

Race Date
July 13, 2019

WhiteWater Triathlon
Overall Results

Long

Place	Name	Bib	----WarmUp ----			---- T1 ----			---- Bike ----			---- T2 ----			---- Run ----			Total Time
			Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	
1	Lars Johansson	1030	4	4:59.0	4:09	15	0:41.4		1	1:26:30.2	3:46	6	0:39.4	2	32:52.0	5:03	2:05:42.3	
2	Donny Forsyth	1017	8	5:04.3	4:14	1	0:21.5		2	1:26:43.1	3:46	2	0:27.0	3	35:04.3	5:24	2:07:40.4	
3	Hunter Root	1056	24	5:32.0	4:37	27	0:54.4		3	1:32:43.1	4:02	19	1:06.8	10	38:52.4	5:59	2:19:09.0	
4	Ryan Hobbs	1028	10	5:09.5	4:18	14	0:40.6		7	1:37:05.5	4:13	4	0:33.6	6	37:13.6	5:44	2:20:42.9	
5	Niko Fraser	1019	15	5:20.2	4:27	20	0:47.7		5	1:35:20.0	4:09	17	1:01.8	9	38:32.9	5:56	2:21:02.6	
6	Brian Smith	1060	12	5:14.4	4:22	16	0:41.6		8	1:37:31.7	4:14	5	0:33.7	7	37:26.2	5:46	2:21:27.8	
7	Shawn Stinson	1164	27	5:46.5	4:49	7	0:34.5		6	1:35:21.6	4:09	12	0:52.4	12	39:45.5	6:07	2:22:20.7	
8	Chris Caamano	1006	5	5:00.2	4:10	5	0:30.0		4	1:34:21.8	4:06	1	0:26.3	21	44:36.0	6:52	2:24:54.5	
9	Jacob Watkins	1065	16	5:21.5	4:28	40	1:12.2		9	1:39:34.0	4:20	14	0:57.4	13	39:45.6	6:07	2:26:51.1	
10	Ruben Montano	1039	19	5:24.6	4:31	9	0:35.6		14	1:44:59.7	4:34	10	0:51.6	11	39:44.2	6:07	2:31:35.9	
11	Daniel Pering	1049	21	5:27.1	4:33	18	0:43.9		12	1:42:48.1	4:28	22	1:13.1	18	42:02.7	6:28	2:32:15.1	
12	Ross Hartney	1026	22	5:28.6	4:34	28	0:56.0		15	1:45:34.5	4:35	7	0:40.5	14	40:48.7	6:17	2:33:28.3	
13	Alex Lange	1033	6	5:00.7	4:11	8	0:34.6		10	1:40:25.5	4:22	37	2:01.6	30	49:07.5	7:33	2:37:10.0	
14	Laurent Painchald	1161	14	5:20.0	4:27	41	1:12.8		20	1:53:57.1	4:57	13	0:52.6	8	37:35.4	5:47	2:38:58.2	
15	Rick Clark	1009	30	5:53.5	4:55	25	0:51.7		16	1:49:32.3	4:46	24	1:18.9	15	41:26.9	6:23	2:39:03.4	
16	Blake Guzewicz	1023	9	5:05.1	4:14	21	0:48.4		13	1:43:54.3	4:31	34	1:56.2	26	47:26.3	7:18	2:39:10.4	
17	Maggie Lavender	1034	42	6:32.9	5:27	39	1:10.9		11	1:41:50.5	4:26	38	2:16.3	29	48:26.8	7:27	2:40:17.6	
18	Ryan Treadway	1064	11	5:11.1	4:19	30	0:58.3		19	1:52:48.3	4:54	15	0:59.3	19	42:39.0	6:34	2:42:36.2	
19	scott robertson	1055	2	4:43.9	3:57	44	1:18.1		27	1:58:12.0	5:08	27	1:34.4	20	43:43.2	6:44	2:49:31.9	
20	Adam Bratton	1003	38	6:30.2	5:25	22	0:48.6		25	1:57:55.8	5:08	46	3:01.7	16	41:32.2	6:23	2:49:48.6	
21	Dan Kraus	1032	25	5:33.1	4:38	6	0:32.9		17	1:50:05.7	4:47	25	1:22.0	36	52:45.9	8:07	2:50:19.8	
22	Christopher Willetts	1166	13	5:15.1	4:23	35	1:02.0		18	1:50:24.3	4:48			39	54:05.6	8:19	2:50:47.2	
23	Paul Brunson	1005	31	6:13.3	5:11	38	1:10.2		23	1:56:55.2	5:05	30	1:37.4	27	47:28.8	7:18	2:53:25.1	
24	Jeffrey Lucy	1036	28	5:48.6	4:51	43	1:15.8		22	1:55:54.6	5:02	26	1:24.9	31	49:42.7	7:39	2:54:06.8	
25	Corey Crowder	1068	20	5:25.1	4:31	3	0:23.7		41	2:11:25.7	5:43	8	0:43.7	4	36:22.0	5:36	2:54:20.4	
26	Robert Lefler	1035	41	6:32.5	5:27	37	1:09.7		21	1:54:18.3	4:58	23	1:14.0	33	51:39.1	7:57	2:54:53.9	
27	Jason Gasparik	1020	45	6:42.4	5:35	49	1:31.8		24	1:57:39.5	5:07	28	1:34.4	28	47:39.4	7:20	2:55:07.6	
28	Patrick Rice	1054	1	4:30.7	3:46	2	0:22.8		42	2:14:53.2	5:52	18	1:03.6	5	36:35.2	5:38	2:57:25.8	
29	Christina Newport	1042	40	6:32.0	5:27	34	1:01.4		35	2:03:35.5	5:22	11	0:51.8	23	45:39.3	7:01	2:57:40.2	
30	Ryan McGhee	1138	44	6:39.8	5:33	53	1:53.9		28	1:58:20.8	5:09	43	2:54.8	34	51:53.1	7:59	3:01:42.5	
31	christopher campbell	1007	35	6:23.3	5:19	31	0:59.8		40	2:10:45.7	5:41	40	2:21.8	17	41:55.3	6:27	3:02:26.0	
32	John Crombez	1010	37	6:28.3	5:24	24	0:51.6		30	2:01:09.3	5:16	9	0:46.4	38	53:53.2	8:17	3:03:09.1	
33	Robert Heim	1027	46	6:49.5	5:41	26	0:51.8		31	2:02:14.1	5:19	16	1:00.4	37	52:51.5	8:08	3:03:47.4	

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			Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	
34	Matthew Franks	1018	43	6:34.8	5:29	52	1:50.4		33	2:02:53.6	5:21	47	3:05.7		32	50:05.0	7:42	3:04:29.6
35	Spryng Briggs	1004	39	6:31.8	5:27	51	1:39.9		39	2:10:10.4	5:40	21	1:12.2		25	46:21.4	7:08	3:05:55.9
36	Evan Simpson	1058	52	7:26.4	6:12	46	1:26.6		29	2:00:20.1	5:14	20	1:09.3		42	56:38.0	8:43	3:07:00.5
37	KEVIN CANTWELL	1008	48	6:55.4	5:46	32	0:59.9		32	2:02:26.6	5:19	31	1:37.6		43	57:35.2	8:52	3:09:34.9
38	Carson Pavkov	1048	29	5:51.7	4:53	11	0:35.6		26	1:58:09.5	5:08	50	3:47.0		49	1:04:26.3	9:55	3:12:50.3
39	Howard Nickelson	1043	33	6:19.5	5:16	17	0:42.2		34	2:03:22.1	5:22	29	1:36.6		46	1:01:20.4	9:26	3:13:21.0
40	Michael Stauffer	1062	17	5:22.1	4:28	23	0:50.3		38	2:07:21.5	5:32	41	2:37.9		45	1:00:35.9	9:19	3:16:47.8
41	Rusty Smith	1059	34	6:19.6	5:16	47	1:27.0		36	2:04:44.4	5:25				50	1:04:52.7	9:59	3:17:23.8
42	Jake Way	1066	32	6:14.2	5:12	48	1:31.1		43	2:17:33.8	5:59	32	1:49.2		35	52:12.9	8:02	3:19:21.3
43	Davis Murphy	1041	3	4:55.6	4:06	19	0:46.0		49	2:28:20.0	6:27	35	1:57.2		22	44:42.4	6:53	3:20:41.4
44	Jordan Jackson	1029	36	6:26.0	5:22	4	0:28.7		45	2:20:05.2	6:05	3	0:30.5		40	54:40.2	8:25	3:22:10.9
45	Matthew Gillespie	1021	7	5:02.6	4:12	10	0:35.6		37	2:07:12.2	5:32	39	2:20.1		51	1:10:12.8	10:48	3:25:23.5
46	Douglas Ehlers	1012	23	5:29.2	4:34	13	0:37.7		52	2:59:45.5	7:49	45	3:01.7		1	18:08.6	2:47	3:27:02.8
47	Jim Emery	1013	47	6:51.3	5:43	42	1:14.8		44	2:17:34.6	5:59	44	2:58.8		44	58:45.4	9:02	3:27:25.1
48	Matt Fletcher	1016	18	5:22.6	4:29	33	1:00.3		46	2:23:46.0	6:15	48	3:07.8		41	55:32.5	8:33	3:28:49.4
49	karen quigley	1052	51	7:24.3	6:10	36	1:02.7		47	2:24:12.2	6:16	36	2:01.4		48	1:03:39.5	9:48	3:38:20.3
50	Aaron Morrill	1040	50	7:20.9	6:07	50	1:33.2		48	2:25:04.5	6:18	42	2:52.1		47	1:02:18.8	9:35	3:39:09.6
51	John Kowal	1031	26	5:38.1	4:42		0:36.4						2:59:54.4	7:49	24	46:01.3	7:05	3:52:10.2
DQ	William Zuercher	1067	49	7:16.5	6:04	45	1:24.3		50	2:35:14.7	6:45	49	3:12.1		DQ	23:03.1	3:33	3:10:10.8
DQ	Heidi Reynolds	1053	53	7:55.5	6:36	29	0:56.2		51	2:57:27.0	7:43	33	1:50.6		DQ	30:43.5	4:44	3:38:53.0