

2025 HRC Summer Slam Triathlon

Race Date

July 19, 2025

Overall Results

Triathlon											Female				
			-----	Swim	-----	T 1	-----	Bike	-----	T 2	-----	Run	-----	Total	
<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</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>	<u>Time</u>
1	Molly Owen	29	1:F Champ	3	8:30.8	34:03	1:16.7	2	41:42.6	3:29	0:17.7	1	23:06.2	7:27	1:14:54.3
2	Liz Ely	48	1:F Masters	4	10:00.8	40:03	1:22.6	1	37:48.9	3:09	1:13.0	4	28:14.4	9:07	1:18:39.9
3	Susan Dumler	52	1:F 40-49	11	11:56.4	47:46	2:07.1	3	42:40.7	3:33	1:45.3	2	24:14.7	7:49	1:22:44.4
4	Jane Rorstrom	21	1:F 60-69	2	8:28.2	33:53	1:44.1	4	43:12.8	3:36	0:48.7	7	33:44.9	10:53	1:27:58.8
5	Rebecca Dreiling	20	1:F 30-39	1	8:23.0	33:32	1:11.9	6	44:28.1	3:42	0:43.3	10	34:12.4	11:02	1:28:58.8
6	Twyla Dubois	33	1:F 70-79	7	11:01.1	44:05	2:23.0	5	43:56.8	3:40	1:30.1	12	37:25.0	12:04	1:36:16.2
7	Stephanie Dinges	47	2:F 40-49	9	11:50.0	47:20	2:29.9	8	49:38.4	4:08	1:04.6	6	31:51.7	10:17	1:36:54.8
8	Sarah Staten	42	2:F 30-39	5	10:41.8	42:47	2:02.2	7	49:17.7	4:06	2:25.6	11	35:12.1	11:21	1:39:39.5
9	Tiffany Trapp	46	3:F 30-39	10	11:51.5	47:26	2:07.1	10	57:19.1	4:47	0:56.3	5	29:38.9	9:34	1:41:53.1
10	Madelyn Wilkins	64	1:F 15-19	14	12:23.4	49:34	1:20.3	14	1:06:00.3	5:30	1:07.5	3	26:20.6	8:30	1:47:12.3
11	Amanda Brown	38	4:F 30-39	15	14:02.6	56:11	2:22.6	11	57:20.2	4:47	0:34.3	9	34:05.6	11:00	1:48:25.5
12	Alisha Hammerschmidt	43	3:F 40-49	13	12:03.4	48:14	4:52.9	12	57:24.1	4:47	0:30.3	8	34:00.9	10:58	1:48:51.6
13	Brooke Begler	24	5:F 30-39	6	10:59.6	43:59	1:11.5	9	51:30.7	4:18	0:32.7	16	47:24.2	15:17	1:51:38.8
14	Nikki Cherryholmes	55	6:F 30-39	12	12:01.4	48:06	5:52.4	15	1:14:29.9	6:12	0:52.8	13	39:36.9	12:47	2:12:53.6
15	Jill Winn	51	4:F 40-49	16	14:25.4	57:42	6:04.8	13	1:03:13.3	5:16	10:03.7	14	40:35.3	13:06	2:14:22.7
16	Shaelyn Budke	17	7:F 30-39	8	11:25.6	45:42	10:15.0	16	1:30:17.8	7:31	0:48.1	15	45:42.0	14:45	2:38:28.6

Triathlon											Male				
			-----	Swim	-----	T 1	-----	Bike	-----	T 2	-----	Run	-----	Total	
<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</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>	<u>Time</u>
1	Kevin Urban	62	1:M Champ	4	7:55.8	31:44	0:49.9	1	29:53.6	2:29	0:45.2	1	18:58.6	6:07	58:23.3
2	Ryder Eakin	23	1:M 30-39	3	7:49.1	31:16	0:57.9	3	33:49.7	2:49	0:15.3	2	22:49.7	7:22	1:05:41.8
3	Sean Rodger	25	1:M Masters	5	8:15.6	33:02	0:44.6	4	34:49.4	2:54	0:42.4	5	23:55.8	7:43	1:08:28.0
4	Stephen Barber	56	1:M 40-49	7	9:19.6	37:18	0:30.5	2	33:37.2	2:48	0:30.8	7	25:30.9	8:14	1:09:29.2
5	Bob Sanderson	35	1:M 70-79	10	10:22.9	41:32	1:16.5	5	35:17.7	2:56	0:56.5	9	26:51.0	8:40	1:14:44.8
6	Nolan Schmeidler	32	2:M 40-49	15	11:38.9	46:36	0:59.3	6	38:06.2	3:11	0:43.6	4	23:30.1	7:35	1:14:58.3
7	Daniel Jaramillo	61	1:M 20-29	6	9:03.8	36:15	1:12.2	8	42:40.0	3:33		15	1:07:26.0	21:45	1:17:50.1
8	Patrick Weber	39	1:M 60-69	12	10:45.4	43:02	0:43.7	7	41:59.8	3:30	1:05.6	12	29:15.5	9:26	1:23:50.2
9	Brian Donaldson	40	3:M 40-49	14	11:18.5	45:14	2:08.6	10	47:31.0	3:58	1:13.8	3	23:03.4	7:26	1:25:15.5
10	Cade Scott	31	2:M 30-39	11	10:39.0	42:36	2:17.6	11	49:47.3	4:09	0:28.1	6	24:33.6	7:55	1:27:45.7
11	Chandler Miller	19	2:M 20-29	2	7:42.9	30:52	2:16.8	9	47:15.2	3:56	0:31.4	13	30:00.6	9:41	1:27:47.2
12	Sam Laneve	22	3:M 20-29	1	7:28.2	29:53	1:55.1	12	51:04.2	4:15	0:25.8	10	27:25.1	8:51	1:28:18.6
13	Cole Cherryholmes	37	3:M 30-39	9	9:58.8	39:55	5:03.0	14	52:53.4	4:24	0:53.5	11	27:59.2	9:02	1:36:48.1
14	Jace Linenberger	26	4:M 20-29	8	9:47.0	39:08	3:36.2	15	57:20.1	4:47	1:03.8	8	25:32.8	8:14	1:37:20.1
15	Dustin Vap	28	4:M 30-39	13	11:15.4	45:02	4:44.7	13	51:17.6	4:16	1:02.5	14	30:05.7	9:43	1:38:26.1

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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>T 1</u>			<u>Bike</u>			<u>T 2</u>			<u>Run</u>			<u>Total</u>		
				<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>
1	Swim, Crash, And Dash	14	1:M Mixed	1	5:05.8	20:23		0:27.6		5	47:51.9	3:59		0:13.9		1	21:05.8	6:48		1:14:45.2	
2	Barely Tri-Ing	41	2:F Mixed	8	10:57.2	43:49		0:44.9		4	47:37.0	3:58		0:21.8		3	23:07.7	7:28		1:22:48.7	
3	The Old Fashioneds	34	3:M Mixed	2	6:02.0	24:08		0:33.1		3	45:34.3	3:48		0:21.6		8	31:22.8	10:07		1:23:53.9	
4	Fambam	15	4:M Mixed	3	6:13.8	24:55		0:44.5		2	44:41.4	3:43		0:34.3		10	33:27.4	10:48		1:25:41.5	
5	1st Timers	53	5:M Mixed	12	13:05.6	52:22		0:27.9		1	43:49.2	3:39		0:31.6		7	29:12.0	9:25		1:27:06.5	
6	Team Hurlee	58	6:F Mixed	13	15:12.2	60:49		0:33.1		8	57:39.0	4:48		0:32.6		2	22:18.0	7:12		1:36:15.0	
7	Jayhawkers	16	7:M Mixed	7	10:37.5	42:30		1:10.5		7	55:05.1	4:35		1:07.2		6	29:00.2	9:21		1:37:00.7	
8	Third Wind	45	8:M Mixed	14	16:55.9	67:44		1:47.1		6	50:59.9	4:15		0:36.6		5	27:06.2	8:45		1:37:25.9	
9	Team Dealy-Kiera Made Us Do It	18	9:F Mixed	4	8:55.1	35:41		0:53.2		10	1:05:10.2	5:26		0:41.4		4	26:54.0	8:41		1:42:34.0	
10	Unicorn Fearts	54	10:M Mixed	10	12:29.1	49:56		2:12.5		9	1:02:13.9	5:11		0:35.0		9	31:31.5	10:10		1:49:02.1	
11	Trihard	60	11:M Mixed	6	9:43.6	38:54		0:50.7		11	1:06:34.5	5:33		0:31.7		11	34:53.7	11:15		1:52:34.4	
12	Evie And The Ole Timers	57	12:M Mixed	9	11:48.3	47:13		1:01.0		13	1:12:13.3	6:01		0:40.2		12	37:56.4	12:14		2:03:39.3	
13	Potwinners	50	13:F Mixed	5	9:13.0	36:52		3:28.4		14	1:27:31.8	7:18		0:47.7		13	46:52.3	15:07		2:27:53.4	
14	Team Lrw	49	14:M Mixed	11	12:40.3	50:42		5:13.5		12	1:10:38.5	5:53		6:15.6		14	57:41.0	18:36		2:32:29.2	

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Kids Triathlon

Female

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Swim</u> <u>Time</u>	<u>Pace</u>	<u>T 1</u> <u>Time</u>	<u>Rnk</u>	<u>Bike</u> <u>Time</u>	<u>Pace</u>	<u>T 2</u> <u>Time</u>	<u>Rnk</u>	<u>Run</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	Stella Rodger	8	1:F Female	1	2:38.4	22:00	0:49.5	2	14:35.8	2:26	0:36.4	1	8:55.2	5:57	27:35.5
2	Oakley Nixon	3	2:F Female	3	3:33.9	29:43	1:29.6	3	14:48.5	2:28	0:21.2	2	9:09.1	6:06	29:22.5
3	Elena Greenleaf	5	3:F Female	2	3:10.4	26:27	2:35.6	1	13:28.8	2:15	0:23.5	3	10:05.1	6:43	29:43.5

Kids Triathlon

Male

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Swim</u> <u>Time</u>	<u>Pace</u>	<u>T 1</u> <u>Time</u>	<u>Rnk</u>	<u>Bike</u> <u>Time</u>	<u>Pace</u>	<u>T 2</u> <u>Time</u>	<u>Rnk</u>	<u>Run</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	Carson Crough	11	1:M Male 99	1	2:27.6	20:30	1:09.1	1	12:17.5	2:03	0:12.0	2	7:52.8	5:15	23:59.2
2	Alexander Greenleaf	13	2:M Male 99	2	2:41.8	22:29	1:45.8	4	13:53.4	2:19	0:14.0	1	7:05.4	4:44	25:40.6
3	Beckett Kitchen	6	3:M Male 99	4	3:09.7	26:21	1:42.8	3	13:50.6	2:18	0:15.1	3	7:56.5	5:18	26:54.9
4	Briggs Chartier	4	4:M Male 99	6	3:40.6	30:39	1:56.1	2	13:16.3	2:13	0:45.4	4	9:04.4	6:03	28:42.9
5	Graham Scott	7	5:M Male 99	5	3:39.8	30:32	1:33.0	6	18:12.0	3:02	0:32.1	6	10:58.2	7:19	34:55.2
6	Ethan Gabel	12	6:M Male 99	3	3:05.7	25:48	3:31.6	7	18:12.9	3:02	0:15.1	5	10:34.1	7:03	35:39.6
7	Walker Cherryholmes	9	7:M Male 99	7	5:07.6	42:44	8:46.6	5	17:49.7	2:58	0:30.8	7	14:12.3	9:28	46:27.2

Kids Team Tri

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Swim</u> <u>Time</u>	<u>Pace</u>	<u>T 1</u> <u>Time</u>	<u>Rnk</u>	<u>Bike</u> <u>Time</u>	<u>Pace</u>	<u>T 2</u> <u>Time</u>	<u>Rnk</u>	<u>Run</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	Trout Pond	2	1:M Mixed	1	3:34.9	29:51	0:43.0	2	19:27.6	3:15	0:17.4	1	7:05.5	4:44	31:08.5
2	Trigamers	1	2:M Mixed	2	5:35.3	46:35	0:55.2	1	15:24.4	2:34	0:27.9	2	15:10.4	10:07	37:33.4