

FFC Indoor Triathlons
East Lakeview Results
 February 11, 2012



Overall - Female

	Athlete	Age Group	Div	Swim Lengths	Swim Miles	Bike Miles	Run Miles	Total
1st	Joanna Folz	F30-34	E	49	0.46	8.81	2.12	11.39
2nd	Gillian Forsyth (1)	F40-44	E	51	0.48	8.16	2.19	10.83
3rd	Ashley Warhol	F25-29	E	53	0.50	8.13	2.07	10.70
	Gillian Forsyth (2)	F40-44	E	50	0.47	7.94	2.10	10.51
	Ruth Buffalo	F50-54	E	50	0.47	8.14	1.67	10.28
	Olga Norremo	F30-34	E	50	0.47	7.72	1.96	10.15
	Katie Kostal	F25-29	E	43	0.41	7.03	2.19	9.63
	Keri Rainsberger	F35-39	E	37	0.35	7.71	1.55	9.61
	Anna Briedbach	F25-29	B	55	0.52	6.64	1.75	8.91
	Shaina Barnes (2)	F35-39	E	46	0.44	6.50	1.90	8.84
	Shaina Barnes (1)	F35-39	E	48	0.45	6.32	1.89	8.66
	Susan Olsen (1)	F40-44	E	41	0.39	6.47	1.66	8.52
	Maria Pappas	F55+	E	42	0.40	6.60	1.44	8.44
	Molly Sturdevant	F35-39	E	35	0.33	6.45	1.48	8.26
	Susan Olsen (2)	F40-44	E	41	0.39	6.06	1.5	7.95
	Lorrie DiCesare (1)	F45-49	E	44	0.42	5.91	1.5	7.83
	Lea Larsen	F35-39	B	47	0.45	5.92	1.15	7.52
	Elyse Bader	F30-34	B	49	0.46	5.71	1.30	7.47
	Christina Rivers	F45-49	E	24	0.23	5.73	1.50	7.46
	Lorrie DiCesare (2)	F45-49	E	42	0.40	5.56	1.32	7.28
	Jennifer Gordon	F30-34	B	41	0.39	4.96	1.16	6.51
	Kathryn Morgan	F30-34	E	40	0.38	4.69	1.43	6.50
	Milli Collier	F55+	E	26	0.25	4.51	0.95	5.71
					0.00			0.00
					0.00			0.00
					0.00			0.00
					0.00			0.00
	Best Performance							

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Awards - Female

Experienced Division - Age Group Winners				Swim	Bike	Run	Total	
1st	Ashley Warhol	25-29	E	51	0.48	8.16	2.07	10.71
1st	Joanna Folz	30-34	E	49	0.46	8.81	2.12	11.39
1st	Keri Rainsberger	35-39	E	37	0.35	7.71	1.55	9.61
1st	Gillian Forsyth	40-44	E	51	0.48	8.16	2.19	10.83
1st	Lorrie DiCesare	45-49	E	44	0.42	5.91	1.50	7.83
1st	Ruth Buffalo	50-54	E	50	0.47	8.14	1.67	10.28
1st	Maria Pappas	55+	E	42	0.40	6.60	1.44	8.44

Beginner Division - Age Group Winners				Swim	Bike	Run	Total	
1st	Anna Briedbach	25-29	B	55	0.52	6.64	1.75	8.91
1st	Elyse Bader	30-34	B	49	0.46	5.71	1.30	7.47
1st	Lea Larsen	35-39	B	47	0.45	5.92	1.15	7.52

Double Division Results / Awards				Swim	Bike	Run	Total	
1st	Gillian Forsyth (1)	F40-44	E	51	0.48	8.16	2.19	10.83
	Gillian Forsyth (2)	F40-44	E	50	0.47	7.94	2.10	10.51
				101	0.96	16.10	4.29	21.35
	Shaina Barnes (2)	F35-39	E	46	0.44	6.50	1.90	8.84
	Shaina Barnes (1)	F35-39	E	48	0.45	6.32	1.89	8.66
				94	0.89	12.82	3.79	17.50
	Susan Olsen (1)	F40-44	E	41	0.39	6.47	1.66	8.52
	Susan Olsen (2)	F40-44	E	41	0.39	6.06	1.5	7.95
				82	0.78	12.53	3.16	16.47
	Lorrie DiCesare (1)	F45-49	E	44	0.42	5.91	1.5	7.83
	Lorrie DiCesare (2)	F45-49	E	42	0.40	5.56	1.32	7.28
				86	0.82	11.47	2.82	15.11

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Overall - Male							
Athlete	Age Group	Div	Swim Lengths	Swim Miles	Bike Miles	Run Miles	Total
1st Jacob Wahler	M25-29	E	63	0.60	10.15	2.21	12.96
2nd Chris Navin (1)	M30-34	E	55	0.52	9.76	2.55	12.83
3rd Michael Bond (1)	M40-44	E	61	0.58	9.49	2.38	12.45
Chris Navin (2)	M30-34	E	53	0.50	9.23	2.43	12.16
Michael Bond (2)	M40-44	E	58	0.55	8.80	2.42	11.77
James Miller	M35-39	E	53	0.50	9.25	1.90	11.65
Ryan Horner	M35-39	E	62	0.59	7.99	2.30	10.88
Lincoln Quillian	M40-44	E	41	0.39	8.06	2.31	10.76
Joe Tennant	M55+	E	50	0.47	7.74	1.96	10.17
Stephen Elliott	M25-29	E	53	0.50	7.67	1.84	10.01
Hurricane Helt (1)	M40-44	E	53	0.50	7.58	1.78	9.86
Ben Huynh	M30-34	E	31	0.29	7.33	2.02	9.64
Hurricane Helt (2)	M40-44	E	50	0.47	7.44	1.71	9.62
Michael Brocky	M20-24	B	33	0.31	7.29	2.00	9.60
Kevin O'Connor	M25-29	B	50	0.47	6.39	1.87	8.73
Gerald Bagnowski	M30-34	E	50	0.47	6.99	1.21	8.67
				0.00			0.00
				0.00			0.00
				0.00			0.00
				0.00			0.00
				0.00			0.00
				0.00			0.00
				0.00			0.00
				0.00			0.00
Best Performance							

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Awards - Male

Experienced Division - Age Group Winners				Swim	Bike	Run	Total	
1st	Jacob Wahler	25-29	E	63	0.60	10.15	2.21	12.96
1st	Chris Navin	30-34	E	55	0.52	9.76	2.55	12.83
1st	James Miller	35-39	E	53	0.50	9.25	1.90	11.65
1st	Michael Bond	40-44	E	61	0.58	9.49	2.38	12.45
1st	Joe Tennant	55+	E	50	0.47	7.74	1.96	10.17

Beginner Division - Age Group Winners				Swim	Bike	Run	Total	
1st	Michael Brocky	20-24	B	33	0.31	7.29	2.00	9.60
1st	Kevin O'Connor	25-29	B	50	0.47	6.39	1.87	8.73

Double Division Results / Awards				Swim	Bike	Run	Total	
1st	Chris Navin (1)	M30-34	E	55	0.52	9.76	2.55	12.83
	Chris Navin (2)	M30-34	E	53	0.50	9.23	2.43	12.16
				108	1.02	18.99	4.98	24.99
	Michael Bond (1)	M40-44	E	61	0.58	9.49	2.38	12.45
	Michael Bond (2)	M40-44	E	58	0.55	8.80	2.42	11.77
				119	1.13	18.29	4.8	24.22
	Hurricane Helt (1)	M40-44	E	53	0.50	7.58	1.78	9.86
	Hurricane Helt (2)	M40-44	E	50	0.47	7.44	1.71	9.62
				103	0.98	15.02	3.49	19.49