



Jewish Community Center

14th Annual Indoor Triathlon

February 10 & 11, 2018

SPRINT - OVERALL

	Participant		Swim			Bike			Run			Final Time
			START	OUT	SPLIT	START	OUT	SPLIT	START	OUT	SPLIT	
1	Jim	Greenstein	2:00:00	2:05:58	0:05:58	2:06:57	2:18:32	0:11:35	2:18:58	2:35:58	0:17:00	0:35:58
2	Shanon	Forseter	2:40:00	2:46:23	0:06:23	2:48:06	2:58:40	0:10:34	2:59:07	3:15:58	0:16:51	0:35:58
3	Danielle	Brunnworth	2:40:00	2:47:50	0:07:50	2:49:10	3:00:05	0:10:55	3:00:37	3:17:34	0:16:57	0:37:34
4	Ariel	Berwald	2:40:00	2:45:45	0:05:45	2:47:13	2:59:46	0:12:33	3:00:05	3:17:51	0:17:46	0:37:51
5	Eugene	Harris	4:00:00	4:06:23	0:06:23	4:07:46	4:20:21	0:12:35	4:20:51	4:38:08	0:17:17	0:38:08
6	Tariq	Quadri	2:40:00	2:46:56	0:06:56	2:48:23	3:00:16	0:11:53	3:00:35	3:19:51	0:19:16	0:39:51
7	Heather	Cheseman	2:00:00	2:05:51	0:05:51	2:07:46	2:20:46	0:13:00	2:21:10	2:39:55	0:18:45	0:39:55
8	Alicia	Broshuis	2:00:00	2:07:47	0:07:47	2:09:15	2:22:30	0:13:15	2:23:18	2:39:56	0:16:38	0:39:56
9	Leah	Frankel	2:00:00	2:08:32	0:08:32	2:10:00	2:21:37	0:11:37	2:22:44	2:40:11	0:17:27	0:40:11
10	Adam	Lewkowitz	2:40:00	2:45:13	0:05:13	2:47:17	3:00:06	0:12:49	3:00:40	3:20:31	0:19:51	0:40:31
11	Alisa	Artioli	2:00:00	2:08:36	0:08:36	2:11:30	2:23:59	0:12:29	2:24:26	2:41:24	0:16:58	0:41:24
12	Lory	Cooper	2:00:00	2:07:53	0:07:53	2:09:40	2:23:38	0:13:58	2:25:04	2:41:45	0:16:41	0:41:45
13	Lauren	Larson	3:20:00	3:25:55	0:05:55	3:28:09	3:39:47	0:11:38	3:40:09	4:02:55	0:22:46	0:42:55
14	Amber	Martin	3:20:00	3:27:54	0:07:54	3:29:45	3:42:47	0:13:02	3:43:14	4:03:06	0:19:52	0:43:06
15	Neil	French	2:40:00	2:45:58	0:05:58	2:47:47	2:59:37	0:11:50	3:00:06	3:23:07	0:23:01	0:43:07
16	Adrienne	Berra	2:40:00	2:47:50	0:07:50	2:49:55	3:05:17	0:15:22	3:06:20	3:23:22	0:17:02	0:43:22
17	Dan	Davila	2:40:00	2:47:04	0:07:04	2:49:46	3:03:37	0:13:51	3:04:04	3:23:40	0:19:36	0:43:40
18	Kim	Noda	2:40:00	2:47:52	0:07:52	2:49:37	3:03:43	0:14:06	3:03:57	3:26:42	0:22:45	0:46:42
19	Brent	Cantor	3:20:00	3:28:08	0:08:08	3:31:29	3:44:31	0:13:02	3:45:40	4:08:10	0:22:30	0:48:10
20	Kendra	Worsham	3:20:00	3:31:26	0:11:26	3:33:27	3:45:51	0:12:24	3:46:07	4:08:20	0:22:13	0:48:20
21	Kelsey	Kapella	3:20:00	3:28:22	0:08:22	3:30:50	3:44:43	0:13:53	3:45:00	4:08:58	0:23:58	0:48:58
22	Belinda	Tracy	2:00:00	2:08:15	0:08:15	2:13:01	2:25:38	0:12:37	2:26:21	2:49:50	0:23:29	0:49:50
23	Stephen	Newman	2:00:00	2:06:34	0:06:34	2:10:32	2:24:07	0:13:35	2:24:37	2:50:52	0:26:15	0:50:52
24	Brady	Toliver	4:00:00	4:08:51	0:08:51	4:12:27	4:28:28	0:16:01	4:28:57	4:51:21	0:22:24	0:51:21
26	Lisa	Simani	3:20:00	3:29:46	0:09:46	3:31:20	3:47:56	0:16:36	3:48:27	4:11:21	0:22:54	0:51:21
27	Emma	Schreiber	3:20:00	3:30:49	0:10:49	3:33:33	3:50:04	0:16:31	3:50:24	4:12:01	0:21:37	0:52:01
28	Stephen	Zaiser	4:00:00	4:12:01	0:12:01	4:15:51	4:32:46	0:16:55	4:33:07	4:54:12	0:21:05	0:54:12



Jewish Community Center

14th Annual Indoor Triathlon

February 10 & 11, 2018

SPRINT - OVERALL

	Participant		Swim			Bike			Run			Final Time
			START	OUT	SPLIT	START	OUT	SPLIT	START	OUT	SPLIT	
29	Jim	Guest	2:00:00	2:09:28	0:09:28	2:14:40	2:29:49	0:15:09	2:30:13	2:54:21	0:24:08	0:54:21
30	Michele	Lord	3:20:00	3:28:39	0:08:39	3:31:07	3:45:34	0:14:27	3:45:59	4:15:17	0:29:18	0:55:17
31	Bob	Ciesla	2:40:00	2:48:28	0:08:28	2:50:55	3:07:28	0:16:33	3:08:03	3:36:19	0:28:16	0:56:19
32	Bella	Schreiber	3:20:00	3:30:04	0:10:04	3:31:54	3:47:20	0:15:26	3:47:45	4:16:24	0:28:39	0:56:24
33	Bethany	Sattovia	2:40:00	2:48:11	0:08:11	2:51:53	3:07:36	0:15:43	3:08:54	3:39:11	0:30:17	0:59:11
34	Kathy	Norman	2:00:00	2:08:19	0:08:19	2:13:22	2:27:58	0:14:36	2:30:20	2:59:13	0:28:53	0:59:13
35	Alicia	Vandever	4:00:00	4:07:10	0:07:10	4:08:48	4:24:01	0:15:13	4:24:33	4:59:45	0:35:12	0:59:45
36	Dan	Merrifield	2:00:00	2:08:32	0:08:32	2:11:43	2:27:26	0:15:43	2:27:55	2:59:48	0:31:53	0:59:48
37	Katie	Schreiber	3:20:00	3:29:05	0:09:05	3:32:41	3:48:49	0:16:08	3:49:21	4:20:58	0:31:37	1:00:58
38	Mary Pat	Henehan	3:20:00	3:32:11	0:12:11	3:36:05	3:50:33	0:14:28	3:51:28	4:23:46	0:32:18	1:03:46
39	Phil	Shayne	4:00:00	4:12:27	0:12:27	4:20:07	4:38:47	0:18:40	4:39:38	5:05:53	0:26:15	1:05:53
40	Grace	Schreiber	3:20:00	3:29:40	0:09:40	3:33:22	3:50:18	0:16:56	3:50:55	4:29:59	0:39:04	1:09:59
41	Teresa	Godwin	2:00:00	2:12:50	0:12:50	2:17:23	2:33:19	0:15:56	2:36:33	3:12:22	0:35:49	1:12:22
42	Donna	Springer	2:00:00	2:15:18	0:15:18	2:22:19	2:40:54	0:18:35	2:43:26	3:47:00	1:03:34	1:47:00
43	Lisa	Mendez	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
44	LaKeisha	Davis	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
45	Teresa	Alvarez	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
46	Frances	Pickett	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
47	Rich	Ragsdale	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS