

It was another beautiful day at Elmore State Park for the 2nd practice triathlon of 2015. 29 competitors raced including a bunch of first timers. Brian Carlson and Rima Carlson finished as first male and female; both moving up from 2nd place 2 weeks ago, both taking over 20 seconds off of their prior times, despite what appeared to be a slightly slower swim course. Our largest age group this week included 5 40-49 year old women for some good competition. Also of note—all 3 of the men in the 40-49 age group broke an hour today. A great group of volunteers kept people on course, safe and accurately timed. Thanks to Marsha Bancroft, Dot and John Martin and Dot Helling for helping out.

9th Annual Elmore Practice Triathlon Series 06/25/2015

Overall Results for Individuals and Relay

Place	Division	NO.	NAME	AGE	S	SWIM Time	BIKE Time	BIKE			FINAL Time
								Cum Time	RUN Time		
1	1/3	23	Brian Carlson	43	M	8:12	29:19	37:31	14:55	52:26	
2	2/3	30	Dustin Rand	40	M	7:12	30:59	38:11	19:02	57:13	
3	1/2	27	Roy Belcher	34	M	7:25	32:06	39:31	18:31	58:02	
4	1/5	24	Rima Carlson	41	F	8:30	31:19	39:49	19:15	59:04	
5	3/3	33	Greg Bagnato	45	M	8:07	32:38	40:45	18:33	59:18	
6	1/3	35	Heather Voisin	39	F	10:51	29:51	40:42	20:16	1:00:58	
7	1/3	37	Danielle Lacavalla	28	F	8:42	34:09	42:51	18:40	1:01:31	
8	1/2	17	Dave Lovegrove	28	M	10:21	32:41	43:02	18:47	1:01:49	
9	2/3	13	Heidi Robbins	25	F	10:16	33:40	43:56	18:11	1:02:07	
10	1/2	41	Kieran Fitzsimmons	30	F	7:41	36:18	43:59	19:48	1:03:47	
11	2/5	1	Kathleen Bryant	42	F	7:15	36:39	43:54	20:51	1:04:45	
12	2/2	6	Ben Linder	28	M	8:32	34:56	43:28	22:26	1:05:54	
13	2/2	10	Megan Jolly	34	F	10:32	34:21	44:53	21:31	1:06:24	
14	1/2	42	John Andrews	52	M	10:08	36:00	46:08	20:29	1:06:37	
15	2/3	39	Dillon Burns	36	F	12:18	35:44	48:02	18:36	1:06:38	
16	3/5	38	Jennifer Gordon	45	F	10:33	35:13	45:46	21:59	1:07:45	
17	2/2	31	Paul Menichelli	54	M	10:07	37:07	47:14	21:42	1:08:56	
18	1/2	32	Mary Clifton	58	F	7:45	37:26	45:11	24:37	1:09:48	
19	1/1	22	Benjamin Kidder	24	M	13:37	34:45	48:22	22:08	1:10:30	
20	4/5	43	Sandy Colvin	47	F	12:00	39:23	51:23	20:04	1:11:27	
21	5/5	36	Deb Laskarzewski	47	F	9:37	38:33	48:10	24:07	1:12:17	
22	1/1	40	Rob Lamb	38	M	10:15	38:58	49:13	26:49	1:16:02	
23	3/3	16	Caitlin Lovegrove	29	F	13:07	40:26	53:33	23:09	1:16:42	
24	1/2	18	Anna Berg	24	F	12:25	41:16	53:41	24:43	1:18:24	
25	3/3	28	Kiki Lee Rose	36	F	12:52	43:21	56:13	22:56	1:19:09	
26	Relay	19	A.Berg/Hannah Reckhow	24	F	12:25	40:45	53:10	27:54	1:21:04	
27	2/2	44	Becky Diedrich	51	F	13:43	44:36	58:19	24:15	1:22:34	
28	2/2	29	Andrew Rose	32	M	12:50	47:03	59:53	25:48	1:25:41	
29	1/1	34	Madison Suekert	18	F	9:04	1:04:04	1:13:08	23:00	1:36:08	

Air temp approx. 72, sunny
Water temp measured at 70.