

# FFC Indoor Triathlons Union Station Results

March 6, 2010



## Overall - Female

	Athlete	Age Group	Div	Swim Lengths	Swim Miles	Bike Miles	Run Miles	Total
1st	Annette Fuller	F28-34	E	31	0.44	8.61	1.97	11.02
2nd	Paola Hassman	F21-27	E	48	0.68	8.00	2.07	10.75
3rd	Geralyn VanDeKrol	F28-34	E	31	0.44	8.33	1.88	10.65
4th	Karin Peterson	F35-41	E	33	0.47	8.05	2.00	10.52
5th	Karin Dewey	F35-41	E	40	0.57	7.96	1.92	10.45
6th	Ellen Ryan	F28-34	E	34	0.48	7.62	2.14	10.24
7th	Janet Hamilton	F21-27	B	40	0.57	7.46	2.18	10.21
8th	Jesse DeThomasis	F21-27	B	43	0.61	6.93	2.13	9.67
9th	Stephanie Bourdo	F21-27	E	28	0.40	7.45	1.78	9.63
10th	Lisa Rapp	F42-48	E	30	0.43	7.28	1.80	9.51
	Elizabeth Neely	F35-41	E	40	0.57	6.93	2.00	9.50
	Cecilia Boyd	F21-27	B	21	0.30	7.11	1.92	9.33
	Carol Herlocker	F42-48	E	37	0.53	6.79	1.98	9.30
	Sally Truckenbrodt	F28-34	B	44	0.63	6.71	1.95	9.29
	Wendy Gregory	F35-41	E	40	0.57	6.71	1.93	9.21
	Keri Rainsberger	F28-34	B	17	0.24	7.49	1.44	9.17
	Karis Youngblood	F28-34	B	22	0.31	7.16	1.68	9.15
	Amy Schneider	F35-41	B	20	0.28	6.99	1.71	8.98
	Jessica Terlikowski	F28-34	B	23	0.33	7.05	1.52	8.90
	Ruth Buffalo	F49-55	E	32	0.45	6.80	1.63	8.88
	April Whitworth	F28-34	E	33	0.47	6.80	1.57	8.84
	Megan Collins	F28-34	B	36	0.51	6.66	1.61	8.78
	Jessica Bloodgood (1)	F28-34	E	40	0.57	6.34	1.84	8.75
	Charlene Lepane	F35-41	B	30	0.43	6.40	1.83	8.66
	Jessica Levstik	F21-27	B	25	0.36	6.81	1.46	8.63
	Maude Carroll	F28-34	B	25	0.36	6.69	1.53	8.58
	Mitzi Heniff (1)	F28-34	E	23	0.33	6.93	1.31	8.57
	Jessica Bloodgood (2)	F28-34	E	30	0.43	6.23	1.84	8.50
	Chanel Glover	F21-27	B	21	0.30	6.80	1.39	8.49
	Jessica Wong	F21-27	E	26	0.37	6.38	1.70	8.45
	Mitzi Heniff (2)	F28-34	E	22	0.31	6.70	1.40	8.41
	Christine Devane	F21-27	E	24	0.34	6.70	1.36	8.40
	Helen Fogarty	F35-41	B	27	0.38	6.57	1.43	8.38
	Katie Collins	F21-27	B	27	0.38	6.38	1.53	8.29
	Maria Pappas	F56+	E	28	0.40	6.42	1.45	8.27
	Loren Leidinger-Avila	F35-41	B	28	0.40	6.30	1.50	8.20
	Kenya Starks	F35-41	B	22	0.31	6.44	1.35	8.10
	Jessica Bryant	F28-34	B	27	0.38	6.38	1.31	8.07
	Carol Steele	F49-55	E	25	0.36	6.36	1.30	8.02
	Michelle Tantillo	F21-27	E	20	0.28	6.14	1.58	8.00

Best Performance

As of 3/8/2010

FFC Indoor Triathlons  
**Union Station Results**

March 6, 2010



**Overall - Male**

	<b>Athlete</b>	<b>Age Group</b>	<b>Div</b>	<b>Swim Lengths</b>	<b>Swim Miles</b>	<b>Bike Miles</b>	<b>Run Miles</b>	<b>Total</b>
1st	Chris Navin (1)	M28-34	E	33	0.47	10.11	2.36	12.94
2nd	Michael Bond (1)	M35-41	E	41	0.58	9.89	2.29	12.76
	Michael Bond (2)	M35-41	E	39	0.55	9.43	2.24	12.22
	Chris Navin (2)	M28-34	E	33	0.47	9.33	2.09	11.89
3rd	CJ Lange (1)	M21-27	E	44	0.63	8.69	2.33	11.65
4th	Trevor Hougardy	M21-27	E	53	0.75	8.88	1.97	11.60
	CJ Lange (2)	M21-27	E	43	0.61	8.60	2.27	11.48
5th	Paul Gustab (1)	M28-34	E	31	0.44	8.84	2.20	11.48
6th	David Estrada	M28-34	B	31	0.44	8.68	2.14	11.26
7th	Jim Taylor	M28-34	B	25	0.36	8.77	2.11	11.24
	Paul Gustab (2)	M28-34	E	33	0.47	8.54	2.20	11.21
8th	Hurricane Helt	M35-41	E	35	0.50	8.35	1.99	10.84
9th	Christopher Gregory	M35-41	E	31	0.44	8.07	2.29	10.80
10th	Steve House	M49-55	E	27	0.38	8.41	1.98	10.77
	Bill Kolodziej	M56+	E	32	0.45	8.50	1.79	10.74
	Mark Ishaug	M42-48	B	33	0.47	8.28	1.89	10.64
	David Munar	M35-41	B	24	0.34	7.85	2.25	10.44
	Aaron Morford (2)	M28-34	E	36	0.51	7.66	2.15	10.32
	Sixto Linares (1)	M49-55	E	41	0.58	7.86	1.78	10.22
	Jim Kowalski	M28-34	E	31	0.44	7.58	2.18	10.20
	Robert Foreman	M21-27	B	23	0.33	7.97	1.85	10.15
	Joe Tennant	M49-55	E	30	0.43	7.73	1.99	10.15
	Aaron Morford (1)	M28-34	E	35	0.50	7.46	2.17	10.13
	Daniel Vasquez	M35-41	E	28	0.40	7.97	1.67	10.04
	Joel Splan	M28-34	E	34	0.48	7.29	2.19	9.96
	Gerald Bagnowski	M21-27	E	37	0.53	7.85	1.56	9.94
	Paul J Montes II	M42-48	E	31	0.44	7.43	1.91	9.78
	Sixto Linares (2)	M49-55	E	39	0.55	7.27	1.78	9.60
	Adam Marzi	M28-34	B	32	0.45	7.57	1.57	9.59
	Eliot Ephraim	M42-48	E	32	0.45	6.72	2.31	9.48
	Noel Gonzalez	M21-27	B	29	0.41	7.93	1.02	9.36
	Dan Lakin	M35-41	B	27	0.38	7.12	1.72	9.22
	Frosty Pipal	M49-55	E	32	0.45	6.90	1.78	9.13
	Mark Tumiel	M28-34	B	32	0.45	6.69	1.65	8.79
	Ripley Worthy	M28-34	B	49	0.70	6.17	1.78	8.65
	Adam Binder	M28-34	E	29	0.41	6.63	1.58	8.62
	Robert Schultz	M35-41	B	27	0.38	6.48	1.74	8.60
	Stephen Elliott	M35-41	E	31	0.44	6.52	1.46	8.42
	Chris Huseman	M28-34	B	21	0.30	6.23	1.58	8.11
	Marc Pullman	M56+	E	23	0.33	6.07	1.28	7.68

Best Performance

**Overall - Female** *(cont)*

<b>Athlete</b>	<b>Age Group</b>	<b>Div</b>	<b>Swim Lengths</b>	<b>Swim Miles</b>	<b>Bike Miles</b>	<b>Run Miles</b>	<b>Total</b>
Hannah Ange	F28-34	E	33	0.47	6.20	1.31	7.98
Angelena Bertera	F21-27	E	44	0.63	5.87	1.47	7.97
Rachel Doornbosch	F21-27	B	22	0.31	5.77	1.80	7.88
MB Gizinski	F20-	B	31	0.44	6.02	1.32	7.78
Lauren Feringa	F21-27	B	28	0.40	5.82	1.50	7.72
Anne Statton	F42-48	B	30	0.43	6.13	1.13	7.69
Barbara Fiedor	F28-34	E	18	0.26	6.12	1.29	7.67
Jean Yunker	F56+	E	18	0.26	6.07	1.10	7.43
Lora Supencheck	F28-34	B	18	0.26	6.03	1.04	7.33
Marcia Sligh	F49-55	E	23	0.33	5.79	1.02	7.14
Arisbel Cruz-Lewandow	F35-41	B	15	0.21	5.64	1.27	7.12
Christa Ferris	F35-41	E	24	0.34	5.46	1.29	7.09
Leilani Navalta	F42-48	B	15	0.21	5.33	1.41	6.95
Danielle Mullane	F28-34	E	21	0.30	5.44	1.04	6.78
Jeanine Hogg	F35-41	E	20	0.28	5.53	0.96	6.77
Alicia Bunton	F42-48	B	28	0.40	5.28	0.85	6.53
Donna Masthoff	F42-48	B	16	0.23	5.45	0.79	6.47



FFC Indoor Triathlons  
**Union Station Results**

March 6, 2010



**Awards - Female**

<b>Beginner Division - Age Group Winners</b>				<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	
1st	MB Gizinski	F20-	B	31	0.44	6.02	1.32	7.78
1st	Janet Hamilton	F21-27	B	40	0.57	7.46	2.18	10.21
1st	Sally Truckenbrodt	F28-34	B	44	0.63	6.71	1.95	9.29
1st	Amy Schneider	F35-41	B	20	0.28	6.99	1.71	8.98
1st	Anne Statton	F42-48	B	30	0.43	6.13	1.13	7.69

<b>Experienced Division - Age Grp Winners</b>				<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	
1st	Paola Hassman	F21-27	E	48	0.68	8.00	2.07	10.75
1st	Annette Fuller	F28-34	E	31	0.44	8.61	1.97	11.02
1st	Karin Peterson	F35-41	E	33	0.47	8.05	2.00	10.52
1st	Lisa Rapp	F42-48	E	30	0.43	7.28	1.80	9.51
1st	Ruth Buffalo	F49-55	E	32	0.45	6.80	1.63	8.88
1st	Maria Pappas	F56+	E	28	0.40	6.42	1.45	8.27

<b>Double Division Results</b>				<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	
1st	Jessica Bloodgood (1)	F28-34	E	40	0.57	6.34	1.84	8.75
	Jessica Bloodgood (2)	F28-34	E	30	0.43	6.23	1.84	8.50
				70	0.99	12.57	3.68	17.24
2nd	Mitzi Heniff (1)	F28-34	E	23	0.33	6.93	1.31	8.57
	Mitzi Heniff (2)	F28-34	E	22	0.31	6.70	1.40	8.41
				45	0.64	13.63	2.71	16.98

FFC Indoor Triathlons  
**Union Station Results**

March 6, 2010



**Awards - Male**

<b>Beginner Division - Age Group Winners</b>				<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	
1st	Robert Foreman	M21-27	B	23	0.33	7.97	1.85	10.15
1st	David Estrada	M28-34	B	31	0.44	8.68	2.14	11.26
1st	David Munar	M35-41	B	24	0.34	7.85	2.25	10.44
1st	Mark Ishaug	M42-48	B	33	0.47	8.28	1.89	10.64

<b>Experienced Division - Age Grp Winners</b>				<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	
1st	CJ Lange (1)	M21-27	E	44	0.63	8.69	2.33	11.65
1st	Chris Navin (1)	M28-34	E	33	0.47	10.11	2.36	12.94
1st	Michael Bond (1)	M35-41	E	41	0.58	9.89	2.29	12.76
1st	Paul J Montes II	M42-48	E	31	0.44	7.43	1.91	9.78
1st	Steve House	M49-55	E	27	0.38	8.41	1.98	10.77
1st	Bill Kolodziej	M56+	E	32	0.45	8.50	1.79	10.74

<b>Double Division Results</b>				<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	
1st	Michael Bond (1)	M35-41	E	41	0.58	9.89	2.29	12.76
	Michael Bond (2)	M35-41	E	39	0.55	9.43	2.24	12.22
				80	1.14	19.32	4.53	<b>24.99</b>
2nd	Chris Navin (1)	M28-34	E	33	0.47	10.11	2.36	12.94
	Chris Navin (2)	M28-34	E	33	0.47	9.33	2.09	11.89
				66	0.94	19.44	4.45	<b>24.83</b>
3rd	CJ Lange (1)	M21-27	E	44	0.63	8.69	2.33	11.65
	CJ Lange (2)	M21-27	E	43	0.61	8.60	2.27	11.48
				87	1.24	17.29	4.6	<b>23.13</b>
4th	Paul Gustab (1)	M28-34	E	31	0.44	8.84	2.20	11.48
	Paul Gustab (2)	M28-34	E	33	0.47	8.54	2.20	11.21
				64	0.91	17.38	4.4	<b>22.69</b>
5th	Aaron Morford (2)	M28-34	E	36	0.51	7.66	2.15	10.32
	Aaron Morford (1)	M28-34	E	35	0.50	7.46	2.17	10.13
				71	1.01	15.12	4.32	<b>20.45</b>
6th	Sixto Linares (1)	M49-55	E	41	0.58	7.86	1.78	10.22
	Sixto Linares (2)	M49-55	E	39	0.55	7.27	1.78	9.60
				80	1.14	15.13	3.56	<b>19.83</b>

## Series Leaders - Female

	<b>Athlete</b>	<b>Age Group</b>	<b>Div</b>	<b>Swim Miles</b>	<b>Bike Miles</b>	<b>Run Miles</b>	<b>Total</b>	
1st	Ruth Buffalo	F49-55	E	1.34	20.48	4.90	26.72	3 events
2nd	Maria Pappas	F56+	E	1.14	19.35	4.27	24.76	3 events
3rd	Jessica Wong	F27	E	1.05	18.18	4.87	24.10	3 events
	Marcia Sligh	F49-55	E	0.94	17.18	3.06	21.18	3 events
	Annette Fuller	F28-34	E	0.88	17.00	3.79	21.67	2 events
	Geralyn Vandekrol	F28-34	E	0.85	15.89	3.82	20.56	2 events
	Melissa Savage	F49-55	E	0.87	14.25	4.01	19.13	2 events
	Elizabeth Neely	F35-41	E	0.94	13.47	3.99	18.40	2 events
	Gwen Pursell	F28-34	E	0.84	14.29	3.25	18.38	2 events
	Karis Youngblood	F28-34	B	0.58	13.81	3.41	17.80	2 events
	Megan Collins	F28-34	B	0.98	13.51	3.16	17.65	2 events
	Jessica Bloodgood	F28-34	E	1.09	12.74	3.54	17.37	2 events
	Regina Gasser	F27	B	0.82	12.57	3.04	16.43	2 events
	Katie Collins	F21-27	B	0.74	12.58	3.08	16.40	2 events
	MB Gizinski	F20-	B	0.87	11.22	2.59	14.68	2 events

## Series Leaders - Male

	<b>Athlete</b>	<b>Age Group</b>	<b>Div</b>	<b>Swim Miles</b>	<b>Bike Miles</b>	<b>Run Miles</b>	<b>Total</b>	
1st	Michael Bond	M35-41	E	1.59	29.02	6.80	37.41	3 events
2nd	Paul Gustab	M28-34	E	1.31	26.17	6.47	33.95	3 events
3rd	David Estrada	M28-34	B	1.19	24.82	6.47	32.48	3 events
	Steve House	M49-55	E	1.09	25.31	5.76	32.16	3 events
	Bill Kolodziej	M56+	E	1.32	25.40	5.15	31.87	3 events
	Sixto Linares	M49-55	E	1.62	22.93	5.25	29.80	3 events
	Gerald Bagnowski	M27-	E	1.51	23.37	4.18	29.06	3 events
	Paul J Montes II	M42-48	E	1.22	21.88	5.53	28.63	3 events
	Stephen Elliott	M35-41	E	1.36	21.88	4.54	27.78	3 events
	Chris Navin	M28-34	E	0.88	20.01	4.45	25.34	2 events
	Ryan Kistner	M28-34	E	0.85	17.15	4.53	22.53	2 events
	Trevor Hougardy	M21-27	E	1.45	16.87	4.15	22.47	2 events
	Eliot Ephraim	M42-48	E	0.88	16.00	4.68	21.56	2 events
	Daniel Gutierrez	M28-34	E	0.99	16.18	3.90	21.07	2 events
	Eric Estela	M28-34	E	1.04	14.98	4.57	20.59	2 events
	Hurricane Helt	M35-41	E	0.95	15.75	3.76	20.46	2 events
	Christopher Cvengros	M28-34	B	0.75	14.32	4.45	19.52	2 events
	Daniel Vasquez	M35-41	E	0.77	15.46	3.24	19.47	2 events
	Adam Binder	M28-34	E	0.78	14.03	3.19	18.00	2 events