

The temperature in Lake Elmore warmed up to 65 degrees for the first one of the year. Much better than a week ago! 2 people out of 17 still opted for the duathlon option awaiting warmer water next time. Despite a couple of small misteps (one missed turn into the finish on the bike, one extra turn on the run and one small bike spill at T2) it was a fun time. Ben Ellingson finished 1st M in 56:16 with Kelly Hadiaris 1st F and 2nd overall in a time of 57:01. Congratulations to some new triathletes and thank you very much to volunteers Dot Helling and John Martin.

11th Annual Elmore Practice Triathlon Series
06/08/17

Place	Place in Division	NO.	NAME	AGE	S	SWIM Time	BIKE Time	BIKE Cum Time	RUN Time	FINAL Time
1	1/2	6	Ben Ellingson	46	M	7:12	30:51	38:03	18:18	56:21
2	1/1	13	Kelly Hadiaris	37	F	7:17	32:10	39:27	17:39	57:06
3	1/2	9	Dennis Shaffer	63	M	6:54	31:35	38:29	20:06	58:35
4	1/1	5	Benjamin Kidder	26	M	12:08	28:49	40:57	18:27	59:24
5	1/1	3	Alice McCormick	32	F	8:10	33:57	42:07	18:54	1:01:01
6	1/3	17	Heidi Robbins	28	F	8:27	35:38	44:05	20:16	1:04:21
7	2/2	11	Heath Jackman	44	M	8:37	33:46	42:23	23:33	1:05:56
8	1/3	15	Ben Linder	31	M	9:09	36:36	45:45	21:59	1:07:44
9	1/2	1	Mary Nealon	56	F	8:36	38:00	46:36	21:18	1:07:54
10	2/3	4	Al Hermsen	33	M	8:09	40:26	48:35	20:18	1:08:53
11	1/1	10	Tina Heck	46	F	8:47	35:56	44:43	24:36	1:09:19
12	2/2	8	Terry Ryan	60	M	8:53	36:58	45:51	28:13	1:14:04
13	1/1 *DU	14	Julie Hendrickson	61	F	9:41	41:59	51:40	26:25	1:18:05
14	2/3	7	Anna Berg	26	F	11:59	43:25	55:24	26:18	1:21:42
15	2/2	12	Susan Hutchinson	51	F	11:45	43:33	55:18	29:02	1:24:20
16	3/3 *DU	16	Dana Marchitelli	28	F	10:13	51:12	1:01:25	26:48	1:28:13
17	3/3	2	John Bonneville	34	M	8:17	40:32	48:49	AQUABIKE	

*DUATHLON completed 1 mile run in place of ¼ mile swim