

2022 Summer Slam Triathlon - HRC

Race Date
July 30, 2022

Overall Results

Triathlon

Place	Name	Bib No	AG Place	Swim		Trans 1	Bike		Trans 2	Run		Total			
				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	Helen Hands	16	1:F Champ	3	9:51.0	24:38	1:23.3	1	37:39.1	3:08	0:22.6	7	27:21.5	5:28	1:16:37.6
2	Jane Rorstrom	7	1:F Masters	1	8:26.0	21:05	1:11.9	3	41:07.9	3:26	1:04.0	10	28:39.9	5:44	1:20:29.9
3	Marlene Cook	18	1:F 50-59	4	10:00.9	25:02	1:36.2	2	39:44.3	3:19	1:12.6	11	29:52.9	5:59	1:22:27.1
4	Rose Helens-Hart	14	1:F 30-39	5	10:25.3	26:03	1:49.0	4	44:22.2	3:42	0:47.4	6	27:18.6	5:28	1:24:42.8
5	Susan Dumler	24	2:F 30-39	14	14:16.7	35:42	3:16.7	6	48:04.1	4:00	0:25.9	1	20:21.8	4:04	1:26:25.4
6	Shaley Knickerbocker	19	1:F 20-29	9	11:35.6	28:59	2:04.2	5	44:37.0	3:43	0:31.7	8	28:06.2	5:37	1:26:54.9
7	Karen McCullough	34	1:F 40-49	10	11:43.8	29:20	2:25.0	7	48:34.8	4:03	0:38.2	4	25:52.8	5:11	1:29:14.8
8	Anna Campbell	5	1:F 15-19	2	8:50.3	22:06	1:42.8	8	50:51.7	4:14	0:28.9	14	33:59.2	6:48	1:35:53.1
9	Delainey Pospichal	35	2:F 20-29	11	12:34.1	31:25	3:18.0	9	53:53.8	4:29	1:07.0	3	25:17.8	5:04	1:36:10.9
10	Amanda Ray	32	3:F 20-29	7	10:35.3	26:28	4:09.0	10	57:20.5	4:47	1:31.3	5	26:31.3	5:18	1:40:07.6
11	Megan Koenigsman	39	4:F 20-29	6	10:27.3	26:08	3:11.0	12	59:15.8	4:56	0:40.8	9	28:36.8	5:43	1:42:12.0
12	Sabre Menninga	13	5:F 20-29	13	13:05.0	32:43	3:02.3	13	1:02:50.0	5:14	1:22.8	2	24:15.9	4:51	1:44:36.2
13	Tuyet Pham	26	3:F 30-39	12	12:56.9	32:22	2:48.2	11	57:53.5	4:49	1:12.1	13	33:01.4	6:36	1:47:52.3
14	Andrea Coover	30	4:F 30-39	8	10:48.3	27:01	3:59.3	14	1:02:56.5	5:15	0:44.9	15	34:22.2	6:52	1:52:51.4
15	Amanda Brown	40	5:F 30-39	15	14:54.6	37:17	2:59.7	15	1:03:02.6	5:15	1:05.7	12	32:13.8	6:27	1:54:16.7

Female

Male

Place	Name	Bib No	AG Place	Swim		Trans 1	Bike		Trans 2	Run		Total			
				Rnk	Time		Pace	Rnk		Time	Pace		Rnk	Time	Pace
1	Sean Rodger	10	1:M Champ	8	9:01.1	22:33	0:44.3	1	32:17.4	2:41	0:45.8	2	21:11.7	4:14	1:04:00.5
2	Rafael Neri	9	1:M 30-39	7	8:34.8	21:27	0:48.5	3	35:15.4	2:56	0:49.7	6	22:37.9	4:32	1:08:06.5
3	James Wright	4	1:M Masters	5	7:58.2	19:56	0:42.0	2	34:56.9	2:55	0:57.6	7	23:32.4	4:42	1:08:07.3
4	Ryan Lahey	23	1:M 20-29	3	7:31.5	18:49	1:27.4	5	37:56.1	3:10	0:36.4	5	22:36.2	4:31	1:10:07.8
5	Rob Poste	3	1:M 50-59	1	7:15.1	18:08	1:21.3	4	36:22.2	3:02	1:01.3	8	24:33.7	4:55	1:10:33.6
6	Elijah McCullough	15	1:M 15-19	6	8:20.2	20:51	1:59.6	8	44:23.9	3:42	0:33.3	1	17:52.9	3:35	1:13:10.1
7	Kort Cook	6	2:M 30-39	2	7:18.3	18:16	0:44.4	7	40:24.3	3:22	0:36.4	12	26:34.9	5:19	1:15:38.5
8	Patrick Weber	22	1:M 60-69	11	10:17.1	25:43	0:45.5	6	38:31.5	3:13	0:52.5	9	26:06.0	5:13	1:16:32.8
9	Dominic Hernandez	29	1:M 10-14	9	9:07.8	22:50	1:25.7	10	45:23.6	3:47	2:00.6	3	22:06.9	4:25	1:20:04.9
10	Tim Chou	11	2:M 20-29	4	7:55.9	19:50	1:33.2	9	44:40.1	3:43	0:24.5	11	26:25.9	5:17	1:20:59.8
11	Brian Donaldson	33	1:M 40-49	15	12:44.2	31:51	2:20.7	11	48:53.1	4:04	0:35.4	4	22:09.4	4:26	1:26:43.0
12	Tanner Yohe	12	3:M 20-29	10	9:19.0	23:18	2:05.7	14	1:00:24.0	5:02	0:40.1	13	26:37.2	5:19	1:39:06.2
13	Matthew Dickman	20	4:M 20-29	13	10:54.6	27:17	3:00.3	13	1:00:19.2	5:02	0:49.1	10	26:09.8	5:14	1:41:13.2
14	Artem Ryazantsev	27	3:M 30-39	12	10:27.5	26:09	4:46.0	12	57:49.4	4:49	1:18.8	15	28:54.9	5:47	1:43:16.7
15	Dominic Falcone	38	5:M 20-29	14	12:02.8	30:07	2:26.6	16	1:01:55.9	5:10	0:46.8	14	28:41.9	5:44	1:45:54.2
16	Jimmie Kellum	28	2:M 40-49	16	12:44.4	31:51	3:53.3	15	1:01:03.1	5:05	0:43.7	16	42:36.0	8:31	2:01:00.7

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Overall Results

Team Tri

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>		<u>Trans 1</u>		<u>Bike</u>		<u>Trans 2</u>		<u>Run</u>		<u>Total</u>	
				<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>		<u>Pace</u>
1	Gummi Bears	1	1:M Mixed	3	10:10.4	25:26	0:18.8	2	43:18.2	3:37	0:13.6	1	26:41.8	5:20	1:20:43.0
2	The Eakins	21	2:M Mixed	2	8:23.5	20:59	2:20.4	1	40:20.6	3:22	0:15.9	2	35:04.3	7:01	1:26:24.8
3	Gotta Try	8	3:F Mixed	1	7:02.4	17:36	0:20.8	4	49:46.1	4:09	0:00.9	3	38:45.3	7:45	1:35:55.6
4	Tri Not To Die	37	4:M Mixed	4	11:43.7	29:19	0:15.2	3	47:34.1	3:58	0:12.8	4	42:02.3	8:24	1:41:48.3