ann Densmore	42	F	69	14:40.3	1:57	40	1:42.8	41	43:18.3	17.2	57	1:06.8	32	26:16.8	8:28	1:27:05.1	
40	Guy Robson	58	M	44	13:05.1	1:45	48	1:49.9	50	44:59.6	16.6	15	0:37.7	41	26:48.4	8:39	1:27:20.8	
41	Bradley Hepburn	37	M	32	12:11.9	1:37	2	0:44.6	53	45:49.1	16.3	33	0:47.3	46	27:55.5	9:00	1:27:28.5	
42	Donna Di Giovanni	42	F	54	13:30.3	1:48	47	1:49.9	49	44:48.0	16.6	23	0:44.5	36	26:36.4	8:35	1:27:29.1	
43	Rich Horner	46	M	38	12:40.4	1:41	12	1:06.7	31	42:38.8	17.5	9	0:34.0	71	30:49.6	9:56	1:27:49.6	
44	David Coene	47	M	51	13:19.7	1:47	37	1:37.2	43	43:49.7	17.0	84	1:34.0	45	27:52.6	8:59	1:28:13.4	
45	Matthew Wagner	36	M	39	12:50.1	1:43	62	2:07.6	45	44:11.3	16.9	66	1:11.5	49	28:03.6	9:03	1:28:24.3	
46	Glenn Pawlowski	42	M	43	13:01.9	1:44	34	1:34.4	38	43:16.3	17.2	32	0:46.9	64	29:48.7	9:37	1:28:28.3	
47	Ryan Kelly	33	M	47	13:12.4	1:46	57	2:01.4	37	43:05.2	17.3	89	1:52.4	57	28:37.8	9:14	1:28:49.3	
48	Mike Karb	48	M	79	16:09.0	2:09	87	3:10.8	33	42:47.9	17.4	83	1:33.4	25	25:10.5	8:07	1:28:51.6	
49	Al Dicristofaro	48	M	35	12:19.5	1:39	85	3:05.6	44	43:52.1	17.0	79	1:26.3	53	28:27.5	9:11	1:29:11.1	
50	David Duerk	64	M	46	13:10.0	1:45	41	1:43.0	19	41:02.1	18.2	53	1:04.0	79	32:23.3	10:27	1:29:22.5	
51	Dennis Glascott	57	M	23	11:49.7	1:35	59	2:05.1	55	46:00.9	16.2	58	1:07.7	52	28:19.8	9:08	1:29:23.3	
52	Kevin Zent	47	M	75	15:18.3	2:02	92	4:12.0	32	42:40.5	17.5	78	1:24.3	38	26:47.1	8:38	1:30:22.3	
53	Wendi Czekanski	40	F	67	14:36.0	1:57	39	1:42.7	65	48:07.4	15.5	54	1:05.4	26	25:12.7	8:08	1:30:44.3	
54	Cecelia Favorito	16	F	45	13:06.2	1:45	21	1:20.4	68	49:12.5	15.1	51	0:59.6	34	26:24.3	8:31	1:31:03.1	
55	Anissa Barrett	24	F	53	13:29.0	1:48	45	1:45.5	70	49:35.9	15.0	3	0:26.6	31	26:11.7	8:27	1:31:28.8	
56	Justin Drehs	21	M	78	15:54.0	2:07	42	1:43.2	35	42:54.0	17.4	94	2:24.1	55	28:33.7	9:13	1:31:29.1	
57	Frank Stephen	52	M	40	12:52.3	1:43	76	2:39.1	36	43:00.5	17.3	77	1:22.3	76	32:01.7	10:20	1:31:55.9	
58	John Antinore	40	M	56	13:45.7	1:50	63	2:07.7	54	45:56.1	16.2	21	0:44.0	65	29:53.0	9:38	1:32:26.6	
59	Michael Sticht	37	M	10	10:27.1	1:24	61	2:07.6	76	50:23.8	14.8	63	1:09.3	56	28:36.8	9:14	1:32:44.7	
60	Zachary Mecca	32	M	52	13:26.0	1:47	31	1:32.4	67	48:20.7	15.4	6	0:28.5	61	29:12.2	9:25	1:32:59.9	
61	Eileen Grew	60	F	55	13:34.2	1:49	6	0:56.6	52	45:42.3	16.3	26	0:45.3	77	32:05.6	10:21	1:33:04.0	
62	Michael McCullough	61	M	60	14:02.5	1:52	49	1:53.6	64	48:06.9	15.5	62	1:08.8	47	27:56.6	9:01	1:33:08.5	
63	Ken Dobinskiq	51	M	77	15:53.0	2:07	71	2:23.6	56	46:09.3	16.1	43	0:53.8	62	29:24.4	9:29	1:34:44.2	
64	Donna Mager	58	F	42	12:58.8	1:44	77	2:43.2	71	49:42.4	15.0	81	1:31.5	50	28:06.0	9:04	1:35:02.0	
65	Mark Harasimowicz	58	M	81	16:40.5	2:13	91	3:39.8	57	46:17.9	16.1	48	0:58.4	59	28:40.3	9:15	1:36:17.0	
66	Emily Dolan	20	F	68	14:38.0	1:57	78	2:47.1	80	53:13.6	14.0	70	1:13.5	24	25:08.9	8:06	1:37:01.2	

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Place	Name	Age	Gnd	Swim			T1			Bike			T2		Run		Total Time
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	
67	Joseph Gilfus	51	M	74	15:03.9	2:00	81	2:48.0	58	46:30.3	16.0	93	2:22.0	70	30:42.5	9:54	1:37:26.7
68	Allison Robson	21	F	62	14:15.1	1:54	55	1:58.3	79	51:34.2	14.5	65	1:11.0	69	30:13.2	9:45	1:39:11.9
69	Charles W Malone	64	M	41	12:54.2	1:43	73	2:25.5	78	51:24.0	14.5	68	1:12.0	73	31:27.9	10:09	1:39:23.7
70	Mark Mizerkiewicz	52	M	84	16:50.3	2:15	60	2:05.2	66	48:11.0	15.5	25	0:45.1	75	31:38.4	10:12	1:39:30.1
71	Michael Harasimowicz	29	M	90	19:12.5	2:34	90	3:38.0	73	50:00.7	14.9	72	1:15.5	28	25:27.4	8:13	1:39:34.1
72	Timothy Borowski	50	M	71	14:55.0	1:59	74	2:30.1	62	47:45.2	15.6	82	1:32.3	81	33:32.3	10:49	1:40:15.0
73	Mark Giglio	35	M	72	15:00.0	2:00	88	3:12.4	72	49:56.6	14.9	88	1:50.8	72	31:16.0	10:05	1:41:15.9
74	Erica Turner-Nasca	37	F	64	14:25.9	1:55	89	3:29.2	81	53:30.5	13.9	47	0:58.3	63	29:33.0	9:32	1:41:57.1
75	Ryan Dils	20	M	59	13:58.7	1:52	26	1:27.6	90	1:01:12.5	12.2	27	0:45.4	20	24:36.2	7:56	1:42:00.5
76	Roy Husung	58	M	61	14:04.6	1:53	79	2:47.4	83	54:55.4	13.6	41	0:50.8	67	30:10.2	9:44	1:42:48.6
77	Gary Gillett	47	M	89	18:50.8	2:31	83	2:55.2	75	50:20.8	14.8	39	0:50.2	68	30:11.1	9:44	1:43:08.3
78	Ran Duan	27	M	73	15:01.3	2:00	66	2:10.5	82	54:22.6	13.7	60	1:08.7	74	31:31.2	10:10	1:44:14.4
79	Mark Garguilo	63	M	88	18:29.8	2:28	86	3:05.7	59	46:39.8	16.0	80	1:26.7	83	35:18.7	11:23	1:45:00.8
80	Victor Fritsch	14	M	7	10:00.3	1:20	65	2:09.8	94	1:05:33.8	11.4	34	0:47.3	43	26:57.3	8:42	1:45:28.6
81	Lenora Stout	45	F	94	21:05.7	2:49	46	1:49.4	74	50:20.7	14.8	76	1:20.7	80	32:47.0	10:35	1:47:23.5
82	Cheryl Dobinski	49	F	87	17:35.0	2:21	82	2:50.2	69	49:28.3	15.1	52	1:04.0	84	36:36.5	11:48	1:47:34.0
83	Matt Kosinski	44	M	36	12:29.9	1:40	19	1:15.7	60	46:47.8	15.9	85	1:40.7	92	46:32.8	15:01	1:48:47.1
84	Kelsey Williams	27	F	20	11:42.3	1:34	32	1:32.7	93	1:02:27.4	11.9	50	0:59.3	78	32:19.7	10:25	1:49:01.5
85	Claire Finnerty	21	F	70	14:50.4	1:59	64	2:09.0	87	59:06.7	12.6	55	1:06.1	82	33:59.8	10:58	1:51:12.2
86	Scott Iggulden	51	M	80	16:16.4	2:10	84	2:57.8	63	47:48.9	15.6	92	2:08.3	90	42:53.5	13:50	1:52:05.0
87	Rebecca Carter	52	F	93	20:55.6	2:47	75	2:38.3	92	1:01:31.4	12.1	14	0:37.4	42	26:51.1	8:40	1:52:33.9
88	Elizabeth Spangler	28	F	76	15:44.7	2:06	68	2:13.8	84	56:16.4	13.2	38	0:49.7	89	42:16.9	13:38	1:57:21.6
89	Kelly Roberts	47	F	83	16:46.9	2:14	80	2:47.7	89	1:00:18.9	12.4	64	1:10.6	87	38:38.0	12:28	1:59:42.2
90	Amy Gillett	46	F	95	21:45.8	2:54	54	1:58.2	88	59:13.1	12.6	74	1:16.4	85	37:00.1	11:56	2:01:13.7
91	Michele Rebmann	47	F	92	20:28.1	2:44	93	4:29.5	86	56:44.3	13.1	86	1:45.8	86	38:20.1	12:22	2:01:47.8
92	Michael Price	59	M	91	19:23.4	2:35	95	5:40.3	85	56:21.4	13.2	91	1:59.9	88	40:05.3	12:56	2:03:30.3
93	Ashley Williams	30	F	85	17:27.6	2:20	33	1:33.8	91	1:01:27.6	12.1	37	0:49.2	91	44:38.3	14:24	2:05:56.7
DNF	Emily Hojnacki	31	F	96	22:05.8	2:57	94	4:58.9									
DQ	James Williams	31	M	37	12:31.1	1:40	50	1:55.4	61	47:13.1	15.8	36	0:49.1	DQ	12:32.7	4:03	1:15:01.6
DQ	Robert Lunn	37	M	DQ	12:02.2	1:36	24	1:23.9	51	45:08.1	16.5	85	1:39.9	1	15:55.8	5:08	1:16:10.0
DQ	James Crooks	49	M	86	17:34.6	2:21	70	2:20.5	77	50:45.3	14.7	28	0:45.9	DQ	12:22.4	3:59	1:23:48.7

Sprint Triathlon Teams

Race Date

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Overall Results

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				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk		Time	Pace	
1	Lorenz/Maciag/Zimmerman	44	M	1	11:41.7	1:33	4	0:42.4	1	42:53.2	3:27	4	0:32.2	1	24:11.8	7:48	1:20:01.3
2	Braun/Brugger/Burt	32	F	2	12:24.6	1:39	1	0:25.2	2	54:48.8	4:25	1	0:22.4	3	29:13.1	9:25	1:37:14.1
3	Tyll/Wetmore	54	F	3	13:37.1	1:49	3	0:25.6	3	58:25.1	4:42	3	0:25.0	4	32:32.4	10:30	1:45:25.4
4	Ellison/Ford/Gage	19	F	4	13:49.7	1:51	2	0:25.2	4	1:06:23.9	5:21	2	0:23.1	2	29:03.0	9:22	1:50:05.0

Sprint Duathlon

Place	Name	Age	Gnd	Run		T1		Bike		T2		Run		Total Time			
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk		Time	Pace	
1	James Roche	57	M	2	10:24.8	5:12	1	0:23.1	2	37:31.1	3:01	1	0:25.7	2	21:59.5	7:05	1:10:44.2
2	Kevin Smith	45	M	3	10:37.4	5:19	6	0:49.0	1	35:19.2	2:51	7	0:45.3	3	23:22.4	7:32	1:10:53.4
3	Dominic Tocco	56	M											15	1:11:30.7	4:05	1:11:30.7
4	Matthew Gelatt	26	M	1	9:45.5	4:53	4	0:44.9	5	41:28.4	3:20	3	0:33.5	1	21:46.7	7:01	1:14:19.1
5	Rachel (fashano Brooks	40	F	7	11:50.6	5:55	2	0:41.2	3	38:48.4	3:07	2	0:29.4	5	26:30.9	8:33	1:18:20.7
6	Gerad Levey	38	M	4	10:58.0	5:29	13	1:12.1	6	46:23.4	3:44	12	1:06.1	7	27:12.8	8:46	1:26:52.5
7	Esther Kibbe	35	F	10	13:24.8	6:42	9	1:01.6	8	52:09.8	4:12	15	1:22.2	4	26:20.6	8:30	1:34:19.0
8	Tom Lepage	60	M	8	12:45.3	6:23	3	0:42.8	9	52:10.9	4:12	10	1:00.3	8	28:55.9	9:20	1:35:35.3
9	Kelly Carretto	34	F	13	14:52.8	7:26	7	0:49.4	7	48:09.1	3:53	4	0:37.9	10	33:34.1	10:50	1:38:03.4
10	Seth Pullen	39	M	9	13:24.2	6:42	11	1:03.9	12	54:31.3	4:23	6	0:44.0	9	29:20.2	9:28	1:39:03.6
11	Jennifer Dellapenta	36	F	6	11:44.2	5:52	15	1:28.7	14	1:00:19.8	4:51	5	0:39.3	6	26:56.2	8:41	1:41:08.3
12	Becca Kent	25	F	14	15:56.1	7:58	12	1:07.8	10	53:15.6	4:17	9	1:00.1	13	39:46.2	12:50	1:51:05.8
13	Elise Personte	23	F	12	14:41.5	7:21	14	1:12.1	13	57:26.3	4:37	11	1:05.2	12	39:43.7	12:49	1:54:08.9
14	Richard Lasko	39	M	11	13:27.3	6:44	16	1:54.7	15	1:03:42.1	5:08	16	1:38.6	11	34:43.9	11:12	1:55:26.7
15	Sharon Carretto	57	F	16	20:22.5	10:11	5	0:45.4	11	53:43.2	4:20	13	1:07.5	14	44:29.4	14:21	2:00:28.1
DNF	Jamie Howard	52	M	15	19:44.2	9:52	10	1:03.2	16	1:06:25.0	5:21	14	1:11.0				
DQ	Karen Busse	53	F	5	11:38.6	5:49	8	0:51.0	4	40:32.6	3:16	8	0:54.3	DQ	11:28.9	3:42	1:05:25.4

Clydesdale / Athena

Place	Name	Age	Gnd	Swim		T1		Bike		T2		Run		Total Time			
				Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk		Time	Pace	
1	Paul Rignel	43	M	2	11:21.7	1:31	1	2:18.2	2	48:44.2	3:55	2	1:01.0	1	26:59.5	8:42	1:30:24.8
2	Peter Bestajovsky	30	M	4	17:47.8	2:22	3	2:44.8	1	47:50.6	3:51	1	0:37.4	2	32:59.9	10:38	1:42:00.6
3	Samantha Little	41	F	3	12:06.0	1:37	2	2:30.7	3	56:27.6	4:33	3	1:08.3	3	34:06.2	11:00	1:46:18.9
4	Zachary Greymont	22	M	1	10:48.9	1:26	4	3:31.8	4	1:11:39.5	5:46	4	1:26.5	4	41:27.7	13:22	2:08:54.4