



Jewish Community Center

15th Annual Indoor Triathlon

February 9 & 10, 2019

SPRINT/POINTS EVENT

SATURDAY														
Heat Time	Clock Time	Body Mark #	Participant	Swim			Bike			Run			Final Total	
				START	OUT	SPLIT	START	OUT	SPLIT	START	OUT	SPLIT		
8:00 AM	2:00:00	11	Amanda Alcamo	2:00:00	2:08:42	0:08:42	2:10:03	2:26:50	0:16:47	2:27:15	2:56:24	0:29:09	0:56:24	
		12	Robert Harmon	2:00:00	DNF	DNF	2:06:51	2:21:51	0:15:00	2:23:35	2:45:27	0:21:52	0:45:27	
		13	Kay Hathcock	2:00:00	2:09:13	0:09:13	2:12:03	2:26:13	0:14:10	2:26:52	2:55:37	0:28:45	0:55:37	
		14	Marlene Hoehn	2:00:00	2:09:53	0:09:53	2:11:28	2:27:13	0:15:45	2:27:36	2:50:46	0:23:10	0:50:46	
		15	Kim Noda	2:00:00	2:07:42	0:07:42	2:09:18	2:22:10	0:12:52	2:22:30	2:49:54	0:27:24	0:49:54	
		16	Phil Shayne	2:00:00	2:12:12	0:12:12	2:15:56	2:32:44	0:16:48	2:33:27	2:59:46	0:26:19	0:59:46	
		17	Charles Shepker	2:00:00	2:06:35	0:06:35	2:10:38	2:23:37	0:12:59	2:24:36	2:42:55	0:18:19	0:42:55	
		18	Lorena Estrada	2:00:00	2:10:56	0:10:56	2:15:07	2:28:45	0:13:38	2:29:17	2:56:45	0:27:28	0:56:45	
8:40 AM	2:40:00	22	Becky Hellrich	--	--	--	--	--	--	--	--	--	--	
		23	Jessica Hendrix	2:40:00	2:49:26	0:09:26	2:51:58	3:05:37	0:13:39	3:06:17	3:29:41	0:23:24	0:49:41	
		24	Mary Pat Henehan	2:40:00	2:52:13	0:12:13	2:56:05	3:10:48	0:14:43	3:11:58	3:44:54	0:32:56	1:04:54	
		25	Chase Mathis	2:40:00	2:49:57	0:09:57	2:51:55	3:06:12	0:14:17	3:06:34	3:22:56	0:16:22	0:42:56	
		26	Michael McCormick	2:40:00	2:45:21	0:05:21	2:48:45	3:03:23	0:14:38	3:03:57	3:22:59	0:19:02	0:42:59	
		27	Lisa Watson	2:40:00	2:51:17	0:11:17	2:54:39	3:10:29	0:15:50	3:10:57	3:44:59	0:34:02	1:04:59	
		28	Boo Gonzalez	2:40:00	2:46:52	0:06:52	2:48:00	3:01:02	0:13:02	3:01:39	3:24:35	0:22:56	0:44:35	
		34	Casey Patke	2:40:00	2:51:26	0:11:26	2:54:56	3:10:32	0:15:36	3:10:57	3:34:18	0:23:21	0:54:18	
9:20: AM	3:20:00	31	Sarah Karls	3:20:00	3:28:51	0:08:51	3:33:01	3:47:39	0:14:38	3:48:35	4:11:49	0:23:14	0:51:49	
		32	Alison Lewkowitz	3:20:00	3:29:03	0:09:03	3:32:39	3:44:57	0:12:18	3:45:38	4:11:29	0:25:51	0:51:29	
		33	Laura Muschelli	--	--	--	--	--	--	--	--	--	--	--
		35	Courtney Rosenberg	3:20:00	3:28:37	0:08:37	3:31:18	3:43:57	0:12:39	3:44:45	4:06:13	0:21:28	0:46:13	
		36	Kevin Rosenberg	3:20:00	3:28:18	0:08:18	3:31:19	3:43:24	0:12:05	3:43:43	4:03:50	0:20:07	0:43:50	
		37	Brady Toliver	3:20:00	3:29:27	0:09:27	3:34:12	3:51:31	0:17:19	3:52:13	4:15:27	0:23:14	0:55:27	
		38	Jeffrey Phillips	3:20:00	3:27:19	0:07:19	3:31:06	3:45:54	0:14:48	3:46:49	4:08:20	0:21:31	0:48:20	
10:00 AM	4:00:00	41	Michelle Faits	4:00:00	4:10:05	0:10:05	4:14:01	4:28:51	0:14:50	4:30:28	4:56:03	0:25:35	0:56:03	
		42	Neil French	4:00:00	4:06:09	0:06:09	4:08:15	4:20:19	0:12:04	4:20:37	4:44:11	0:23:34	0:44:11	
		43	Sarah Martin	4:00:00	4:09:25	0:09:25	4:15:00	4:34:55	0:19:55	4:36:58	5:07:45	0:30:47	1:07:45	
		44	David Murk	4:00:00	4:09:26	0:09:26	4:17:10	4:34:56	0:17:46	4:35:34	5:00:44	0:25:10	1:00:44	
		45	Sophie Murk	4:00:00	4:09:24	0:09:24	4:16:43	4:34:45	0:18:02	4:35:32	5:00:31	0:24:59	1:00:31	
		46	Whitney Scherr	--	--	--	--	--	--	--	--	--	--	--
		47	Jennifer York	4:00:00	4:08:34	0:08:34	4:10:54	4:25:31	0:14:37	4:26:35	4:49:23	0:22:48	0:49:23	



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POINTS EVENT

Body Mark #	Participant	10 Minute Swim		30 Minute Bike		20 Minute Run	
1016	Matt Temple	LENGTHS	23	MILES	16.4	MILES	3.22

SUNDAY

Heat Time	Clock Time	Body Mark #	Participant	Swim			Bike			Run			Final Total
				START	OUT	SPLIT	START	OUT	SPLIT	START	OUT	SPLIT	
6:30 AM	0:00:00	1005	Sheila Weishaar	0:00:00	0:18:14	0:18:14	0:20:23	0:33:52	0:13:29	0:34:21	1:00:55	0:26:34	1:00:55