

FFC Indoor Triathlons
Oak Park Results - FINAL
 January 28, 2012

Overall - Female

	Athlete	Age Group	Div	Swim Lengths	Swim Miles	Bike Miles	Run Miles	Total	
1st	Olga Noremo	F30-34	E	30	0.43	6.94	1.81	9.18	1st
2nd	Jacqueline Burkat	F25-29	E	32	0.45	6.93	1.65	9.03	2nd
3rd	Anna Breidbach	F25-29	B	34	0.48	5.93	1.70	8.11	3rd
	Crystal Carlson	F25-29	E	30	0.43	6.11	1.33	7.87	
	Maria Pappas	F55+	E	27	0.38	6.11	1.23	7.72	
	Catherine Morgan	F45-49	E	32	0.45	5.49	1.68	7.62	
	Marcia Sligh	F45-49	E	15	0.21	6.33	1.05	7.59	
	Molly Sturdevant	F35-39	E	22	0.31	5.75	1.45	7.51	
	Lea Larson	F35-39	B	29	0.41	5.38	1.08	6.87	
	Joanne Burkat	F25-29	E	28	0.40	5.04	1.30	6.74	
	Best Performance								

Female Awards

Experienced Division - Age Group Winners				Swim	Bike	Run	Total		
1st	Jacqueline Burkat	F25-29	E	32	0.45	6.93	1.65	9.03	1st
1st	Olga Noremo	F30-34	E	30	0.43	6.94	1.81	9.18	1st
1st	Molly Sturdevant	F35-39	E	22	0.31	5.75	1.45	7.51	1st
1st	Catherine Morgan	F45-49	E	32	0.45	5.49	1.68	7.62	1st
1st	Maria Pappas	F55+	E	27	0.38	6.11	1.23	7.72	1st

Beginner Division - Age Group Winners				Swim	Bike	Run	Total		
1st	Anna Breidbach	F25-29	B	34	0.48	5.93	1.70	8.11	1st
1st	Lea Larson	F35-39	B	29	0.41	5.38	1.08	6.87	1st

1st

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Overall - Male							
Athlete	Age Group	Div	Swim Lengths	Swim Miles	Bike Miles	Run Miles	Total
Michael Bond	M40-44	E	38	0.54	9.36	2.36	12.26
John Haagenon	M40-44	E	28	0.40	8.36	1.66	10.42
James Miller	M35-39	E	33	0.47	7.75	1.89	10.11
Scottie Miller	M30-34	E	29	0.41	7.77	1.90	10.08
Hurricane Helt (1)	M40-44	E	31	0.44	7.23	2.07	9.74
Hurricane Helt (2)	M40-44	E	29	0.41	7.35	1.96	9.72
David Estrada	M35-39	E	26	0.37	7.05	2.03	9.45
Martin Foszcz	M50-54	E	27	0.38	7.31	1.64	9.33
John Ragonese	M35-39	E	21	0.30	6.73	1.89	8.92
Gerald Bagnowski	M30-34	E	30	0.43	7.14	1.31	8.88
Christopher Miller	M40-44	E	22	0.31	7.10	1.42	8.83
Ben Huynh	M30-34	E	20	0.28	6.44	1.85	8.57
Sean O'Donnell	M40-44	B	15	0.21	6.81	1.41	8.43
Raymond Thomas	M45-49	E	23	0.33	5.85	1.27	7.45
Gil Herman	M55+	B	25	0.36	3.48	0.91	4.75
Best Performance							

Male Awards							
Experienced Div - Age Group Winners				Swim	Bike	Run	Total
Scottie Miller	M30-34	E	29	0.41	7.77	1.90	10.08
James Miller	M35-39	E	33	0.47	7.75	1.89	10.11
Michael Bond	M40-44	E	38	0.54	9.36	2.36	12.26
Raymond Thomas	M45-49	E	23	0.33	5.85	1.27	7.45
Martin Foszcz	M50-54	E	27	0.38	7.31	1.64	9.33

Beginner Division - Age Group Winners				Swim	Bike	Run	Total
Sean O'Donnell	M40-44	B	15	0.21	6.81	1.41	8.43
Gil Herman	M55+	B	25	0.36	3.48	0.91	4.75

Double Division - Overall Winners				Swim	Bike	Run	Total	Total
Hurricane Helt	M40-44		0.85	14.58	4.03	19.46	38.07	