

Race Date  
July 16, 2017

iCAN TRI Triathlon  
Overall Results

**Adult Super Sprint**

**Female**

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>		<u>T1</u>	<u>Bike</u>		<u>T2</u>	<u>Run</u>		<u>Total</u>			
				<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	Gina Hofmann	405	1 F 40-49	3	8:09.3	2:43	1:06.1	1	22:52.0	21.0	1:21.9	1	18:48.2	9:24	52:17.7
2	Amanda Ploederl	407	1 F 30-39	4	8:24.9	2:48	1:33.1	2	26:09.3	18.4	0:55.3	5	22:05.4	11:03	59:08.1
3	Lena Andrade	401	1 F 20-29	1	7:04.6	2:21	1:26.8	5	27:59.0	17.2	0:48.0	3	21:49.7	10:55	59:08.2
4	Galyean Frye	403	2 F 20-29	2	7:16.6	2:25	2:53.9	6	29:27.2	16.3	1:24.7	2	19:25.9	9:43	1:00:28.3
5	Rachael Espinoza	419	2 F 30-39	8	10:21.5	3:27	2:05.1	3	26:12.0	18.3	1:27.3	4	21:58.3	10:59	1:02:04.3
6	Katie Dwyer	402	3 F 20-29	5	8:32.0	2:51	2:35.5	4	26:55.9	17.8	2:15.0	6	23:03.2	11:32	1:03:21.8
7	Theresa Dang	303	1 F 60-99	9	10:46.6	3:35	2:43.0	7	31:03.3	15.5	1:30.7	8	27:29.6	13:45	1:13:33.5
8	Jennie Gates	404	2 F 40-49	7	10:03.9	3:21	2:18.1	8	33:01.3	14.5	1:32.4	10	31:13.3	15:37	1:18:09.1
9	Loriann Samano	409	3 F 40-49	6	9:07.7	3:02	4:53.4	9	35:17.5	13.6	2:19.6	9	28:12.5	14:06	1:19:50.9
10	Marisol Manriquez	406	3 F 30-39	10	17:29.9	5:50	3:10.5	10	42:38.5	11.3	2:02.6	7	25:25.4	12:43	1:30:47.0

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<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Swim</u> <u>Time</u>	<u>Pace</u>	<u>T1</u> <u>Time</u>	<u>Rnk</u>	<u>Bike</u> <u>Time</u>	<u>Rate</u>	<u>T2</u> <u>Time</u>	<u>Rnk</u>	<u>Run</u> <u>Time</u>	<u>Pace</u>	<u>Total</u> <u>Time</u>
1	Stephen Webber	418	1 M 50-59	3	6:46.5	2:15	2:31.4	1	21:23.6	22.4	1:44.5	1	15:34.5	7:47	48:00.8
2	Cornelius Pigott	416	1 M 60-99								31:03.1	2	19:40.5	9:50	50:43.6
3	Carlos Mendoza	415	1 M 30-39	1	5:43.8	1:54	1:25.9	2	23:14.2	20.7	1:14.9	3	20:12.9	10:06	51:52.0
4	Allen Chien	411	1 M 40-49	2	6:12.4	2:04	1:10.9	4	25:23.5	18.9	1:36.2	5	24:30.2	12:15	58:53.3
5	Pat Horn	413	2 M 60-99	4	8:38.0	2:53	1:30.0	3	24:21.3	19.7	2:22.0	4	23:51.8	11:56	1:00:43.2
6	Christopher Denny	412	3 M 60-99	5	13:23.1	4:28	3:01.4	5	33:00.9	14.5	3:35.6	6	36:54.2	18:27	1:29:55.4