



Sylvester Powell Jr. Community Center
INDOOR TRIATHLON

Heat	Race #	Time	Activity Code	Name	Age	M/F	SWIM	BIKE	RUN	TOTAL
Heat 12	46	10:40 AM	9012.010	Anastasia Wells	28.5	F	0.2730	13.2900	1.4500	15.0130
Heat 10	39	10:00 AM	9010.010	Rachel Elkins	28.9	F	0.2470	11.6300	1.7700	13.6470
Heat 9	35	9:40 AM	9009.010	Karen Duffner-Sullins	28.9	F	0.2470	12.5400	2.0200	14.8070
Heat 10	38	10:00 AM	9010.010	Mandy Evans	29.2	F	0.2470	15.4600	2.0100	17.7170
Heat 7	26	9:00 AM	9007.010	Becci Arnholt	29.4	F	0.2340	15.3400	2.0400	17.6140
Heat 10	37	10:00 AM	9010.010	Linda Ewing	30.6	F	0.3380	13.3300	2.3600	16.0280
Heat 7	28	9:00 AM	9007.010	Megan Darby	30.7	F	0.2340	15.0300	2.0200	17.2840
Heat 12	48	10:40 AM	9012.010	Jessica Willemsen	31.1	F	0.2600	15.0300	2.2700	17.5600
Heat 11	43	10:20 AM	9011.010	Katie Prater	34.0	F	0.2210	9.8600	1.3500	11.4310
Heat 2	6	7:20 AM	9002.010	Shannon Glass	35.1	F	0.2600	11.9300	1.8500	14.0400
Heat 12	47	10:40 AM	9012.010	Heather Blanck	37.1	F	0.2600	16.6300	2.4100	19.3000
Heat 9	34	9:40 AM	9009.010	Cindy Bandelier	37.7	F	0.2730	13.3400	1.7900	15.4030
Heat 6	23	8:40 AM	9006.010	Lori Lowell	38.3	F	0.1560	13.2000	1.9700	15.3260
Heat 7	25	9:00 AM	9007.010	Sharon Fries	38.6	F	0.2730	15.6900	2.3500	18.3130
Heat 1	3	7:00 AM	9001.010	Melissa Milius	38.8	F	0.2080	12.2500	2.4900	14.9480
Heat 5	18	8:20 AM	9005.010	Kari Welsh	39.5	F	0.1690	13.5800	1.7400	15.4890
Heat 4	15	8:00 AM	9004.010	Susan Mayberry	45.5	F	0.1820	14.9000	2.1400	17.2220
Heat 10	40	10:00 AM	9010.010	Lorraine Hills	47.3	F	0.1430	12.8700	1.4800	14.4930
Heat 5	20	8:20 AM	9005.010	Jenny Wise-Cook	47.8	F	0.2730	15.2200	2.5300	18.0230
Heat 2	5	7:20 AM	9002.010	Michelle Bresee	48.1	F	0.1950	11.2000	2.5200	13.9150
Heat 3	11	7:40 AM	9003.010	Lisa Woolery	48.1	F	0.2080	14.9400	2.1400	17.2880
Heat 11	41	10:20 AM	9011.010	Lisa Lacombe	48.1	F	0.1560	13.4100	1.8800	15.4460
Heat 15	60	12:20:00 PM	9103.01	Shelly Harbert	44	F	0.2210	13.5800	2.0200	15.821
Heat 2	8	7:20 AM	9002.010	Janice Woolery	49.0	F	0.1950	15.1100	2.2100	17.5150
Heat 5	17	8:20 AM	9005.010	Janice Loudon	50.1	F	0.2340	13.9500	1.9100	16.0940
Heat 6	24	8:40 AM	9006.010	Michele Snyder	57.4	F	0.2080	14.0000	2.0800	16.2880
Heat 9	33	9:40 AM	9009.010	Gayle Ashworth	58.8	F	0.1950	10.4800	1.5800	12.2550
Heat 11	44	10:20 AM	9011.010	Carol Boncella	64.3	F	0.1690	9.1200	1.1700	10.4590

UNDER 30 FEMALE WINNER

OVERALL FEMALE

41-50 FEMALE WINNER

51-OVER FEMALE WINNER