

17th Annual Elmore Practice Triathlon Series
06/22/23

Water Temp 73, Air Temp 76. Winds light and variable.

Place	Place in Division	NO.	NAME	AGE	S	SWIM Time	BIKE Time	BIKE Cum Time	RUN Time	FINAL Time
1	1/1	5	Lance Parker	29	M	6:47	24:59	31:46	15:40	47:26
2	1/2	6	Sean McLoughlin	52	M	9:11	26:12	35:23	16:05	51:28
3	1/1	12	Ezra Merrill-Triplet	18	M	8:03	31:31	39:34	14:46	54:20
4	1/1	8	Andrew McCormick	38	M	7:51	30:04	37:55	19:55	57:50
5	1/2	3	Alice McCormick	39	F	7:25	31:43	39:08	19:26	58:34
6	1/4	13	Stephen Brown	40	M	8:58	32:27	41:25	17:58	59:23
7	1/4	34	Deb Vogl	43	F	7:34	30:35	38:09	21:34	59:43
8	1/3	4	Doreen Audette	50	F	6:18	32:10	38:28	21:34	1:00:02
9	1/2	2	Jill Sarazen	29	F	6:31	35:07	41:38	19:41	1:01:19
10	1/2	23	Jimmy Burnham	33	M	8:17	35:32	43:49	18:17	1:02:06
11	1/2	15	Meredith Naughton	34	F	8:36	34:12	42:48	20:02	1:02:50
12	2/4	1	Jessica Bailey	40	F	6:00	36:02	42:02	20:58	1:03:00
13	1/2	16	Dennis Shaffer	69	M	7:15	35:25	42:40	22:03	1:04:43
14	2/2	39	Ben Kidder	32	M	12:22	31:37	43:59	23:05	1:07:04
15	1/1	17	Erika Wolf	24	F	7:54	42:22	50:16	18:05	1:08:21
16	2/4	18	John Bisset	47	M	8:38	36:13	44:51	23:38	1:08:29
17	2/3	10	Katie Hansel	53	F	8:13	37:29	45:42	23:23	1:09:05
18	2/2	21	Lauren Cohen	35	F	8:14	38:28	46:42	23:17	1:09:59
19	2/2	33	Dave Vallett	67	M	10:13	37:15	47:28	24:59	1:12:27
20	2/2	32	Adam Bruggeman	51	M	10:23	38:31	48:54	23:36	1:12:30
21	1/3	11	Mary Clifton	66	F	7:56	35:30	43:26	29:05	1:12:31
22	2/2	19	Kristi Sills	30	F	8:13	39:10	47:23	25:22	1:12:45
23	2/3	14	Pam Sills	67	F	9:12	38:12	47:24	26:33	1:13:57
24	3/4	25	Melissa Senesac	41	F	11:38	37:34	49:12	24:58	1:14:10
25	3/4	24	Derrick Lemnah	45	M	11:49	37:45	49:34	28:17	1:17:51
26	3/3	28	Gail Rose	55	F	8:07	46:38	54:45	25:42	1:20:27
27	3/3	36	Carol Vallett	67	F	12:17	45:00	57:17	27:49	1:25:06
28	2/2	30	Anna Rose Terrill*	29	F	12:28*	49:55	1:02:23	26:59	1:29:22
29	4/4	29	Tim Rupert	49	M	9:07	45:01	54:08	35:22	1:29:30
30	4/4	37	Toria Lajoie	44	F	10:58	Flat Tire			

*shorter swim course

AQUABIKE RESULTS

Place	Place in Division	NO.	NAME	AGE	S	SWIM Time	BIKE Time	FINAL Time
1	1/1	20	Woody Clifton	70	M	10:12	40:08	50:20
2	1/1	35	Nora Ely	29	F	13:14	51:36	1:04:50