

# YMCA Spirit, Mind, Body Sprint Triathlon

Saturday, August 15, 2009

Swim 700 Yards - Bike 17.2 Miles - Run 3.1 Miles

Female

FIRST	LAST	DIVISION	OVERALL	DIVPL	SEXPL	SWIM	RATE	RANK	T1	BIKE	RATE	RANK	T2	RUN	RATE	RANK	TIME
Alisha	McDaniel	F3034	8	1	1/92	9:41	1:31	42	0:56	47:05	21.9	15	0:42	20:22	6:34	2	1:18:43
Leslie	Vanwinkle	F2024	29	1/9	2/92	6:25	1:01	1	1:35	53:29	19.3	85	0:34	22:58	7:25	22	1:24:59
Tanya	Hitch	F3034	41	1/10	3/92	7:40	1:12	5	1:55	51:04	20.2	61	1:21	25:49	8:20	73	1:27:47
Maria	Gramelspacher	F2024	46	2/9	4/92	7:27	1:10	2	1:43	56:26	18.3	120	0:25	22:43	7:20	17	1:28:41
Rita	Uebelhor	F4549	51	1/10	5/92	11:35	1:49	124	1:09	52:37	19.6	76	0:55	22:47	7:21	18	1:29:01
Christine	Alvey	F3034	60	2/10	6/92	9:31	1:30	34	1:43	53:57	19.1	94	0:23	24:51	8:01	57	1:30:24
Shannon	Brasseale	F3034	63	3/10	7/92	11:19	1:47	109	1:15	53:43	19.2	88	1:06	23:18	7:31	30	1:30:40
Megan A.	Tolen	F2024	78	3/9	8/92	10:28	1:38	72	2:11	54:40	18.9	101	1:23	24:10	7:48	45	1:32:49
Michele	Applegate	F2529	79	1/14	9/92	10:19	1:37	64	1:29	56:58	18.1	132	1:22	22:58	7:25	23	1:33:05
Amy	Diekmann	F2529	87	2/14	10/92	9:57	1:34	53	2:45	57:37	17.9	139	0:54	23:50	7:42	41	1:35:02
Lois	Curtis	F3539	88	1/26	11/92	11:29	1:48	119	2:06	55:43	18.5	113	1:06	24:41	7:58	55	1:35:03
Tara	Crowley	F3539	91	2/26	12/92	10:28	1:39	74	1:41	57:23	18.0	136	1:39	24:14	7:49	46	1:35:22
Krystle	Bassler	F2529	94	3/14	13/92	10:41	1:41	80	0:57	56:04	18.4	116	1:33	26:26	8:32	87	1:35:40
Melanie	Krueger	F4044	95	1/9	14/92	11:41	1:50	126	1:36	58:31	17.6	145	0:33	23:20	7:32	31	1:35:40
Martha	Klueh	F5054	98	1/5	15/92	9:30	1:29	33	1:27	59:03	17.5	157	0:51	25:52	8:21	77	1:36:41
Angie	Sims	F3539	99	3/26	16/92	12:16	1:55	154	1:26	51:27	20.1	66	1:55	29:49	9:37	146	1:36:51
Adrienne	Golubski	F2529	100	4/14	17/92	10:36	1:40	77	2:01	56:34	18.2	122	1:55	25:50	8:20	75	1:36:54
Cynthia	Carmack	F3034	112	4/10	18/92	9:21	1:28	29	2:05	59:35	17.3	165	1:20	26:45	8:38	92	1:39:04
Catherine	Broshears	F3539	120	4/26	19/92	12:00	1:53	137	1:20	56:00	18.4	115	1:05	29:30	9:31	142	1:39:54
Katie	Hemmings	F2024	122	4/9	20/92	10:06	1:35	55	1:05	57:51	17.8	141	0:50	30:25	9:49	152	1:40:14
Diana	Holland	F5054	129	2/5	21/92	10:18	1:37	61	0:47	55:30	18.6	111	1:38	33:10	10:42	190	1:41:21
Kara	Zimmer	F2529	133	5/14	22/92	11:57	1:52	136	1:21	56:48	18.2	126	0:29	31:40	10:13	174	1:42:13
Nicole	Eden	F2529	134	6/14	23/92	12:07	1:54	144	1:10	56:13	18.4	117	0:35	32:11	10:23	181	1:42:13
Jaime	Hammond	F3539	137	5/26	24/92	10:27	1:38	71	1:30	1:00:39	17.0	181	0:48	29:06	9:23	135	1:42:28
Jill	Risch	F3539	139	6/26	25/92	12:43	2:00	182	1:31	58:42	17.6	149	1:08	28:46	9:17	125	1:42:49
Theresa	Heerd	F3034	142	5/10	26/92	11:00	1:44	92	2:18	1:02:36	16.5	199	1:04	26:32	8:34	88	1:43:28
Kelli	Knust	F1519	147	1/4	27/92	10:20	1:37	65	1:47	1:06:17	15.6	229	0:55	24:41	7:58	54	1:43:57
Amy	Mischler	F3034	150	6/10	28/92	12:07	1:54	143	1:27	1:00:36	17.0	179	1:31	29:20	9:28	139	1:44:59
Jessica	Carder	F2529	154	7/14	29/92	16:19	2:33	269	1:54	1:00:30	17.1	177	1:03	25:36	8:16	67	1:45:21
Janet	Delancey	F4044	155	2/9	30/92	13:08	2:04	202	2:14	1:00:43	17.0	184	1:03	28:21	9:09	118	1:45:28
Suzanne	Stetter	F4549	156	2/10	31/92	12:38	1:59	178	1:45	1:01:37	16.7	193	0:30	29:28	9:31	141	1:45:56
Jenna	Denstorff	F2024	157	5/9	32/92	9:43	1:32	43	1:38	57:14	18.0	134	1:13	36:12	11:41	226	1:45:58
Laura	Grimes	F3539	158	7/26	33/92	9:45	1:32	44	2:38	56:28	18.3	121	1:17	35:55	11:35	221	1:46:01
Julie	Richison	F4549	159	3/10	34/92	11:24	1:47	113	1:39	1:00:05	17.2	174	1:44	31:17	10:06	167	1:46:06
Andrea	Titzer	F3539	162	8/26	35/92	10:50	1:42	87	2:52	56:51	18.2	129	2:06	33:38	10:51	197	1:46:15
Jenna	Talbert	F3539	163	9/26	36/92	12:25	1:57	165	1:26	59:48	17.3	170	1:27	31:22	10:08	169	1:46:26
Hallie	Denstorff	F2024	166	6/9	37/92	9:49	1:32	45	2:10	58:42	17.6	148	0:39	35:33	11:28	214	1:46:51
Shanna	Morris	F5054	167	3/5	38/92	11:41	1:50	127	1:22	56:40	18.2	123	1:54	35:18	11:24	211	1:46:53
Jennifer	Land	F3539	170	10/26	39/92	9:04	1:25	21	2:12	59:27	17.4	164	1:30	35:06	11:20	209	1:47:17
Carrie	Bates	F3539	172	11/26	40/92	12:35	1:58	176	1:11	59:11	17.4	158	1:04	33:19	10:45	193	1:47:19
Anne	Leslie	F2529	183	8/14	41/92	11:18	1:46	108	1:16	1:02:37	16.5	200	1:01	33:28	10:48	195	1:49:37
Jenny	Skelton	F3539	186	12/26	42/92	11:02	1:44	95	2:06	1:07:03	15.4	234	1:35	28:54	9:20	129	1:50:38
Traci	Shepherd	F3539	188	13/26	43/92	13:51	2:10	220	2:00	1:00:25	17.1	176	1:42	33:00	10:39	188	1:50:56
Kelly	Buchanan	F2529	189	9/14	44/92	12:26	1:57	166	1:29	1:00:53	17.0	185	1:34	34:38	11:11	207	1:50:58
Cyndi	Hoon-Donley	F4549	191	4/10	45/92	11:17	1:46	107	3:26	1:05:07	15.8	220	0:18	30:55	9:59	161	1:51:02
Andrea	Lodato	F3034	194	7/10	46/92	10:44	1:41	82	2:16	1:05:56	15.7	225	1:05	31:23	10:08	171	1:51:22
Laura	Noble	F3539	196	14/26	47/92	12:21	1:56	160	2:00	1:05:53	15.7	224	0:42	30:32	9:51	154	1:51:26

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## Female

Mistene Halter	F3539	203	15/26	48/92	13:07	2:03	199	2:42	1:00:55	16.9	186	1:03	35:58	11:37	222	1:53:44
Tricia Baird	F3539	205	16/26	49/92	14:12	2:14	231	1:52	1:04:29	16.0	214	1:39	31:54	10:18	175	1:54:04
Sherry Arnold	F5559	206	1/2	50/92	11:44	1:50	128	1:09	1:02:30	16.5	197	0:38	38:08	12:18	240	1:54:06
Cindy Taylor	F4549	209	5/10	51/92	11:07	1:45	100	3:43	1:07:04	15.4	235	1:10	32:04	10:21	177	1:55:05
Holly Hobgood	F3539	211	17/26	52/92	11:34	1:49	123	1:44	1:03:50	16.2	207	2:36	36:03	11:38	223	1:55:46
Sheila Wallace	F3539	213	18/26	53/92	12:32	1:58	174	2:07	1:01:20	16.8	188	1:36	39:20	12:42	247	1:56:52
Tracy Beer	F2529	216	10/14	54/92	11:26	1:48	115	3:38	1:05:22	15.8	223	3:36	34:25	11:06	206	1:58:25
Shanta Clark	F2529	217	11/14	55/92	10:50	1:42	86	2:00	1:10:38	14.6	252	0:55	34:06	11:00	202	1:58:27
Kim Kasenow	F5054	218	4/5	56/92	13:07	2:03	200	2:01	1:09:50	14.8	249	1:27	32:08	10:22	179	1:58:31
Beth Renschler	F4044	221	3/9	57/92	14:15	2:14	232	2:02	1:04:27	16.0	213	1:22	36:53	11:54	229	1:58:56
Anna Demerly	F4044	222	4/9	58/92	13:28	2:07	212	0:57	1:04:42	16.0	217	1:53	37:59	12:15	237	1:58:57
Amanda Linn	F3539	225	19/26	59/92	12:11	1:55	150	1:34	1:16:40	13.5	264	0:37	28:32	9:13	121	1:59:31
Kerrie Harth	F3539	226	20/26	60/92	11:17	1:46	106	2:15	1:08:32	15.1	242	1:36	36:04	11:38	224	1:59:42
Jessica Russell	F2529	227	12/14	61/92	12:29	1:57	170	2:47	1:02:18	16.6	196	1:23	40:52	13:11	257	1:59:47
Jennifer Freeman	F3539	228	21/26	62/92	15:33	2:26	256	2:46	1:04:07	16.1	210	2:37	34:52	11:15	208	1:59:53
Cindy Dale	F3034	229	8/10	63/92	15:07	2:22	247	3:31	1:05:56	15.7	226	2:12	33:16	10:44	191	2:00:00
Pam Gardner	F4549	230	6/10	64/92	12:20	1:56	159	2:58	1:06:34	15.5	232	1:19	37:03	11:57	230	2:00:13
Linda Clemmer	F5559	231	2/2	65/92	15:47	2:28	262	1:57	1:02:52	16.4	201	1:35	38:04	12:17	239	2:00:13
Michelle Thomas	F4044	232	5/9	66/92	15:46	2:28	261	1:15	1:06:23	15.5	230	1:33	35:46	11:33	219	2:00:41
Jennifer Brown	F4044	233	6/9	67/92	9:02	1:25	20	1:04	1:09:18	14.9	245	2:10	39:36	12:47	249	2:01:09
Amy Lutzell	F3539	236	22/26	68/92	15:09	2:22	249	1:49	1:04:35	16.0	216	2:13	38:00	12:16	238	2:01:45
Dana Clewlow-Bray	F3539	241	23/26	69/92	14:36	2:17	240	1:47	1:04:53	15.9	219	0:22	41:32	13:24	259	2:03:08
Erin Arnold	F2024	242	7/9	70/92	14:33	2:17	237	2:06	1:10:26	14.7	251	0:47	35:47	11:33	220	2:03:38
Holly Will	F4549	245	7/10	71/92	13:32	2:07	215	2:02	1:07:31	15.3	238	1:20	40:21	13:01	253	2:04:44
Amy Mutz	F4549	247	8/10	72/92	14:59	2:21	246	1:15	1:01:33	16.8	190	1:16	46:20	14:57	273	2:05:22
Julie Ammon	F3539	249	24/26	73/92	12:24	1:57	163	1:24	1:08:38	15.0	243	1:57	43:28	14:01	267	2:07:49
Stephanie Mikulski	F2529	251	13/14	74/92	15:24	2:25	254	2:45	1:09:31	14.8	246	2:17	38:15	12:21	243	2:08:10
Jennifer Wagner	F3539	252	25/26	75/92	16:43	2:37	271	3:13	1:07:26	15.3	237	2:05	39:51	12:52	251	2:09:16
Audrey Carnahan	F2024	254	8/9	76/92	12:10	1:54	148	3:04	1:15:24	13.7	261	1:18	39:18	12:41	246	2:11:11
Alyssa Miller	F1519	259	2/4	77/92	12:25	1:57	164	2:52	1:18:09	13.2	266	4:18	36:45	11:52	228	2:14:27
Jaci Phelps	F2024	260	9/9	78/92	12:27	1:57	169	2:48	1:15:38	13.6	262	2:10	41:27	13:23	258	2:14:27
Susan Sauls	F4044	261	7/9	79/92	15:13	2:23	250	2:35	1:14:08	13.9	259	1:03	41:38	13:26	260	2:14:34
Patricia Schmitt	F4044	262	8/9	80/92	14:49	2:19	244	3:16	1:15:40	13.6	263	0:58	39:57	12:54	252	2:14:37
Jayne Horton	F3034	263	9/10	81/92	9:57	1:34	52	5:49	1:28:12	11.7	275	0:48	30:39	9:54	156	2:15:23
Lavern Baker	F4549	264	9/10	82/92	14:27	2:16	235	2:29	1:12:50	14.2	255	2:20	43:42	14:06	268	2:15:46
Sheree Russell	F5054	266	5/5	83/92	17:18	2:43	273	2:55	1:11:15	14.5	253	0:53	45:24	14:39	272	2:17:44
Brenda Beck	F3539	267	26/26	84/92	12:47	2:00	183	2:52	1:21:23	12.7	267	0:56	40:29	13:04	256	2:18:26
Marsha Price	F65UP	268	1/1	85/92	15:38	2:27	258	2:30	1:29:19	11.6	277	1:10	37:52	12:13	236	2:26:25
Laura Fox	F4549	269	10/10	86/92	16:16	2:33	268	5:38	1:21:26	12.7	268	1:46	42:03	13:34	261	2:27:07
Bonnie Ambrose	F6064	270	1/1	87/92	18:27	2:53	276	3:29	1:21:31	12.7	269	1:37	42:06	13:35	262	2:27:08
Alyse Zook	F1519	271	3/4	88/92	11:24	1:47	114	8:12	1:23:20	12.4	271	0:59	44:54	14:29	270	2:28:48
Erin Matheny	F1519	272	4/4	89/92	15:45	2:28	260	3:51	1:13:07	14.1	256	11:12	44:56	14:30	271	2:28:48
Saniya Hongladarom	F4044	273	9/9	90/92	18:30	2:54	277	3:03	1:13:39	14.0	258	2:30	53:35	17:17	277	2:31:14
Yvette Laplante	F2529	275	14/14	91/92	11:09	1:45	102	1:38	1:34:56	10.9	279	1:02	43:53	14:10	269	2:32:36
Amy Woebkenburg	F3034	276	10/10	92/92	12:50	2:01	186	2:58	1:28:17	11.7	276	0:58	48:18	15:35	275	2:33:19