

Hawaii Sports Connection
2005 Lavaman Triathlon

Overall Results - Individuals

April 3rd, 2005

Swim - .93 Miles 🏊 Bike - 24.8 Miles 🚲 Run - 6.2 Miles

Plc	Name	Division	Fem	Swim	Bike	Run	Overall
1	Simon Whitfield #1	Elite					18:30 1:02:00 34:33 1:55:03
2	Brent McMahon #14	Elite					18:15 1:04:16 34:48 1:57:19
3	Kyle Jones #10	Elite					19:09 1:05:19 33:44 1:58:12
4	Nick Hastie #13	Elite					18:15 1:03:11 37:20 1:58:46
5	Timothy Marr #15	Elite					18:26 1:01:04 39:57 1:59:27
6	Robert Fougere #12	Elite					20:10 1:01:29 38:37 2:00:16
7	Tom Evans #4	Elite					18:29 59:43 43:34 2:01:46
8	Jill Savege #2	Elite				1	18:33 1:05:56 39:05 2:03:34
9	Marc Despaties #11	Elite					18:14 1:04:56 41:10 2:04:20
10	Peter Hursty #183	30-34					20:01 1:03:12 41:36 2:04:49
11	Tina Walter #19	35-39				2	17:03 1:07:56 40:53 2:05:52
12	Tai Blechta #90	25-29					21:46 1:05:37 38:56 2:06:19
13	Carolyn Murray #9	Elite				3	20:16 1:08:14 42:46 2:11:16
14	Brandon Del Campo #100	25-29					24:51 1:08:47 39:07 2:12:45
15	Lauren Groves #6	Elite				4	19:48 1:13:34 39:35 2:12:57
16	Gillian Kornell #8	Elite				5	20:11 1:12:57 40:01 2:13:09
17	Chris Tang #210	30-34					22:53 1:08:07 43:26 2:14:26
18	Bree Myers #123	25-29				6	21:21 1:09:49 43:34 2:14:44
19	Arlan Macasieb #18	Elite					22:11 1:11:31 41:46 2:15:28
20	Andy Schmid #80	25-29					22:07 1:08:46 45:05 2:15:58
21	Dean Panzica #366	40-44					19:53 1:12:55 43:38 2:16:26
22	Tom Sanford #42	18-24					19:48 1:10:58 48:15 2:19:01
23	Mike Bennett #299	35-39					21:50 1:09:58 48:03 2:19:51
24	Mark Regensburg #16	Elite					21:28 1:10:48 47:37 2:19:53
25	Rachel Joyce #7	Elite				7	20:13 1:16:55 44:48 2:21:56
26	Drsherry Coons #428	40-44				8	22:30 1:12:10 48:28 2:23:08
27	Gregory Allen #367	40-44					29:11 1:09:24 44:51 2:23:26
28	Daryl Tamashiro #370	40-44					25:40 1:12:43 45:15 2:23:38
29	Patrick Ray #281	35-39					21:54 1:16:03 45:50 2:23:47
30	Thom McHale #537	55-59					24:52 1:13:18 45:44 2:23:54
31	B. Kainalu Picl #303	35-39					28:27 1:11:39 44:09 2:24:15
32	Jason Parilla #171	30-34					24:58 1:12:18 47:21 2:24:37
33	Monique Petrov #317	35-39				9	22:31 1:15:30 47:21 2:25:22
34	George Lowe #83	25-29					25:36 1:13:19 46:58 2:25:53
35	John Henderson #197	30-34					29:05 1:12:40 44:15 2:26:00
36	Trevor Anderson #162	30-34					24:32 1:15:58 46:38 2:27:08
37	Natalie Holles #235	30-34				10	22:33 1:17:29 47:26 2:27:28
38	Rod Huddleston #446	45-49					28:54 1:17:17 42:31 2:28:42
39	Jahn Sawinski #302	35-39					27:06 1:09:15 52:33 2:28:54
40	Margaret Grenier-Spears	40-44				11	26:39 1:14:50 47:25 2:28:54
41	Jacek Plonkowski #290	35-39					23:37 1:18:27 47:56 2:30:00
42	Cullen Burgess #394	40-44					24:55 1:21:37 44:19 2:30:51
43	Luis Canales #175	30-34					25:03 1:15:17 50:57 2:31:17
44	Tim Cotter #524	55-59					24:19 1:18:39 48:35 2:31:33
45	Brendan Seely #75	25-29					24:56 1:13:29 53:46 2:32:11
46	Adam Busek #386	40-44					26:28 1:17:03 48:45 2:32:16
47	Ralph Pickett #382	40-44					23:50 1:19:58 48:43 2:32:31
48	Ray Stainback #395	40-44					26:54 1:17:26 48:13 2:32:33
49	Christian Hiro #181	30-34					27:11 1:13:25 52:18 2:32:54
50	Matthew Stenson #198	30-34					28:58 1:16:58 46:59 2:32:55
51	Daniel Hodel #471	50-54					30:12 1:21:06 41:49 2:33:07
52	Gary Cooke #436	45-49					25:02 1:25:04 43:29 2:33:35
53	Tim Robinson #304	35-39					27:49 1:18:11 47:40 2:33:40
54	Richard Stanley #309	35-39					29:29 1:14:54 49:26 2:33:49
55	Brian Oehler #86	25-29					30:30 1:15:51 48:12 2:34:33
56	Jeff Enzler #387	40-44					28:31 1:19:47 46:23 2:34:41
57	David Casas #179	30-34					24:55 1:11:22 58:52 2:35:09
58	Melissa Hall #160	25-29				12	24:08 1:15:15 55:57 2:35:20
59	Melanie Aiona #246	30-34				13	26:56 1:22:08 47:24 2:36:28
60	Becky Obletz #474	45-49				14	24:18 1:17:26 55:05 2:36:49
61	Joe Wedemann #379	40-44					29:45 1:16:20 51:09 2:37:14
62	Darcy Eaton #334	35-39				15	29:46 1:18:30 49:28 2:37:44
63	Kirk Hirata #440	45-49					29:56 1:18:58 49:22 2:38:16

64	Allison Poe #154	18-24	16	30:54	1:19:02	48:23	2:38:19
65	Bradley Johnson #76	25-29		26:01	1:18:24	53:58	2:38:23
66	Nathan Driggers #35	18-24		32:30	1:19:07	46:57	2:38:34
67	Susanne Kaufmann #161	25-29	17	27:10	1:20:29	51:01	2:38:40
68	James Best #529	55-59		26:56	1:20:16	51:49	2:39:01
69	Rebecca Lowe #244	30-34	18	24:40	1:22:41	51:47	2:39:08
70	Kevin Cramer #192	30-34		29:09	1:15:40	54:24	2:39:13
71	Rob Hill #351	40-44		22:51	1:21:27	55:03	2:39:21
72	Greg McKay #307	35-39		29:03	1:22:25	48:05	2:39:33
73	Glen Yokotake #376	40-44		28:36	1:21:35	49:33	2:39:44
74	Luke Luknowsky #441	45-49		30:50	1:19:03	50:39	2:40:32
75	Wayne Brandt #393	40-44		29:51	1:18:55	51:52	2:40:38
76	Brett Ross #81	25-29		27:55	1:22:58	49:49	2:40:42
77	Millie Cooke #476	45-49	19	28:17	1:19:27	52:59	2:40:43
78	Solomon Kawika Singson	40-44		30:48	1:18:16	51:40	2:40:44
79	Heather McLaughlin #78	25-29	20	28:21	1:19:30	52:56	2:40:47
80	Harry Yoshida #539	55-59		26:24	1:19:14	55:10	2:40:48
81	Scott Tinley #3	Elite		23:11	1:20:28	57:12	2:40:51
82	Matthew Rauls #209	30-34		28:50	1:21:26	51:08	2:41:24
83	Derek Brown bea Haspe	45-49		27:43	1:21:24	52:34	2:41:41
84	Dane Decker #535	55-59		28:41	1:21:07	52:06	2:41:54
85	Megan Jackley #142	25-29	21	30:56	1:21:52	49:18	2:42:06
86	Laurie Beers #485	50-54	22	28:07	1:19:52	54:33	2:42:32
87	Jeffrey Osborne #283	35-39		24:01	1:29:40	49:00	2:42:41
88	Paul Hopkins #353	40-44		27:09	1:23:27	52:12	2:42:48
89	Lesley Cens-McDowell #549	55-59	23	28:08	1:17:46	56:55	2:42:49
90	Adrian Aponte #193	30-34		31:17	1:21:40	50:12	2:43:09
91	Benjamin Barreras #355	40-44		37:41	1:15:20	50:44	2:43:45
92	Jerry Ewing #523	55-59		29:48	1:23:33	50:52	2:44:13
93	Duane Tamashiro #194	30-34		28:25	1:27:07	48:55	2:44:27
94	Adrian Valdivieso #94	25-29		28:22	1:27:46	49:01	2:45:09
95	Gregg Lanier #392	40-44		33:22	1:20:36	51:26	2:45:24
96	David Ferguson #368	40-44		30:43	1:20:09	54:32	2:45:24
97	Emily Yau #158	25-29	24	25:45	1:25:58	53:41	2:45:24
98	Lawrence Smith #27	1-17		20:02	1:26:11	59:16	2:45:29
99	Steven Alling #102	35-39		28:21	1:22:13	55:02	2:45:36
100	Nicki Loranger #53	18-24	25	25:43	1:25:32	54:35	2:45:50
101	Gregory Aarons #493	50-54		33:51	1:19:39	52:30	2:46:00
102	Marty Fess #322	35-39	26	33:30	1:22:34	49:56	2:46:00
103	Heidi Smith #467	45-49	27	26:21	1:21:58	58:15	2:46:34
104	Miles Cannon #96	25-29		29:01	1:23:02	54:37	2:46:40
105	Douglas Wilkerson #449	45-49		28:48	1:17:47	1:00:18	2:46:53
106	Tim Taylor #380	40-44		25:21	1:20:42	1:00:50	2:46:53
107	Scooter Johns #378	40-44		28:26	1:25:43	52:50	2:46:59
108	Matthew Garth #99	25-29		27:43	1:25:29	53:50	2:47:02
109	Wendy Gaertner #414	40-44	28	29:44	1:19:33	58:39	2:47:56
110	Jon Shlens #84	25-29		31:20	1:22:28	54:14	2:48:02
111	Deeann Mitchell #327	35-39	29	29:54	1:22:30	55:39	2:48:03
112	Damon Smith #364	40-44		29:05	1:24:06	54:55	2:48:06
113	Joel Duker #39	18-24		28:08	1:20:49	59:19	2:48:16
114	Mike Hamilton #532	50-54		32:06	1:19:45	56:35	2:48:26
115	Frank Thomas #489	50-54		32:39	1:22:34	53:26	2:48:39
116	Eric Roseme #427	45-49		30:55	1:26:03	52:13	2:49:11
117	Sam Brown #206	30-34		29:51	1:27:49	51:37	2:49:17
118	William Patrick McLain	35-39		25:00	1:24:56	59:44	2:49:40
119	Ryan Rogers #93	25-29		30:05	1:26:19	53:37	2:50:01
120	Ron Alford #201	30-34		32:57	1:28:26	48:59	2:50:22
121	Scott Gaertner #389	40-44		27:53	1:22:25	1:00:11	2:50:29
122	Christy Allen #423	40-44	30	30:02	1:25:35	55:04	2:50:41
123	Luke Lancaster #182	30-34		32:49	1:23:01	54:52	2:50:42
124	Cissy Fowler #230	30-34	31	28:44	1:24:06	57:56	2:50:46
125	Kate Nelson #153	25-29	32	28:19	1:28:30	54:17	2:51:06
126	Corey Hills #150	25-29	33	32:13	1:26:35	52:47	2:51:35
127	Lopaka Quitevis #494	50-54		29:49	1:26:58	54:51	2:51:38
128	Mike Westfall #97	25-29		27:56	1:31:00	52:51	2:51:47
129	Manuel Monrroy #34	18-24		36:16	1:26:39	49:05	2:52:00
130	Lokelani McMichael #129	25-29	34	25:35	1:28:34	58:00	2:52:09
131	Ken Rosenfeld #38	18-24		22:59	1:27:09	1:02:04	2:52:12
132	Matthew Fisher #310	35-39		30:08	1:25:18	56:57	2:52:23
133	James Lyke #177	30-34		29:54	1:28:51	54:07	2:52:52
134	Roland Roth #204	25-29		29:12	1:26:36	57:10	2:52:58
135	Jeffrey Spencer #454	45-49		32:27	1:24:07	56:36	2:53:10
136	Gerd Weber #522	55-59		29:21	1:18:59	1:05:29	2:53:49
137	Ben Bryan #104	25-29		31:26	1:25:04	57:20	2:53:50
138	Nick Saia #37	18-24		32:03	1:22:12	59:37	2:53:52
139	Jeff Strany #199	30-34		35:40	1:22:25	55:49	2:53:54
140	Karyn Kowal #507	50-54	35	31:19	1:27:53	54:44	2:53:56
141	Hans Petermann #496	50-54		33:19	1:23:03	58:02	2:54:24
142	James Beach #383	40-44		27:05	1:26:04	1:01:17	2:54:26
143	Andrew Pope #278	35-39		32:14	1:24:30	57:44	2:54:28
144	Tricia Murtha #321	35-39	36	35:53	1:24:12	54:24	2:54:29
145	R. Dabney Tompkins #443	45-49		34:01	1:26:38	53:54	2:54:33
146	Seth Weisner #200	30-34		30:05	1:26:27	58:10	2:54:42
147	John Bansemer #301	35-39		34:20	1:19:17	1:01:11	2:54:48

148	Johnny Chapin #558	60-64		31:21	1:25:16	58:28	2:55:05
149	Guy Hart #292	35-39		29:00	1:21:32	1:04:39	2:55:11
150	Barry Tsuma #373	40-44		28:55	1:25:46	1:00:36	2:55:17
151	Thomas Andreotti #267	35-39		27:01		2:28:45	2:55:46
152	Laura McHale #541	55-59	37	31:22	1:19:40	1:04:59	2:56:01
153	Gregory Novotny #492	50-54		32:47	1:24:57	58:35	2:56:19
154	Franklin Marcus #453	45-49		27:19	1:30:19	58:52	2:56:30
155	Chris Keller #291	35-39		26:23	1:27:41	1:02:39	2:56:43
156	Ruben Ruiz #288	35-39		34:26	1:27:19	55:11	2:56:56
157	Mark Anderson #444	45-49		33:23	1:32:37	51:04	2:57:04
158	Bonnie Townsend #155	25-29	38	32:58	1:31:00	53:18	2:57:16
159	Erin Wascher #167	25-29	39	25:11	1:32:31	59:46	2:57:28
160	Jeff Schulte #172	30-34		27:47	1:29:35	1:00:15	2:57:37
161	Todd Czerwinski #186	30-34		27:54	1:26:33	1:03:12	2:57:39
162	Susan Raber #324	35-39	40	32:48	1:25:07	59:53	2:57:48
163	Daniel Safranek #390	40-44		26:39	1:23:11	1:08:01	2:57:51
164	Dave Bartels #91	25-29		32:46	1:24:33	1:00:35	2:57:54
165	Lola Lahi #248	30-34	41	33:28	1:23:38	1:01:00	2:58:06
166	Pammer Kidani #504	50-54	42	32:42	1:26:39	59:21	2:58:42
167	William Osterman #455	45-49		34:04	1:25:11	59:31	2:58:46
168	Gabriel Helgerson #107	25-29		30:17	1:32:44	55:53	2:58:54
169	Scott Marino #207	30-34		33:01	1:30:29	55:50	2:59:20
170	Jesse Saldana #374	40-44		37:30	1:26:39	55:13	2:59:22
171	Evan Williams #285	35-39		22:57	1:29:43	1:07:33	3:00:13
172	Kristen Warner #57	18-24	43	26:49	1:29:49	1:03:48	3:00:26
173	Tom Hulick #279	35-39		26:58	1:25:18	1:08:53	3:01:09
174	Gerald Gruber #542	60-64		40:16	1:19:01	1:02:12	3:01:29
175	John Dermengian #487	Phys Chall		31:09	1:29:18	1:01:13	3:01:40
176	Steven Drexler #270	35-39		28:48	1:24:31	1:08:40	3:01:59
177	Cody Morse #26	1-17		27:15	1:35:51	59:05	3:02:11
178	Joni Metzler #475	45-49	44	31:43	1:26:08	1:04:23	3:02:14
179	Eva Emerson #340	35-39	45	28:05	1:36:49	57:24	3:02:18
180	William St John #495	50-54		31:58	1:24:07	1:06:22	3:02:27
181	Eleta Trejo-Cantwell #243	30-34	46	28:55	1:31:32	1:02:31	3:02:58
182	Inge Wiersema #262	30-34	47	29:51	1:33:44	59:59	3:03:34
183	Merle Nilk #330	35-39	48	36:32	1:29:44	57:20	3:03:36
184	Brian Carson #106	25-29		29:23	1:33:58	1:00:17	3:03:38
185	Jamie Tobin #116	25-29	49	29:57	1:25:35	1:08:10	3:03:42
186	Clifford Goo #438	45-49		31:44	1:30:20	1:01:46	3:03:50
187	Aaron Dahl #170	30-34		29:22	1:37:27	57:35	3:04:24
188	Devon Greenway #195	30-34		32:29	1:24:56	1:07:20	3:04:45
189	William Kelley #187	30-34		32:40	1:31:22	1:00:47	3:04:49
190	Garth Fowler #188	30-34		30:40	1:27:43	1:06:38	3:05:01
191	Bob Basso #189	30-34		42:05	1:32:59	50:01	3:05:05
192	Cindy Morse #477	45-49	50	30:59	1:35:59	58:24	3:05:22
193	Kristen Milne #316	35-39	51	29:54	1:34:17	1:01:29	3:05:40
194	Diane McCary #568	60-64	52	31:15	1:33:45	1:00:45	3:05:45
195	Jessica Notman #56	18-24	53	26:41	1:33:08	1:05:58	3:05:47
196	Allyson Thurber #465	45-49	54	29:52	1:29:31	1:06:31	3:05:54
197	Austin Kauh #308	35-39		33:24	1:30:34	1:01:58	3:05:56
198	Rebecca McGehee #249	30-34	55	28:22	1:36:59	1:00:40	3:06:01
199	Brandon Beem #101	25-29		29:02	1:33:16	1:03:49	3:06:07
200	John David #184	30-34		31:58	1:26:38	1:07:34	3:06:10
201	Shane Dorien #213	30-34		24:23	1:39:33	1:02:38	3:06:34
202	Alina Jennings #50	18-24	56	30:50	1:39:57	55:49	3:06:36
203	Emily Snyder #62	18-24	57	30:14	1:22:52	1:13:32	3:06:38
204	Jennifer Hagerman #222	30-34	58	32:01	1:35:15	59:27	3:06:43
205	Erika Nelson #128	25-29	59	25:22	1:36:09	1:05:30	3:07:01
206	Lauren Rolston #52	18-24	60	31:40	1:28:39	1:06:56	3:07:15
207	Antony Schinckel #447	45-49		32:03	1:33:54	1:01:36	3:07:33
208	Karen Sugano #218	30-34	61	31:59	1:33:07	1:02:49	3:07:55
209	Michael Kelly #498	50-54		42:18	1:25:45	59:58	3:08:01
210	Christina Calvella-Huber	35-39	62	32:10	1:31:15	1:04:37	3:08:02
211	Brian Koselke #205	30-34		33:10	1:27:14	1:07:40	3:08:04
212	Dwight Russell #369	40-44		32:45	1:29:21	1:06:14	3:08:20
213	Duane Cote #174	30-34		33:15	1:32:12	1:02:55	3:08:22
214	Jesus Ignacio #296	35-39		36:32	1:30:45	1:01:10	3:08:27
215	Maria Boyer #404	40-44	63	38:01	1:28:29	1:02:09	3:08:39
216	Erik Akerman #40	18-24		25:37	1:41:42	1:01:27	3:08:46
217	Karen Hand #463	45-49	64	28:57	1:38:24	1:01:26	3:08:47
218	Michele Golberg #231	30-34	65	25:42	1:34:46	1:08:23	3:08:51
219	Jorge Carranza #105	25-29		31:10	1:30:52	1:06:57	3:08:59
220	David Angeli #41	18-24		36:07	1:40:05	53:03	3:09:15
221	Jeffrey Iverslie #352	40-44		42:00	1:28:31	59:03	3:09:34
222	David Tabata #497	50-54		30:24	1:33:41	1:05:37	3:09:42
223	Matthew Prezzano #79	25-29		21:27	1:35:53	1:12:24	3:09:44
224	Christie Donahee #55	18-24	66	29:42	1:30:25	1:09:41	3:09:48
225	Mun Leu #375	40-44		35:34	1:30:36	1:03:58	3:10:08
226	Jerry Scatena #530	55-59		28:35	1:34:46	1:06:52	3:10:13
227	Jacinto Hernandez #108	25-29		32:42	1:38:35	58:59	3:10:16
228	Angela Hart #342	35-39	67	28:26	1:37:50	1:04:09	3:10:25
229	David Kammer #95	25-29		28:17	1:29:28	1:12:50	3:10:35
230	Marcia Kreofsky #569	60-64	68	31:57	1:31:36	1:07:02	3:10:35
231	Christina Lovitt #159	25-29	69	28:01	1:26:47	1:15:50	3:10:38

232	T.j. Foster #25	1-17		24:10	1:38:57	1:07:56	3:11:03
233	Mark Beauchamp #274	35-39		48:59	1:23:19	58:49	3:11:07
234	Dieter Heycke #574	65-69		29:08	1:34:46	1:07:22	3:11:16
235	Brian Cuddy #212	30-34		32:56	1:39:03	59:25	3:11:24
236	David Estess #538	55-59		27:45	1:30:40	1:13:00	3:11:25
237	Anne Wood #259	30-34	70	32:14	1:36:06	1:03:07	3:11:27
238	Jennifer Krueger #138	25-29	71	37:31	1:27:21	1:06:50	3:11:42
239	Rachael Brandt #135	25-29	72	31:39	1:27:20	1:13:08	3:12:07
240	Denise Ciccarella #462	45-49	73	34:06	1:34:20	1:03:48	3:12:14
241	Tammy Kelly #328	35-39	74	39:48	1:29:02	1:03:33	3:12:23
242	Brandy Pfeffer #120	25-29	75	31:51	1:36:16	1:04:24	3:12:31
243	Christopher Kotte #191	30-34		28:33	1:29:09	1:15:14	3:12:56
244	Arlene Johnson #223	30-34	76	38:31	1:30:52	1:03:42	3:13:05
245	Lee Collins #516	50-54	77	27:33	1:34:50	1:10:58	3:13:21
246	Ronald Doble #287	35-39		33:18	1:31:02	1:09:47	3:14:07
247	Heather Gerhard #144	25-29	78	26:29	1:40:31	1:07:25	3:14:25
248	Susan Nixon #345	35-39	79	32:07	1:38:55	1:03:30	3:14:32
249	Nevada Basile #319	35-39	80	34:01	1:38:24	1:02:13	3:14:38
250	David Rathkamp #282	35-39		40:34	1:35:31	58:45	3:14:50
251	Jackie Huffman #407	40-44	81	26:49	1:34:20	1:13:43	3:14:52
252	Arlene Gerety #566	60-64	82	40:40	1:27:16	1:07:22	3:15:18
253	Rob Klinefelter #365	40-44		25:06	1:35:58	1:14:21	3:15:25
254	Myndy Crist #227	30-34	83	33:24	1:43:24	58:59	3:15:47
255	Chad Bradshaw #88	25-29		32:17	1:32:21	1:11:10	3:15:48
256	Tobi McMahon - schwart	40-44	84	43:42	1:27:39	1:04:28	3:15:49
257	Ewan Leslie #276	35-39		38:16	1:38:43	59:07	3:16:06
258	Joel Anderson #180	30-34		29:56	1:35:42	1:10:37	3:16:15
259	Maru Harper #466	45-49	85	31:34	1:32:09	1:12:40	3:16:23
260	Mark Johnson #490	55-59		35:37	1:38:47	1:02:33	3:16:57
261	Kristin Wolowodiuk #48	18-24	86	25:49	1:43:29	1:07:57	3:17:15
262	Jeff Ferraro #92	25-29		38:20	1:38:40	1:00:16	3:17:16
263	Sarah Cohen #134	25-29	87	32:54	1:37:52	1:06:33	3:17:19
264	Dan Fosso #300	35-39		33:46	1:38:34	1:05:11	3:17:31
265	Whitney Lynn #559	60-64		36:36	1:26:53	1:14:12	3:17:41
266	Tim Menza #109	25-29		29:14	2:01:08	47:36	3:17:58
267	Brooke Rohrer #61	18-24	88	37:04	1:35:02	1:06:03	3:18:09
268	Michael Schwartz #272	35-39		35:31	1:36:55	1:05:43	3:18:09
269	Katherine Garth #69	18-24	89	31:21	1:32:52	1:14:00	3:18:13
270	Lauren Carter #164	25-29	90	28:09	1:33:03	1:17:15	3:18:27
271	Dick Smith #555	60-64		33:41	1:38:00	1:07:06	3:18:47
272	Heather Whittall #418	40-44	91	29:00	1:42:13	1:07:41	3:18:54
273	Katie Johnson #60	18-24	92	26:46	1:39:42	1:12:38	3:19:06
274	Kelly Snyder #362	40-44		32:36	1:38:14	1:08:23	3:19:13
275	Jim Kreofsky #553	60-64		36:34	1:35:17	1:07:37	3:19:28
276	Charles Esserman #450	45-49		35:45	1:39:35	1:04:21	3:19:41
277	Allison Cecil #323	35-39	93	33:43	1:36:55	1:09:07	3:19:45
278	Karen Larson #417	40-44	94	28:27	1:37:10	1:14:24	3:20:01
279	Ted Spitaleri #521	55-59		35:19	1:32:01	1:12:44	3:20:04
280	Charles Maloney #448	45-49		34:13	1:33:58	1:12:35	3:20:46
281	Reneau Kennedy #519	50-54	95	38:28	1:32:39	1:09:48	3:20:55
282	Alison Bloom #424	40-44	96	37:23	1:19:05	1:24:32	3:21:00
283	Noreen Russell #391	40-44	97	37:34	1:35:56	1:07:44	3:21:14
284	Debbie Head #514	50-54	98	32:22	1:39:59	1:09:02	3:21:23
285	Ray Wilkerson #377	40-44		32:36	1:42:47	1:06:09	3:21:32
286	Heather Pregerson #221	30-34	99	34:44	1:39:43	1:07:06	3:21:33
287	Zachary Reid #36	18-24		30:27	1:33:47	1:17:31	3:21:45
288	Jason Tucker #203	25-29		35:50	1:34:23	1:11:34	3:21:47
289	Arturo Rubalcava #82	25-29		41:32	1:36:40	1:03:57	3:22:09
290	Kristi Coker #118	25-29	100	37:28	1:34:20	1:10:22	3:22:10
291	Beverly Atkins #339	35-39	101	35:29	1:34:25	1:12:21	3:22:15
292	Liba Pejchar #119	25-29	102	30:35	1:42:27	1:09:15	3:22:17
293	Colin McKean #202	30-34		42:33	1:34:34	1:05:27	3:22:34
294	Gretchen Schultz #332	35-39	103	34:04	1:39:23	1:09:07	3:22:34
295	Lisa Week #426	40-44	104	29:00	1:49:16	1:05:28	3:23:44
296	John Maure #388	40-44		33:07	1:36:27	1:14:26	3:24:00
297	Lisa Schultz #247	30-34	105	29:18	1:34:47	1:20:00	3:24:05
298	Lisa Poirier #433	40-44	106	41:19	1:31:20	1:11:36	3:24:15
299	Gene Goldberg #211	30-34		37:18	1:35:56	1:11:28	3:24:42
300	Paulette Trippler #564	60-64	107	38:43	1:37:41	1:09:09	3:25:33
301	Christie Brezina #241	25-29	108	32:46	1:44:47	1:08:12	3:25:45
302	Phil Hildebrand #297	35-39		34:17	1:34:09	1:17:39	3:26:05
303	Kim Weibel #416	40-44	109	43:21	1:37:46	1:05:32	3:26:39
304	Antoinete Reynolds #425	40-44	110	37:24	1:40:11	1:09:19	3:26:54
305	Shawna Barlette #491	50-54	111	42:01	1:36:32	1:08:25	3:26:58
306	Andy Sutcliffe #488	50-54		37:32	1:32:56	1:16:35	3:27:03
307	Lori Krupa #430	40-44	112	50:51	1:37:41	58:42	3:27:14
308	Sharon Blyth Moss #237	30-34	113	43:00	1:33:53	1:10:24	3:27:17
309	Joanne O'Brien #333	35-39	114	43:44	2:00:09	43:44	3:27:37
310	William Bindseil #359	40-44		31:23	1:44:39	1:11:52	3:27:54
311	Anne-Marie Danley #429	40-44	115	34:46	1:41:55	1:11:25	3:28:06
312	Michael Kasser #557	60-64		35:07	1:39:34	1:13:39	3:28:20
313	Hien Tran #268	35-39		50:10	1:28:32	1:10:00	3:28:42
314	Brook Becker #130	25-29	116	38:12	1:41:48	1:08:53	3:28:53
315	Sven Fitjer #169	30-34		36:16	1:37:28	1:15:12	3:28:56

316	Todd Lustgarten #275	35-39		34:11	1:37:47	1:17:03	3:29:01
317	Richard Alexander #358	40-44		29:54	1:44:59	1:14:10	3:29:03
318	Kevin Brown #89	25-29		28:23	1:38:16	1:22:26	3:29:05
319	Frank Sutton #439	45-49		34:35	1:47:57	1:06:43	3:29:15
320	Catherine Hostler #251	30-34	117	36:52	1:37:33	1:15:05	3:29:30
321	Debbie Redondo #255	30-34	118	30:17	1:40:23	1:19:03	3:29:43
322	Lindsey Cromwell #51	18-24	119	34:09	1:52:01	1:03:38	3:29:48
323	Stacy Anderson #240	30-34	120	34:16	1:42:42	1:13:12	3:30:10
324	Thomas Dembski #577	65-69		34:00	1:38:36	1:17:38	3:30:14
325	Steven Berman #289	35-39		37:18	1:36:38	1:16:36	3:30:32
326	Megan Haertel #145	25-29	121	31:17	1:43:55	1:15:24	3:30:36
327	Mark Adelman #190	30-34		29:59	1:44:13	1:16:40	3:30:52
328	Jana Mugford #512	50-54	122	32:44	1:40:22	1:17:52	3:30:58
329	Katy Jossy #260	30-34	123	30:22	1:37:28	1:23:12	3:31:02
330	Jamie Osenbach #133	25-29	124	36:10	1:45:52	1:09:13	3:31:15
331	Grace Emanuel #245	30-34	125	33:27	1:41:48	1:16:30	3:31:45
332	Una Burns #419	40-44	126	44:08	1:41:38	1:06:04	3:31:50
333	Bill Van Horn #570	70 & Over		34:29	1:39:29	1:18:31	3:32:29
334	Abby Close #250	30-34	127	39:28	1:35:07	1:17:59	3:32:34
335	Kat Jensen #236	30-34	128	36:11	1:40:50	1:16:35	3:33:36
336	Keith Youngblood #442	45-49		37:02	1:43:52	1:13:12	3:34:06
337	Melissa Borden #121	25-29	129	35:49	1:46:37	1:12:10	3:34:36
338	Pam Okeson #403	40-44	130	35:46	1:41:40	1:17:28	3:34:54
339	Michael Wright #271	35-39		33:05	1:46:49	1:15:14	3:35:08
340	Jeani Naylor #472	45-49	131	39:40	1:39:52	1:15:45	3:35:17
341	Allyson Rogers #242	25-29	132	38:06	1:42:14	1:15:02	3:35:22
342	Brooke McCurdy #408	40-44	133	39:05	1:43:20	1:13:05	3:35:30
343	Erica Schmoyer #220	30-34	134	46:23	1:31:44	1:17:43	3:35:50
344	Jennifer Polonsky #143	25-29	135	34:24	1:42:31	1:18:57	3:35:52
345	James E. McDiarmid #567	65-69		37:37	1:44:22	1:14:01	3:36:00
346	Camille Barrat #239	30-34	136	37:38	1:42:04	1:16:42	3:36:24
347	Brandon Barousse #176	30-34		31:22	1:39:30	1:25:58	3:36:50
348	Ken Jensen #280	35-39		33:38	1:45:01	1:18:55	3:37:34
349	Kristina Michaelsen #252	30-34	137	33:53	1:45:29	1:18:44	3:38:06
350	Ed Hall #544	60-64		36:03	1:38:45	1:23:47	3:38:35
351	Sean Mabin #295	35-39		50:07	1:33:22	1:15:27	3:38:56
352	Lauriellen Rumball #131	18-24	138	35:21	1:46:02	1:17:35	3:38:58
353	Paul Siemering #196	30-34		48:26	1:39:14	1:11:56	3:39:36
354	Skip Gleavey #536	55-59		39:42	1:42:46	1:17:11	3:39:39
355	Kevin Odom #87	25-29		47:29	1:31:30	1:20:42	3:39:41
356	Norma Slipp #501	50-54	139	42:57	1:42:36	1:14:13	3:39:46
357	Alaura Soukthavong #257	30-34	140	39:59	1:38:06	1:21:57	3:40:02
358	Kristen Abegg #461	45-49	141	41:50	1:38:59	1:19:28	3:40:17
359	Leslie Dean #261	30-34	142	25:28	1:51:50	1:23:05	3:40:23
360	Morgan Wrangle #163	25-29	143	32:23	1:51:47	1:17:02	3:41:12
361	Melissa Leggett #124	25-29	144	39:34	1:52:53	1:09:32	3:41:59
362	Margie Sunderland #515	50-54	145	32:18	1:48:37	1:21:14	3:42:09
363	Heather Edwards #226	30-34	146	38:49	1:42:02	1:21:33	3:42:24
364	Michelle Darrah #58	18-24	147	30:03	1:52:26	1:19:59	3:42:28
365	Quynh Rathkamp #336	35-39	148	49:47	1:46:08	1:06:49	3:42:44
366	Carole Dahl #468	45-49	149	33:01	1:52:48	1:17:31	3:43:20
367	James Wick #293	35-39		31:32	1:45:30	1:26:21	3:43:23
368	Alan Cloninger #185	30-34		34:32	1:52:18	1:16:54	3:43:44
369	David A. Payne #354	40-44		40:39	1:41:17	1:22:09	3:44:05
370	Becky Thurston #543	55-59	150	26:59	1:54:33	1:22:35	3:44:07
371	Michael McNaughton #284	35-39		29:42	2:00:37	1:14:01	3:44:20
372	Marrielle Monte #256	30-34	151	43:40	1:42:29	1:18:53	3:45:02
373	Stephanie Hamilton #325	35-39	152	38:14	1:52:25	1:15:10	3:45:49
374	James Moran #551	60-64		44:17	1:40:41	1:21:11	3:46:09
375	Betsy Solis #545	55-59	153	41:10	1:40:04	1:25:07	3:46:21
376	Kim Gann #117	25-29	154	36:36	1:40:30	1:30:29	3:47:35
377	Laura Volker #140	25-29	155	34:41	1:46:45	1:26:11	3:47:37
378	Jessica Bass #122	25-29	156	35:48	1:52:39	1:19:38	3:48:05
379	Narda Alarcon #59	18-24	157	33:26	1:51:47	1:23:16	3:48:29
380	Laura Baker #410	40-44	158	50:35	1:42:34	1:16:39	3:49:48
381	Joyce Duker #546	55-59	159	39:27	1:42:54	1:27:46	3:50:07
382	Adam Briggs #103	25-29		45:34	1:55:21	1:09:14	3:50:09
383	Van Dinh #47	18-24	160	32:29	2:02:19	1:15:22	3:50:10
384	David Gomes #381	40-44		41:14	1:55:02	1:14:05	3:50:21
385	Kathryn Menconi #480	45-49	161	33:47	2:00:49	1:16:24	3:51:00
386	Kristen Maurice #329	35-39	162	37:10	1:47:20	1:26:33	3:51:03
387	Teri Busch #65	18-24	163	31:18	1:52:32	1:27:18	3:51:08
388	Crista Corpening #137	25-29	164	43:14	1:41:25	1:26:38	3:51:17
389	Andrea Altamirano #146	25-29	165	39:56	1:46:09	1:25:29	3:51:34
390	Kathy Hall #486	50-54	166	34:41	1:42:03	1:34:56	3:51:40
391	Mary Lee Walsh #125	25-29	167	36:40	1:58:40	1:16:23	3:51:43
392	Angie Bera #127	25-29	168	30:52	1:49:52	1:31:28	3:52:12
393	Karen Brochin #54	18-24	169	39:31	1:44:20	1:28:23	3:52:14
394	Alina Silvestre #126	25-29	170	32:27	1:48:19	1:31:30	3:52:16
395	Paul Belger #273	35-39		36:05	1:43:55	1:33:36	3:53:36
396	Leann Matsumura #254	30-34	171	24:04	1:54:54	1:35:07	3:54:05
397	Gary Donahee #540	55-59		39:10	1:50:06	1:25:41	3:54:57
398	Kelly Wall #269	35-39		25:44	1:47:05	1:42:11	3:55:00
399	Debi Doyle #464	45-49	172	43:49	1:44:06	1:27:05	3:55:00

400	Frank Sayre #556	60-64		36:29	1:42:04	1:36:29	3:55:02
401	Jennifer Keating #152	25-29	173	28:10	1:52:13	1:34:42	3:55:05
402	Tina Parker #337	35-39	174	33:23	1:51:48	1:30:18	3:55:29
403	Lori Pawinski #406	40-44	175	33:57	1:47:21	1:34:35	3:55:53
404	Elizabeth Bartels #225	30-34	176	38:58	1:40:58	1:37:16	3:57:12
405	Wendy Leblanc #405	40-44	177	36:12	1:50:18	1:31:56	3:58:26
406	Monica Harper #31	1-17	178	39:43	1:45:34	1:34:34	3:59:51
407	Laura Brandt #132	25-29	179	51:07	1:47:27	1:22:34	4:01:08
408	Christina Arnston #149	25-29	180	38:09	1:58:07	1:25:17	4:01:33
409	Laura Flores #224	30-34	181	41:17	1:44:22	1:36:14	4:01:53
410	Sarah Babiarz #49	18-24	182	26:56	2:10:04	1:25:10	4:02:10
411	Beth Dubber #217	30-34	183	39:54	1:48:29	1:36:07	4:04:30
412	Sarah Woo #338	35-39	184	46:38	1:44:49	1:33:06	4:04:33
413	Jennifer Wong #166	25-29	185	32:51	2:04:18	1:27:28	4:04:37
414	Elisa Greenway #228	30-34	186	41:17	1:43:00	1:40:27	4:04:44
415	Marty Allen #581	70 & Over		37:35	1:40:41	1:47:12	4:05:28
416	Terri Sundsvold #136	25-29	187	34:51	1:57:49	1:32:55	4:05:35
417	Julia Ranuio #165	25-29	188	39:58	1:57:07	1:31:21	4:08:26
418	Denise Gleavey #470	45-49	189	47:20	1:46:37	1:35:45	4:09:42
419	Michele Phillips #263	30-34	190	1:03:12	1:49:20	1:18:44	4:11:16
420	Carol Hunt #509	50-54	191	41:21	1:52:52	1:37:48	4:12:01
421	Suzi Van Steenberg #157	25-29	192	35:47	1:53:35	1:44:23	4:13:45
422	F. Lee Hinebaugh #533	55-59		35:17	1:58:43	1:40:51	4:14:51
423	Jon Slipp #527	55-59		37:04	1:58:58	1:39:13	4:15:15
424	Erika Garcia #46	18-24	193	1:15:17	1:55:19	1:05:00	4:15:36
425	Deborah Ampudia-Adelman	25-29	194	34:36	1:51:27	1:50:38	4:16:41
426	Mark Hutchings #361	40-44		38:52	1:57:33	1:41:00	4:17:25
427	Andrea Hennings #233	30-34	195	51:38	1:57:42	1:28:08	4:17:28
428	Marcia Allen #415	40-44	196	51:36	1:57:42	1:28:17	4:17:35
429	Ashley Smith #45	18-24	197	41:53	1:54:04	1:42:09	4:18:06
430	Jennifer Olson #320	35-39	198	40:44	1:48:01	1:49:51	4:18:36
431	Lacey Johnson #67	18-24	199	38:05	2:13:28	1:29:22	4:20:55
432	Kristi Atwood #469	45-49	200	51:10	2:05:00	1:24:48	4:20:58
433	Peggy Busch #508	50-54	201	42:15	1:49:14	1:55:59	4:27:28
434	Jamie Stewart #64	18-24	202	41:04	2:03:20	1:45:44	4:30:08
435	Sierra Cortes #63	18-24	203	40:25	2:03:58	1:45:46	4:30:09
436	Betty Hutchings #431	40-44	204	45:46	2:05:05	1:42:14	4:33:05
437	Sharon Smith #331	35-39	205	52:18	1:58:59	1:50:38	4:41:55
438	Marie Varricchio #413	40-44	206	50:42	2:19:36	1:32:48	4:43:06
439	Cindy Alder #479	45-49	207	48:40	2:12:25	1:49:22	4:50:27
440	Erin Blaize #66	18-24	208	36:18	2:27:38	1:50:20	4:54:16
441	Marcia Stewart #401	40-44	209	49:44	2:16:14	1:50:17	4:56:15
442	Emily Koft #238	30-34	210	49:35	2:16:45	1:52:05	4:58:25
443	Tomi Rosser #518	50-54	211	57:29	2:13:04	1:50:18	5:00:51
444	Britany Rosser #68	18-24	212	57:30	2:13:01	1:50:22	5:00:53
445	Sara Lopez #343	35-39	213	57:57	2:40:38	1:23:26	5:02:01
446	Lisa Hagerty #335	35-39	214	1:01:14	2:38:48	1:59:16	5:39:18
447	Heidi Johnson #503	50-54	215	59:00	2:54:35	2:04:42	5:58:17
448	Helen Horvath #452	45-49	216	1:25:05	2:50:56	2:00:34	6:16:35


[\[Individuals\]](#) [\[Relays\]](#) [\[Men's Divisions\]](#) [\[Women's Divisions\]](#) [\[Relay Divisions\]](#)

Hawaii Sports Connection

2005 Lavaman Triathlon

Men's Division Results - Individuals

April 3rd, 2005

Swim - .93 Miles  Bike - 24.8 Miles  Run - 6.2 Miles

Place Name Swim Bike Run Overall

OVERALL

=====

1	Simon Whitfield	18:30	1:02:00	34:33	1:55:03
2	Brent McMahon	18:15	1:04:16	34:48	1:57:19
3	Kyle Jones	19:09	1:05:19	33:44	1:58:12
4	Nick Hastie	18:15	1:03:11	37:20	1:58:46
5	Timothy Marr	18:26	1:01:04	39:57	1:59:27

1-17

====

1	Lawrence Smith	20:02	1:26:11	59:16	2:45:29
---	----------------	-------	---------	-------	---------

	2	Cody Morse	27:15	1:35:51	59:05	3:02:11
18-24	3	T.j. Foster	24:10	1:38:57	1:07:56	3:11:03
=====						
	1	Tom Sanford	19:48	1:10:58	48:15	2:19:01
	2	Nathan Driggers	32:30	1:19:07	46:57	2:38:34
	3	Joel Duker	28:08	1:20:49	59:19	2:48:16
	4	Manuel Monrroy	36:16	1:26:39	49:05	2:52:00
	5	Ken Rosenfeld	22:59	1:27:09	1:02:04	2:52:12
	6	Nick Saia	32:03	1:22:12	59:37	2:53:52
	7	Erik Akerman	25:37	1:41:42	1:01:27	3:08:46
	8	David Angeli	36:07	1:40:05	53:03	3:09:15
25-29	9	Zachary Reid	30:27	1:33:47	1:17:31	3:21:45
=====						
	1	Tai Blechta	21:46	1:05:37	38:56	2:06:19
	2	Brandon Del Campo	24:51	1:08:47	39:07	2:12:45
	3	Andy Schmid	22:07	1:08:46	45:05	2:15:58
	4	George Lowe	25:36	1:13:19	46:58	2:25:53
	5	Brendan Seely	24:56	1:13:29	53:46	2:32:11
	6	Brian Oehler	30:30	1:15:51	48:12	2:34:33
	7	Bradley Johnson	26:01	1:18:24	53:58	2:38:23
	8	Brett Ross	27:55	1:22:58	49:49	2:40:42
	9	Adrian Valdivieso	28:22	1:27:46	49:01	2:45:09
	10	Miles Cannon	29:01	1:23:02	54:37	2:46:40
	11	Matthew Garth	27:43	1:25:29	53:50	2:47:02
	12	Jon Shlens	31:20	1:22:28	54:14	2:48:02
	13	Ryan Rogers	30:05	1:26:19	53:37	2:50:01
	14	Mike Westfall	27:56	1:31:00	52:51	2:51:47
	15	Roland Roth	29:12	1:26:36	57:10	2:52:58
	16	Ben Bryan	31:26	1:25:04	57:20	2:53:50
	17	Dave Bartels	32:46	1:24:33	1:00:35	2:57:54
	18	Gabriel Helgerson	30:17	1:32:44	55:53	2:58:54
	19	Brian Carson	29:23	1:33:58	1:00:17	3:03:38
	20	Brandon Beem	29:02	1:33:16	1:03:49	3:06:07
	21	Jorge Carranza	31:10	1:30:52	1:06:57	3:08:59
	22	Matthew Prezzano	21:27	1:35:53	1:12:24	3:09:44
	23	Jacinto Hernandez	32:42	1:38:35	58:59	3:10:16
	24	David Kammer	28:17	1:29:28	1:12:50	3:10:35
	25	Chad Bradshaw	32:17	1:32:21	1:11:10	3:15:48
	26	Jeff Ferraro	38:20	1:38:40	1:00:16	3:17:16
	27	Tim Menza	29:14	2:01:08	47:36	3:17:58
	28	Jason Tucker	35:50	1:34:23	1:11:34	3:21:47
	29	Arturo Rubalcava	41:32	1:36:40	1:03:57	3:22:09
	30	Kevin Brown	28:23	1:38:16	1:22:26	3:29:05
	31	Kevin Odom	47:29	1:31:30	1:20:42	3:39:41
30-34	32	Adam Briggs	45:34	1:55:21	1:09:14	3:50:09
=====						
	1	Peter Hursty	20:01	1:03:12	41:36	2:04:49
	2	Chris Tang	22:53	1:08:07	43:26	2:14:26
	3	Jason Parilla	24:58	1:12:18	47:21	2:24:37
	4	John Henderson	29:05	1:12:40	44:15	2:26:00
	5	Trevor Anderson	24:32	1:15:58	46:38	2:27:08
	6	Luis Canales	25:03	1:15:17	50:57	2:31:17
	7	Christian Hiro	27:11	1:13:25	52:18	2:32:54
	8	Matthew Stenson	28:58	1:16:58	46:59	2:32:55
	9	David Casas	24:55	1:11:22	58:52	2:35:09
	10	Kevin Cramer	29:09	1:15:40	54:24	2:39:13
	11	Matthew Rauls	28:50	1:21:26	51:08	2:41:24
	12	Adrian Aponte	31:17	1:21:40	50:12	2:43:09
	13	Duane Tamashiro	28:25	1:27:07	48:55	2:44:27
	14	Sam Brown	29:51	1:27:49	51:37	2:49:17
	15	Ron Alford	32:57	1:28:26	48:59	2:50:22
	16	Luke Lancaster	32:49	1:23:01	54:52	2:50:42
	17	James Lyke	29:54	1:28:51	54:07	2:52:52
	18	Jeff Strany	35:40	1:22:25	55:49	2:53:54
	19	Seth Weisner	30:05	1:26:27	58:10	2:54:42
	20	Jeff Schulte	27:47	1:29:35	1:00:15	2:57:37
	21	Todd Czerwinski	27:54	1:26:33	1:03:12	2:57:39
	22	Scott Marino	33:01	1:30:29	55:50	2:59:20
	23	Aaron Dahl	29:22	1:37:27	57:35	3:04:24
	24	Devon Greenway	32:29	1:24:56	1:07:20	3:04:45
	25	William Kelley	32:40	1:31:22	1:00:47	3:04:49
	26	Garth Fowler	30:40	1:27:43	1:06:38	3:05:01
	27	Bob Basso	42:05	1:32:59	50:01	3:05:05
	28	John David	31:58	1:26:38	1:07:34	3:06:10
	29	Shane Dorien	24:23	1:39:33	1:02:38	3:06:34
	30	Brian Koselke	33:10	1:27:14	1:07:40	3:08:04
	31	Duane Cote	33:15	1:32:12	1:02:55	3:08:22
	32	Brian Cuddy	32:56	1:39:03	59:25	3:11:24
	33	Christopher Kotte	28:33	1:29:09	1:15:14	3:12:56
	34	Joel Anderson	29:56	1:35:42	1:10:37	3:16:15
	35	Colin McKean	42:33	1:34:34	1:05:27	3:22:34

36	Gene Goldberg	37:18	1:35:56	1:11:28	3:24:42
37	Sven Fitjer	36:16	1:37:28	1:15:12	3:28:56
38	Mark Adelman	29:59	1:44:13	1:16:40	3:30:52
39	Brandon Barousse	31:22	1:39:30	1:25:58	3:36:50
40	Paul Siemering	48:26	1:39:14	1:11:56	3:39:36
41	Alan Cloninger	34:32	1:52:18	1:16:54	3:43:44
35-39					
=====					
1	Mike Bennett	21:50	1:09:58	48:03	2:19:51
2	Patrick Ray	21:54	1:16:03	45:50	2:23:47
3	B. Kainalu Picl	28:27	1:11:39	44:09	2:24:15
4	Jahn Sawinski	27:06	1:09:15	52:33	2:28:54
5	Jacek Plonkowski	23:37	1:18:27	47:56	2:30:00
6	Tim Robinson	27:49	1:18:11	47:40	2:33:40
7	Richard Stanley	29:29	1:14:54	49:26	2:33:49
8	Greg McKay	29:03	1:22:25	48:05	2:39:33
9	Jeffrey Osborne	24:01	1:29:40	49:00	2:42:41
10	Steven Alling	28:21	1:22:13	55:02	2:45:36
11	William Patrick McLain	25:00	1:24:56	59:44	2:49:40
12	Matthew Fisher	30:08	1:25:18	56:57	2:52:23
13	Andrew Pope	32:14	1:24:30	57:44	2:54:28
14	John Bansemer	34:20	1:19:17	1:01:11	2:54:48
15	Guy Hart	29:00	1:21:32	1:04:39	2:55:11
16	Thomas Andreotti	27:01		2:28:45	2:55:46
17	Chris Keller	26:23	1:27:41	1:02:39	2:56:43
18	Ruben Ruiz	34:26	1:27:19	55:11	2:56:56
19	Evan Williams	22:57	1:29:43	1:07:33	3:00:13
20	Tom Hulick	26:58	1:25:18	1:08:53	3:01:09
21	Steven Drexler	28:48	1:24:31	1:08:40	3:01:59
22	Austin Kauh	33:24	1:30:34	1:01:58	3:05:56
23	Jesus Ignacio	36:32	1:30:45	1:01:10	3:08:27
24	Mark Beauchamp	48:59	1:23:19	58:49	3:11:07
25	Ronald Doble	33:18	1:31:02	1:09:47	3:14:07
26	David Rathkamp	40:34	1:35:31	58:45	3:14:50
27	Ewan Leslie	38:16	1:38:43	59:07	3:16:36
28	Dan Fosso	33:46	1:38:34	1:05:11	3:17:31
29	Michael Schwartz	35:31	1:36:55	1:05:43	3:18:09
30	Phil Hildebrand	34:17	1:34:09	1:17:39	3:26:05
31	Hien Tran	50:10	1:28:32	1:10:00	3:28:42
32	Todd Lustgarten	34:11	1:37:47	1:17:03	3:29:01
33	Steven Berman	37:18	1:36:38	1:16:36	3:30:32
34	Michael Wright	33:05	1:46:49	1:15:14	3:35:08
35	Ken Jensen	33:38	1:45:01	1:18:55	3:37:34
36	Sean Mabin	50:07	1:33:22	1:15:27	3:38:56
37	James Wick	31:32	1:45:30	1:26:21	3:43:23
38	Michael McNaughton	29:42	2:00:37	1:14:01	3:44:20
39	Paul Belger	36:05	1:43:55	1:33:36	3:53:36
40	Kelly Wall	25:44	1:47:05	1:42:11	3:55:00
40-44					
=====					
1	Dean Panzica	19:53	1:12:55	43:38	2:16:26
2	Gregory Allen	29:11	1:09:24	44:51	2:23:26
3	Daryl Tamashiro	25:40	1:12:43	45:15	2:23:38
4	Cullen Burgess	24:55	1:21:37	44:19	2:30:51
5	Adam Busek	26:28	1:17:03	48:45	2:32:16
6	Ralph Pickett	23:50	1:19:58	48:43	2:32:31
7	Ray Stainback	26:54	1:17:26	48:13	2:32:33
8	Jeff Enzler	28:31	1:19:47	46:23	2:34:41
9	Joe Wedemann	29:45	1:16:20	51:09	2:37:14
10	Rob Hill	22:51	1:21:27	55:03	2:39:21
11	Glen Yokotake	28:36	1:21:35	49:33	2:39:44
12	Wayne Brandt	29:51	1:18:55	51:52	2:40:38
13	Solomon Kawika Singson	30:48	1:18:16	51:40	2:40:44
14	Paul Hopkins	27:09	1:23:27	52:12	2:42:48
15	Benjamin Barreras	37:41	1:15:20	50:44	2:43:45
16	Gregg Lanier	33:22	1:20:36	51:26	2:45:24
17	David Ferguson	30:43	1:20:09	54:32	2:45:24
18	Tim Taylor	25:21	1:20:42	1:00:50	2:46:53
19	Scotter Johns	28:26	1:25:43	52:50	2:46:59
20	Damon Smith	29:05	1:24:06	54:55	2:48:06
21	Scott Gaertner	27:53	1:22:25	1:00:11	2:50:29
22	James Beach	27:05	1:26:04	1:01:17	2:54:26
23	Barry Tsuma	28:55	1:25:46	1:00:36	2:55:17
24	Daniel Safranek	26:39	1:23:11	1:08:01	2:57:51
25	Jesse Saldana	37:30	1:26:39	55:13	2:59:22
26	Dwight Russell	32:45	1:29:21	1:06:14	3:08:20
27	Jeffrey Iverslie	42:00	1:28:31	59:03	3:09:34
28	Mun Leu	35:34	1:30:36	1:03:58	3:10:08
29	Rob Klinefelter	25:06	1:35:58	1:14:21	3:15:25
30	Kelly Snyder	32:36	1:38:14	1:08:23	3:19:13
31	Ray Wilkerson	32:36	1:42:47	1:06:09	3:21:32
32	John Maure	33:07	1:36:27	1:14:26	3:24:00
33	William Bindseil	31:23	1:44:39	1:11:52	3:27:54
34	Richard Alexander	29:54	1:44:59	1:14:10	3:29:03



35	David A. Payne	40:39	1:41:17	1:22:09	3:44:05
36	David Gomes	41:14	1:55:02	1:14:05	3:50:21
37	Mark Hutchings	38:52	1:57:33	1:41:00	4:17:25
45-49					
=====					
1	Rod Huddleston	28:54	1:17:17	42:31	2:28:42
2	Gary Cooke	25:02	1:25:04	43:29	2:33:35
3	Kirk Hirata	29:56	1:18:58	49:22	2:38:16
4	Luke Luknowsky	30:50	1:19:03	50:39	2:40:32
5	Derek Brown bea Haspe	27:43	1:21:24	52:34	2:41:41
6	Douglas Wilkerson	28:48	1:17:47	1:00:18	2:46:53
7	Eric Roseme	30:55	1:26:03	52:13	2:49:11
8	Jeffrey Spencer	32:27	1:24:07	56:36	2:53:10
9	R. Dabney Tompkins	34:01	1:26:38	53:54	2:54:33
10	Franklin Marcus	27:19	1:30:19	58:52	2:56:30
11	Mark Anderson	33:23	1:32:37	51:04	2:57:04
12	William Osterman	34:04	1:25:11	59:31	2:58:46
13	Clifford Goo	31:44	1:30:20	1:01:46	3:03:50
14	Antony Schinckel	32:03	1:33:54	1:01:36	3:07:33
15	Charles Esserman	35:45	1:39:35	1:04:21	3:19:41
16	Charles Maloney	34:13	1:33:58	1:12:35	3:20:46
17	Frank Sutton	34:35	1:47:57	1:06:43	3:29:15
18	Keith Youngblood	37:02	1:43:52	1:13:12	3:34:06
50-54					
=====					
1	Daniel Hodel	30:12	1:21:06	41:49	2:33:07
2	Gregory Aarons	33:51	1:19:39	52:30	2:46:00
3	Mike Hamilton	32:06	1:19:45	56:35	2:48:26
4	Frank Thomas	32:39	1:22:34	53:26	2:48:39
5	Lopaka Quitevis	29:49	1:26:58	54:51	2:51:38
6	Hans Petermann	33:19	1:23:03	58:02	2:54:24
7	Gregory Novotny	32:47	1:24:57	58:35	2:56:19
8	William St John	31:58	1:24:07	1:06:22	3:02:27
9	Michael Kelly	42:18	1:25:45	59:58	3:08:01
10	David Tabata	30:24	1:33:41	1:05:37	3:09:42
11	Andy Sutcliffe	37:32	1:32:56	1:16:35	3:27:03
55-59					
=====					
1	Thom McHale	24:52	1:13:18	45:44	2:23:54
2	Tim Cotter	24:19	1:18:39	48:35	2:31:33
3	James Best	26:56	1:20:16	51:49	2:39:01
4	Harry Yoshida	26:24	1:19:14	55:10	2:40:48
5	Dane Decker	28:41	1:21:07	52:06	2:41:54
6	Jerry Ewing	29:48	1:23:33	50:52	2:44:13
7	Gerd Weber	29:21	1:18:59	1:05:29	2:53:49
8	Jerry Scatena	28:35	1:34:46	1:06:52	3:10:13
9	David Estess	27:45	1:30:40	1:13:00	3:11:25
10	Mark Johnson	35:37	1:38:47	1:02:33	3:16:57
11	Ted Spitaleri	35:19	1:32:01	1:12:44	3:20:04
12	Skip Gleavey	39:42	1:42:46	1:17:11	3:39:39
13	Gary Donahee	39:10	1:50:06	1:25:41	3:54:57
14	F. Lee Hinebaugh	35:17	1:58:43	1:40:51	4:14:51
15	Jon Slipp	37:04	1:58:58	1:39:13	4:15:15
60-64					
=====					
1	Johnny Chapin	31:21	1:25:16	58:28	2:55:05
2	Gerald Gruber	40:16	1:19:01	1:02:12	3:01:29
3	Whitney Lynn	36:36	1:26:53	1:14:12	3:17:41
4	Dick Smith	33:41	1:38:00	1:07:06	3:18:47
5	Jim Kreofsky	36:34	1:35:17	1:07:37	3:19:28
6	Michael Kasser	35:07	1:39:34	1:13:39	3:28:20
7	Ed Hall	36:03	1:38:45	1:23:47	3:38:35
8	James Moran	44:17	1:40:41	1:21:11	3:46:09
9	Frank Sayre	36:29	1:42:04	1:36:29	3:55:02
65-69					
=====					
1	Dieter Heycke	29:08	1:34:46	1:07:22	3:11:16
2	Thomas Dembski	34:00	1:38:36	1:17:38	3:30:14
3	James E. McDiarmid	37:37	1:44:22	1:14:01	3:36:00
70 & Over					
=====					
1	Bill Van Horn	34:29	1:39:29	1:18:31	3:32:29
2	Marty Allen	37:35	1:40:41	1:47:12	4:05:28
Elite					
=====					
1	Robert Fougere	20:10	1:01:29	38:37	2:00:16
2	Tom Evans	18:29	59:43	43:34	2:01:46
3	Marc Despaties	18:14	1:04:56	41:10	2:04:20
4	Arlan Macasieb	22:11	1:11:31	41:46	2:15:28
5	Mark Regensburg	21:28	1:10:48	47:37	2:19:53
6	Scott Tinley	23:11	1:20:28	57:12	2:40:51
Phys Challenge					
=====					
1	John Dermengian	31:09	1:29:18	1:01:13	3:01:40

Hawaii Sports Connection

2005 Lavaman Triathlon

Women's Division Results - Individuals

April 3rd, 2005

Swim - .93 Miles  Bike - 24.8 Miles  Run - 6.2 Miles

Place Name Swim Bike Run Overall

OVERALL

=====

1	Jill Savege	18:33	1:05:56	39:05	2:03:34
2	Tina Walter	17:03	1:07:56	40:53	2:05:52
3	Carolyn Murray	20:16	1:08:14	42:46	2:11:16
4	Lauren Groves	19:48	1:13:34	39:35	2:12:57
5	Gillian Kornell	20:11	1:12:57	40:01	2:13:09

1-17

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1	Monica Harper	39:43	1:45:34	1:34:34	3:59:51
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18-24

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1	Allison Poe	30:54	1:19:02	48:23	2:38:19
2	Nicki Loranger	25:43	1:25:32	54:35	2:45:50
3	Kristen Warner	26:49	1:29:49	1:03:48	3:00:26
4	Jessica Notman	26:41	1:33:08	1:05:58	3:05:47
5	Alina Jennings	30:50	1:39:57	55:49	3:06:36
6	Emily Snyder	30:14	1:22:52	1:13:32	3:06:38
7	Lauren Rolston	31:40	1:28:39	1:06:56	3:07:15
8	Christie Donahee	29:42	1:30:25	1:09:41	3:09:48
9	Kristin Wolowodiuk	25:49	1:43:29	1:07:57	3:17:15
10	Brooke Rohrer	37:04	1:35:02	1:06:03	3:18:09
11	Katherine Garth	31:21	1:32:52	1:14:00	3:18:13
12	Katie Johnson	26:46	1:39:42	1:12:38	3:19:06
13	Lindsey Cromwell	34:09	1:52:01	1:03:38	3:29:48
14	Lauriellen Rumball	35:21	1:46:02	1:17:35	3:38:58
15	Michelle Darrah	30:03	1:52:26	1:19:59	3:42:28
16	Narda Alarcon	33:26	1:51:47	1:23:16	3:48:29
17	Van Dinh	32:29	2:02:19	1:15:22	3:50:10
18	Teri Busch	31:18	1:52:32	1:27:18	3:51:08
19	Karen Brochin	39:31	1:44:20	1:28:23	3:52:14
20	Sarah Babiarz	26:56	2:10:04	1:25:10	4:02:10
21	Erika Garcia	1:15:17	1:55:19	1:05:00	4:15:36
22	Ashley Smith	41:53	1:54:04	1:42:09	4:18:06
23	Lacey Johnson	38:05	2:13:28	1:29:22	4:20:55
24	Jamie Stewart	41:04	2:03:20	1:45:44	4:30:08
25	Sierra Cortes	40:25	2:03:58	1:45:46	4:30:09
26	Erin Blaize	36:18	2:27:38	1:50:20	4:54:16
27	Britany Rosser	57:30	2:13:01	1:50:22	5:00:53

25-29

=====

1	Bree Myers	21:21	1:09:49	43:34	2:14:44
2	Melissa Hall	24:08	1:15:15	55:57	2:35:20
3	Susanne Kaufmann	27:10	1:20:29	51:01	2:38:40
4	Heather McLaughlin	28:21	1:19:30	52:56	2:40:47
5	Megan Jackley	30:56	1:21:52	49:18	2:42:06
6	Emily Yau	25:45	1:25:58	53:41	2:45:24
7	Kate Nelson	28:19	1:28:30	54:17	2:51:06
8	Corey Hills	32:13	1:26:35	52:47	2:51:35
9	Lokelani McMichael	25:35	1:28:34	58:00	2:52:09
10	Bonnie Townsend	32:58	1:31:00	53:18	2:57:16
11	Erin Wascher	25:11	1:32:31	59:46	2:57:28
12	Jamie Tobin	29:57	1:25:35	1:08:10	3:03:42
13	Erika Nelson	25:22	1:36:09	1:05:30	3:07:01
14	Christina Lovitt	28:01	1:26:47	1:15:50	3:10:38
15	Jennifer Krueger	37:31	1:27:21	1:06:50	3:11:42
16	Rachael Brandt	31:39	1:27:20	1:13:08	3:12:07
17	Brandy Pfeffer	31:51	1:36:16	1:04:24	3:12:31
18	Heather Gerhard	26:29	1:40:31	1:07:25	3:14:25

19	Sarah Cohen	32:54	1:37:52	1:06:33	3:17:19
20	Lauren Carter	28:09	1:33:03	1:17:15	3:18:27
21	Kristi Coker	37:28	1:34:20	1:10:22	3:22:10
22	Liba Pejchar	30:35	1:42:27	1:09:15	3:22:17
23	Christie Brezina	32:46	1:44:47	1:08:12	3:25:45
24	Brook Becker	38:12	1:41:48	1:08:53	3:28:53
25	Megan Haertel	31:17	1:43:55	1:15:24	3:30:36
26	Jamie Osenbach	36:10	1:45:52	1:09:13	3:31:15
27	Melissa Borden	35:49	1:46:37	1:12:10	3:34:36
28	Allyson Rogers	38:06	1:42:14	1:15:02	3:35:22
29	Jennifer Polonsky	34:24	1:42:31	1:18:57	3:35:52
30	Morgan Wrangle	32:23	1:51:47	1:17:02	3:41:12
31	Melissa Leggett	39:34	1:52:53	1:09:32	3:41:59
32	Kim Gann	36:36	1:40:30	1:30:29	3:47:35
33	Laura Volker	34:41	1:46:45	1:26:11	3:47:37
34	Jessica Bass	35:48	1:52:39	1:19:38	3:48:05
35	Crista Corpening	43:14	1:41:25	1:26:38	3:51:17
36	Andrea Altamirano	39:56	1:46:09	1:25:29	3:51:34
37	Mary Lee Walsh	36:40	1:58:40	1:16:23	3:51:43
38	Angie Bera	30:52	1:49:52	1:31:28	3:52:12
39	Alina Silvestre	32:27	1:48:19	1:31:30	3:52:16
40	Jennifer Keating	28:10	1:52:13	1:34:42	3:55:05
41	Laura Brandt	51:07	1:47:27	1:22:34	4:01:08
42	Christina Arnston	38:09	1:58:07	1:25:17	4:01:33
43	Jennifer Wong	32:51	2:04:18	1:27:28	4:04:37
44	Terri Sundsvold	34:51	1:57:49	1:32:55	4:05:35
45	Julia Ranuio	39:58	1:57:07	1:31:21	4:08:26
46	Suzi Van Steenberg	35:47	1:53:35	1:44:23	4:13:45
47	Deborah Ampudia-Adelman	34:36	1:51:27	1:50:38	4:16:41

30-34
=====

1	Natalie Holles	22:33	1:17:29	47:26	2:27:28
2	Melanie Aiona	26:56	1:22:08	47:24	2:36:28
3	Rebecca Lowe	24:40	1:22:41	51:47	2:39:08
4	Cissy Fowler	28:44	1:24:06	57:56	2:50:46
5	Lola Lahi	33:28	1:23:38	1:01:00	2:58:06
6	Eleta Trejo-Cantwell	28:55	1:31:32	1:02:31	3:02:58
7	Inge Wiersema	29:51	1:33:44	59:59	3:03:34
8	Rebecca McGehee	28:22	1:36:59	1:00:40	3:06:01
9	Jennifer Hagerman	32:01	1:35:15	59:27	3:06:43
10	Karen Sugano	31:59	1:33:07	1:02:49	3:07:55
11	Michele Golberg	25:42	1:34:46	1:08:23	3:08:51
12	Anne Wood	32:14	1:36:06	1:03:07	3:11:27
13	Arlene Johnson	38:31	1:30:52	1:03:42	3:13:05
14	Myndy Crist	33:24	1:43:24	58:59	3:15:47
15	Heather Pregerson	34:44	1:39:43	1:07:06	3:21:33
16	Lisa Schultz	29:18	1:34:47	1:20:00	3:24:05
17	Sharon Blyth Moss	43:00	1:33:53	1:10:24	3:27:17
18	Catherine Hostler	36:52	1:37:33	1:15:05	3:29:30
19	Debbie Redondo	30:17	1:40:23	1:19:03	3:29:43
20	Stacy Anderson	34:16	1:42:42	1:13:12	3:30:10
21	Katy Jossy	30:22	1:37:28	1:23:12	3:31:02
22	Grace Emanuel	33:27	1:41:48	1:16:30	3:31:45
23	Abby Close	39:28	1:35:07	1:17:59	3:32:34
24	Kat Jensen	36:11	1:40:50	1:16:35	3:33:36
25	Erica Schmoyer	46:23	1:31:44	1:17:43	3:35:50
26	Camille Barrat	37:38	1:42:04	1:16:42	3:36:24
27	Kristina Michaelsen	33:53	1:45:29	1:18:44	3:38:06
28	Alaura Soukthavong	39:59	1:38:06	1:21:57	3:40:02
29	Leslie Dean	25:28	1:51:50	1:23:05	3:40:23
30	Heather Edwards	38:49	1:42:02	1:21:33	3:42:24
31	Marrielle Monte	43:40	1:42:29	1:18:53	3:45:02
32	Leann Matsumura	24:04	1:54:54	1:35:07	3:54:05
33	Elizabeth Bartels	38:58	1:40:58	1:37:16	3:57:12
34	Laura Flores	41:17	1:44:22	1:36:14	4:01:53
35	Beth Dubber	39:54	1:48:29	1:36:07	4:04:30
36	Elisa Greenway	41:17	1:43:00	1:40:27	4:04:44
37	Michele Phillips	1:03:12	1:49:20	1:18:44	4:11:16
38	Andrea Hennings	51:38	1:57:42	1:28:08	4:17:28
39	Emily Koft	49:35	2:16:45	1:52:05	4:58:25

35-39
=====

1	Monique Petrov	22:31	1:15:30	47:21	2:25:22
2	Darcy Eaton	29:46	1:18:30	49:28	2:37:44
3	Marty Fess	33:30	1:22:34	49:56	2:46:00
4	Deeann Mitchell	29:54	1:22:30	55:39	2:48:03
5	Tricia Murtha	35:53	1:24:12	54:24	2:54:29
6	Susan Raber	32:48	1:25:07	59:53	2:57:48
7	Eva Emerson	28:05	1:36:49	57:24	3:02:18
8	Merle Nilk	36:32	1:29:44	57:20	3:03:36
9	Kristen Milne	29:54	1:34:17	1:01:29	3:05:40
10	Christina Calvello-Huber	32:10	1:31:15	1:04:37	3:08:02
11	Angela Hart	28:26	1:37:50	1:04:09	3:10:25
12	Tammy Kelly	39:48	1:29:02	1:03:33	3:12:23

13	Susan Nixon	32:07	1:38:55	1:03:30	3:14:32
14	Nevada Basile	34:01	1:38:24	1:02:13	3:14:38
15	Allison Cecil	33:43	1:36:55	1:09:07	3:19:45
16	Beverly Atkins	35:29	1:34:25	1:12:21	3:22:15
17	Gretchen Schultz	34:04	1:39:23	1:09:07	3:22:34
18	Joanne O'Brien	43:44	2:00:09	43:44	3:27:37
19	Quynh Rathkamp	49:47	1:46:08	1:06:49	3:42:44
20	Stephanie Hamilton	38:14	1:52:25	1:15:10	3:45:49
21	Kristen Maurice	37:10	1:47:20	1:26:33	3:51:03
22	Tina Parker	33:23	1:51:48	1:30:18	3:55:29
23	Sarah Woo	46:38	1:44:49	1:33:06	4:04:33
24	Jennifer Olson	40:44	1:48:01	1:49:51	4:18:36
25	Sharon Smith	52:18	1:58:59	1:50:38	4:41:55
26	Sara Lopez	57:57	2:40:38	1:23:26	5:02:01
27	Lisa Hagerty	1:01:14	2:38:48	1:59:16	5:39:18
40-44					
=====					
1	Drsherry Coons	22:30	1:12:10	48:28	2:23:08
2	Margaret Grenier-Spears	26:39	1:14:50	47:25	2:28:54
3	Wendy Gaertner	29:44	1:19:33	58:39	2:47:56
4	Christy Allen	30:02	1:25:35	55:04	2:50:41
5	Maria Boyer	38:01	1:28:29	1:02:09	3:08:39
6	Jackie Huffman	26:49	1:34:20	1:13:43	3:14:52
7	Tobi McMahon - schwart	43:42	1:27:39	1:04:28	3:15:49
8	Heather Whittall	29:00	1:42:13	1:07:41	3:18:54
9	Karen Larson	28:27	1:37:10	1:14:24	3:20:01
10	Alison Bloom	37:23	1:19:05	1:24:32	3:21:00
11	Noreen Russell	37:34	1:35:56	1:07:44	3:21:14
12	Lisa Week	29:00	1:49:16	1:05:28	3:23:44
13	Lisa Poirier	41:19	1:31:20	1:11:36	3:24:15
14	Kim Weibel	43:21	1:37:46	1:05:32	3:26:39
15	Antoinete Reynolds	37:24	1:40:11	1:09:19	3:26:54
16	Lori Krupa	50:51	1:37:41	58:42	3:27:14
17	Anne-Marie Danley	34:46	1:41:55	1:11:25	3:28:06
18	Una Burns	44:08	1:41:38	1:06:04	3:31:50
19	Pam Okeson	35:46	1:41:40	1:17:28	3:34:54
20	Brooke McCurdy	39:05	1:43:20	1:13:05	3:35:30
21	Laura Baker	50:35	1:42:34	1:16:39	3:49:48
22	Lori Pawinski	33:57	1:47:21	1:34:35	3:55:53
23	Wendy Leblanc	36:12	1:50:18	1:31:56	3:58:26
24	Marcia Allen	51:36	1:57:42	1:28:17	4:17:35
25	Betty Hutchings	45:46	2:05:05	1:42:14	4:33:05
26	Marie Varricchio	50:42	2:19:36	1:32:48	4:43:06
27	Marcia Stewart	49:44	2:16:14	1:50:17	4:56:15
45-49					
=====					
1	Becky Obletz	24:18	1:17:26	55:05	2:36:49
2	Millie Cooke	28:17	1:19:27	52:59	2:40:43
3	Heidi Smith	26:21	1:21:58	58:15	2:46:34
4	Joni Metzler	31:43	1:26:08	1:04:23	3:02:14
5	Cindy Morse	30:59	1:35:59	58:24	3:05:22
6	Allyson Thurber	29:52	1:29:31	1:06:31	3:05:54
7	Karen Hand	28:57	1:38:24	1:01:26	3:08:47
8	Denise Ciccarelli	34:06	1:34:20	1:03:48	3:12:14
9	Maru Harper	31:34	1:32:09	1:12:40	3:16:23
10	Jeani Naylor	39:40	1:39:52	1:15:45	3:35:17
11	Kristen Abegg	41:50	1:38:59	1:19:28	3:40:17
12	Carole Dahl	33:01	1:52:48	1:17:31	3:43:20
13	Kathryn Menconi	33:47	2:00:49	1:16:24	3:51:00
14	Debi Doyle	43:49	1:44:06	1:27:05	3:55:00
15	Denise Gleavey	47:20	1:46:37	1:35:45	4:09:42
16	Kristi Atwood	51:10	2:05:00	1:24:48	4:20:58
17	Cindy Alder	48:40	2:12:25	1:49:22	4:50:27
18	Helen Horvath	1:25:05	2:50:56	2:00:34	6:16:35
50-54					
=====					
1	Laurie Beers	28:07	1:19:52	54:33	2:42:32
2	Karyn Kowal	31:19	1:27:53	54:44	2:53:56
3	Pammer Kidani	32:42	1:26:39	59:21	2:58:42
4	Lee Collins	27:33	1:34:50	1:10:58	3:13:21
5	Reneau Kennedy	38:28	1:32:39	1:09:48	3:20:55
6	Debbie Head	32:22	1:39:59	1:09:02	3:21:23
7	Shawna Barlette	42:01	1:36:32	1:08:25	3:26:58
8	Jana Mugford	32:44	1:40:22	1:17:52	3:30:58
9	Norma Slipp	42:57	1:42:36	1:14:13	3:39:46
10	Margie Sunderland	32:18	1:48:37	1:21:14	3:42:09
11	Kathy Hall	34:41	1:42:03	1:34:56	3:51:40
12	Carol Hunt	41:21	1:52:52	1:37:48	4:12:01
13	Peggy Busch	42:15	1:49:14	1:55:59	4:27:28
14	Tomi Rosser	57:29	2:13:04	1:50:18	5:00:51
15	Heidi Johnson	59:00	2:54:35	2:04:42	5:58:17
55-59					
=====					
1	Lesley Cens-McDowell	28:08	1:17:46	56:55	2:42:49

	2	Laura McHale	31:22	1:19:40	1:04:59	2:56:01
	3	Becky Thurston	26:59	1:54:33	1:22:35	3:44:07
	4	Betsy Solis	41:10	1:40:04	1:25:07	3:46:21
	5	Joyce Duker	39:27	1:42:54	1:27:46	3:50:07
60-64						
=====						
	1	Diane McCary	31:15	1:33:45	1:00:45	3:05:45
	2	Marcia Kreofsky	31:57	1:31:36	1:07:02	3:10:35
	3	Arlene Gerety	40:40	1:27:16	1:07:22	3:15:18
	4	Paulette Trippler	38:43	1:37:41	1:09:09	3:25:33
Elite						
=====						
	1	Rachel Joyce	20:13	1:16:55	44:48	2:21:56



[\[Individuals\]](#) [\[Relays\]](#) [\[Men's Divisions\]](#) [\[Women's Divisions\]](#) [\[Relay Divisions\]](#)

Hawaii Sports Connection

2005 Lavaman Triathlon

Overall Results - Relays

April 3rd, 2005

Swim - .93 Miles  Bike - 24.8 Miles  Run - 6.2 Miles

Plc	Name	Division	Swim	Bike	Run	Overall
1	Suzanne Weckend #641	Mixed	18:39	1:04:52	45:50	2:09:21
	Suzanne Weckend Neil Harvey					
2	Tara Ross #644	Mixed	18:46	1:09:23	46:14	2:14:23
	Tara Ross Craig Taylor					
3	Jessica Kirkwood #643	Mixed	19:21	1:14:30	41:42	2:15:33
	Jessica Kirkwood Paul Regensburg					
4	Andrew McCartney #649	Men	17:50	1:05:03	54:20	2:17:13
	Andrew McCartney Craig Conlee					
5	Matty Cunningham #642	Men	24:28	1:15:47	37:31	2:17:46
	Matty Cunningham Allen Wagner					
6	Karlyn Pipes-Neilsen #604	Women	18:37	1:16:12	46:50	2:21:39
	Janet Higa-Miller Lucy Pollard					
7	Linda Bless #634	Mixed	22:34	1:11:17	47:58	2:21:49
	Ted Cituk Darren Broome					
8	Sam Ainslie #617	Men	25:04	1:09:51	52:13	2:27:08
	Jerry Murphy Sam Ainslie					
9	Fred Cowell #640	Mixed	22:19	1:21:04	44:54	2:28:17
	Jeanne Knapp Daniel Jesser					
10	Monroe Roos #627	Mixed	21:41	1:17:16	50:39	2:29:36
	Michelle Bono Rebekah Lussiaa					
11	Aaron Mitchell #636	Mixed	24:52	1:14:21	53:18	2:32:31
	Kris Kiser Kym Kiser					
12	Tom (tomcat) Sena #615	Men	21:56	1:17:53	53:48	2:33:37
	Lavadawg Clay Bringman-Colt					
13	Linda Finley #631	Mixed	22:04	1:31:35	41:48	2:35:27
	Frank Snow Ralph Sawyer					
14	Kaitlin Saunders #637	Mixed	27:51	1:18:49	48:53	2:35:33
	Kaitlin Saunders Andy Chase					
15	Rita Schwartz #619	Mixed	31:59	1:25:45	42:35	2:40:19
	Keith Krugh Gregg Bichler					
16	Christine Winn #628	Mixed	21:55	1:19:53	58:34	2:40:22

	Scott Ferry						
	Suzie Bistline						
17	Aaron Boranian #616	Men	19:18	1:23:33	58:05	2:40:56	
	Douglas Leopold						
	Douglas Leopold						
18	Kim Yeck #639	Mixed	28:44	1:22:07	53:34	2:44:25	
	Roberto Villamil-Roque						
	Roberto Villamil-Roque						
19	Laura Clapp #647	Women	27:35	1:24:35	52:21	2:44:31	
	Laura Clapp						
	Dev MacGregor						
20	Aaron Estess #618	Men	21:21	1:28:25	57:20	2:47:06	
	Tim Wiley						
	Clyde Kidani						
21	Leann Pletcher #652	Mixed	38:03	1:12:13	58:10	2:48:26	
	Chris Cornelius						
	Simeone Miranda						
22	John Cookmer #645	Mixed	36:38	1:26:26	51:09	2:54:13	
	Victoria Cook						
	Ray Cook						
23	Kirsten Sweetland #648	Mixed	20:26	1:19:09	1:16:31	2:56:06	
	Kelvin Tse						
	Cindy Tse						
24	Steve Breed #632	Mixed	35:25	1:23:37	58:25	2:57:27	
	Tiffany Sanchez						
	Gene Black						
25	Keith Krugh #638	Men	24:57	1:29:58	1:12:59	3:07:54	
	Gerrit Pang						
	Brian Stake						
26	Laura Stubbs #602	Women	29:06	1:31:37	1:08:12	3:08:55	
	Laura Stubbs						
	Kate Mendoza						
27	Susan M. Coughlin #630	Mixed	27:50	1:49:05	52:35	3:09:30	
	Sue Coughlin						
	Jeff Sherman						
28	Mindy Gruber #605	Mixed	31:03	1:26:21	1:14:37	3:12:01	
	Brandt Matsushima						
	William Wong						
29	Cassandra Ooi #603	Women	31:18	1:32:22	1:10:03	3:13:43	
	Maggie Murphy						
	Vicki Pendergrass						
30	Michelle Mahoney #606	Women	27:49	1:38:18	1:08:30	3:14:37	
	Lisa Lynch						
	Annette Crisanti						
31	Michele Bleser #608	Women	29:17	1:31:07	1:14:24	3:14:48	
	Lisa Bockenstedt						
	Gwen Hall						
32	Alison Jones #601	Women	34:16	1:36:00	1:05:56	3:16:12	
	Alison Jones						
	Solange Roy						
33	Beth Kula #629	Mixed	35:19	1:30:29	1:13:43	3:19:31	
	Michael Wolgast						
	Beth Kula						
34	Christine O'Gorman #635	Mixed	28:30	1:33:23	1:22:30	3:24:23	
	Bill Pagett						
	Bill Pagett						
35	Steve Shaub #646	Men	31:13	2:10:42	49:04	3:30:59	
	Mario Menconi						
	Rein Shaub						
36	Keahi Parker #633	Mixed	20:20	1:45:54	1:37:31	3:43:45	
	John Caires						
	Alexi Caires						
37	Patricia Block #653	Women	35:36	1:50:06	1:39:06	4:04:48	
	Rachel Ford						
	Patricia Block						
38	Gretchen Blanchard #626	Mixed	37:53	2:14:45	1:31:35	4:24:13	
	Lynda Pham						
	Trever Rittenhouse						
39	Lance Carter #650	Mixed	23:34	2:35:08	2:02:15	5:00:57	
	Shemiele Da'Briel						
	Shemiele Da'Briel						

[\[Individuals\]](#) [\[Relays\]](#) [\[Men's Divisions\]](#) [\[Women's Divisions\]](#) [\[Relay Divisions\]](#)

Hawaii Sports Connection
2005 Lavaman Triathlon

Division Results - Relays

April 3rd, 2005

Swim - .93 Miles 🏊 Bike - 24.8 Miles 🚲 Run - 6.2 Miles

Place Name Swim Bike Run Overall

Men

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1	Andrew McCartney Andrew McCartney Craig Conlee	17:50	1:05:03	54:20	2:17:13
2	Matty Cunningham Matty Cunningham Allen Wagner	24:28	1:15:47	37:31	2:17:46
3	Sam Ainslie Jerry Murphy Sam Ainslie	25:04	1:09:51	52:13	2:27:08
4	Tom (tomcat) Sena Lavadawg Clay Bringman-Colt	21:56	1:17:53	53:48	2:33:37
5	Aaron Boranian Douglas Leopold Douglas Leopold	19:18	1:23:33	58:05	2:40:56
6	Aaron Estess Tim Wiley Clyde Kidani	21:21	1:28:25	57:20	2:47:06
7	Keith Krugh Gerrit Pang Brian Stake	24:57	1:29:58	1:12:59	3:07:54
8	Steve Shaub Mario Menconi Rein Shaub	31:13	2:10:42	49:04	3:30:59

Women

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1	Karlyn Pipes-Neilsen Janet Higa-Miller Lucy Pollard	18:37	1:16:12	46:50	2:21:39
2	Laura Clapp Laura Clapp Dev MacGregor	27:35	1:24:35	52:21	2:44:31
3	Laura Stubbs Laura Stubbs Kate Mendoza	29:06	1:31:37	1:08:12	3:08:55
4	Cassandra Ooi Maggie Murphy Vicki Pendergrass	31:18	1:32:22	1:10:03	3:13:43
5	Michelle Mahoney Lisa Lynch Annette Crisanti	27:49	1:38:18	1:08:30	3:14:37
6	Michele Bleser Lisa Bockenstedt Gwen Hall	29:17	1:31:07	1:14:24	3:14:48
7	Alison Jones Alison Jones Solange Roy	34:16	1:36:00	1:05:56	3:16:12
8	Patricia Block Rachel Ford Patricia Block	35:36	1:50:06	1:39:06	4:04:48

Mixed

=====

1	Suzanne Weckend Suzanne Weckend Neil Harvey	18:39	1:04:52	45:50	2:09:21
2	Tara Ross Tara Ross Craig Taylor	18:46	1:09:23	46:14	2:14:23
3	Jessica Kirkwood Jessica Kirkwood Paul Regensburg	19:21	1:14:30	41:42	2:15:33
4	Linda Bless Ted Cituk Darren Broome	22:34	1:11:17	47:58	2:21:49
5	Fred Cowell Jeanne Knapp Daniel Jesser	22:19	1:21:04	44:54	2:28:17
6	Monroe Roos	21:41			

	Michelle Bono		1:17:16		
	Rebekah Lussiaa			50:39	2:29:36
7	Aaron Mitchell	24:52			
	Kris Kiser		1:14:21		
	Kym Kiser			53:18	2:32:31
8	Linda Finley	22:04			
	Frank Snow		1:31:35		
	Ralph Sawyer			41:48	2:35:27
9	Kaitlin Saunders	27:51			
	Kaitlin Saunders		1:18:49		
	Andy Chase			48:53	2:35:33
10	Rita Schwartz	31:59			
	Keith Krugh		1:25:45		
	Gregg Bichler			42:35	2:40:19
11	Christine Winn	21:55			
	Scott Ferry		1:19:53		
	Suzie Bistline			58:34	2:40:22
12	Kim Yeck	28:44			
	Roberto Villamil-Roque		1:22:07		
	Roberto Villamil-Roque			53:34	2:44:25
13	Leann Pletcher	38:03			
	Chris Cornelius		1:12:13		
	Simeone Miranda			58:10	2:48:26
14	John Cookmer	36:38			
	Victoria Cook		1:26:26		
	Ray Cook			51:09	2:54:13
15	Kirsten Sweetland	20:26			
	Kelvin Tse		1:19:09		
	Cindy Tse			1:16:31	2:56:06
16	Steve Breed	35:25			
	Tiffany Sanchez		1:23:37		
	Gene Black			58:25	2:57:27
17	Susan M. Coughlin	27:50			
	Sue Coughlin		1:49:05		
	Jeff Sherman			52:35	3:09:30
18	Mindy Gruber	31:03			
	Brandt Matsushima		1:26:21		
	William Wong			1:14:37	3:12:01
19	Beth Kula	35:19			
	Michael Wolgast		1:30:29		
	Beth Kula			1:13:43	3:19:31
20	Christine O'Gorman	28:30			
	Bill Pagett		1:33:23		
	Bill Pagett			1:22:30	3:24:23
21	Keahi Parker	20:20			
	John Caires		1:45:54		
	Alexi Caires			1:37:31	3:43:45
22	Gretchen Blanchard	37:53			
	Lynda Pham		2:14:45		
	Trever Rittenhouse			1:31:35	4:24:13
23	Lance Carter	23:34			
	Shemiele Da'Briel		2:35:08		
	Shemiele Da'Briel			2:02:15	5:00:57

[\[Individuals\]](#) [\[Relays\]](#) [\[Men's Divisions\]](#) [\[Women's Divisions\]](#) [\[Relay Divisions\]](#)

Hawaii Sports Connection

2005 Lavaman Triathlon

Overall Results - Individuals

April 3rd, 2005

Swim - .93 Miles Bike - 24.8 Miles Run - 6.2 Miles

Plc	Name	Division	Fem	Swim	Bike	Run	Overall
1	Simon Whitfield	#1			Elite	18:30	1:02:00 34:33 1:55:03
2	Brent McMahon	#14			Elite	18:15	1:04:16 34:48 1:57:19
3	Kyle Jones	#10			Elite	19:09	1:05:19 33:44 1:58:12
4	Nick Hastie	#13			Elite	18:15	1:03:11 37:20 1:58:46
5	Timothy Marr	#15			Elite	18:26	1:01:04 39:57 1:59:27
6	Robert Fougere	#12			Elite	20:10	1:01:29 38:37 2:00:16

7	Tom Evans #4	Elite		18:29	59:43	43:34	2:01:46
8	Jill Savege #2	Elite	1	18:33	1:05:56	39:05	2:03:34
9	Marc Despaties #11	Elite		18:14	1:04:56	41:10	2:04:20
10	Peter Hursty #183	30-34		20:01	1:03:12	41:36	2:04:49
11	Tina Walter #19	35-39	2	17:03	1:07:56	40:53	2:05:52
12	Tai Blechta #90	25-29		21:46	1:05:37	38:56	2:06:19
13	Carolyn Murray #9	Elite	3	20:16	1:08:14	42:46	2:11:16
14	Brandon Del Campo #100	25-29		24:51	1:08:47	39:07	2:12:45
15	Lauren Groves #6	Elite	4	19:48	1:13:34	39:35	2:12:57
16	Gillian Kornell #8	Elite	5	20:11	1:12:57	40:01	2:13:09
17	Chris Tang #210	30-34		22:53	1:08:07	43:26	2:14:26
18	Bree Myers #123	25-29	6	21:21	1:09:49	43:34	2:14:44
19	Arlan Macasieb #18	Elite		22:11	1:11:31	41:46	2:15:28
20	Andy Schmid #80	25-29		22:07	1:08:46	45:05	2:15:58
21	Dean Panzica #366	40-44		19:53	1:12:55	43:38	2:16:26
22	Tom Sanford #42	18-24		19:48	1:10:58	48:15	2:19:01
23	Mike Bennett #299	35-39		21:50	1:09:58	48:03	2:19:51
24	Mark Regensburg #16	Elite		21:28	1:10:48	47:37	2:19:53
25	Rachel Joyce #7	Elite	7	20:13	1:16:55	44:48	2:21:56
26	Drsherry Coons #428	40-44	8	22:30	1:12:10	48:28	2:23:08
27	Gregory Allen #367	40-44		29:11	1:09:24	44:51	2:23:26
28	Daryl Tamashiro #370	40-44		25:40	1:12:43	45:15	2:23:38
29	Patrick Ray #281	35-39		21:54	1:16:03	45:50	2:23:47
30	Thom McHale #537	55-59		24:52	1:13:18	45:44	2:23:54
31	B. Kainalu Picl #303	35-39		28:27	1:11:39	44:09	2:24:15
32	Jason Parilla #171	30-34		24:58	1:12:18	47:21	2:24:37
33	Monique Petrov #317	35-39	9	22:31	1:15:30	47:21	2:25:22
34	George Lowe #83	25-29		25:36	1:13:19	46:58	2:25:53
35	John Henderson #197	30-34		29:05	1:12:40	44:15	2:26:00
36	Trevor Anderson #162	30-34		24:32	1:15:58	46:38	2:27:08
37	Natalie Holles #235	30-34	10	22:33	1:17:29	47:26	2:27:28
38	Rod Huddleston #446	45-49		28:54	1:17:17	42:31	2:28:42
39	Jahn Sawinski #302	35-39		27:06	1:09:15	52:33	2:28:54
40	Margaret Grenier-Spears	40-44	11	26:39	1:14:50	47:25	2:28:54
41	Jacek Plonkowski #290	35-39		23:37	1:18:27	47:56	2:30:00
42	Cullen Burgess #394	40-44		24:55	1:21:37	44:19	2:30:51
43	Luis Canales #175	30-34		25:03	1:15:17	50:57	2:31:17
44	Tim Cotter #524	55-59		24:19	1:18:39	48:35	2:31:33
45	Brendan Seely #75	25-29		24:56	1:13:29	53:46	2:32:11
46	Adam Busek #386	40-44		26:28	1:17:03	48:45	2:32:16
47	Ralph Pickett #382	40-44		23:50	1:19:58	48:43	2:32:31
48	Ray Stainback #395	40-44		26:54	1:17:26	48:13	2:32:33
49	Christian Hiro #181	30-34		27:11	1:13:25	52:18	2:32:54
50	Matthew Stenson #198	30-34		28:58	1:16:58	46:59	2:32:55
51	Daniel Hodel #471	50-54		30:12	1:21:06	41:49	2:33:07
52	Gary Cooke #436	45-49		25:02	1:25:04	43:29	2:33:35
53	Tim Robinson #304	35-39		27:49	1:18:11	47:40	2:33:40
54	Richard Stanley #309	35-39		29:29	1:14:54	49:26	2:33:49
55	Brian Oehler #86	25-29		30:30	1:15:51	48:12	2:34:33
56	Jeff Enzler #387	40-44		28:31	1:19:47	46:23	2:34:41
57	David Casas #179	30-34		24:55	1:11:22	58:52	2:35:09
58	Melissa Hall #160	25-29	12	24:08	1:15:15	55:57	2:35:20
59	Melanie Aiona #246	30-34	13	26:56	1:22:08	47:24	2:36:28
60	Becky Obletz #474	45-49	14	24:18	1:17:26	55:05	2:36:49
61	Joe Wedemann #379	40-44		29:45	1:16:20	51:09	2:37:14
62	Darcy Eaton #334	35-39	15	29:46	1:18:30	49:28	2:37:44
63	Kirk Hirata #440	45-49		29:56	1:18:58	49:22	2:38:16
64	Allison Poe #154	18-24	16	30:54	1:19:02	48:23	2:38:19
65	Bradley Johnson #76	25-29		26:01	1:18:24	53:58	2:38:23
66	Nathan Driggers #35	18-24		32:30	1:19:07	46:57	2:38:34
67	Susanne Kaufmann #161	25-29	17	27:10	1:20:29	51:01	2:38:40
68	James Best #529	55-59		26:56	1:20:16	51:49	2:39:01
69	Rebecca Lowe #244	30-34	18	24:40	1:22:41	51:47	2:39:08
70	Kevin Cramer #192	30-34		29:09	1:15:40	54:24	2:39:13
71	Rob Hill #351	40-44		22:51	1:21:27	55:03	2:39:21
72	Greg McKay #307	35-39		29:03	1:22:25	48:05	2:39:33
73	Glen Yokotake #376	40-44		28:36	1:21:35	49:33	2:39:44
74	Luke Luknowsky #441	45-49		30:50	1:19:03	50:39	2:40:32
75	Wayne Brandt #393	40-44		29:51	1:18:55	51:52	2:40:38
76	Brett Ross #81	25-29		27:55	1:22:58	49:49	2:40:42
77	Millie Cooke #476	45-49	19	28:17	1:19:27	52:59	2:40:43
78	Solomon Kawika Singson	40-44		30:48	1:18:16	51:40	2:40:44
79	Heather McLaughlin #78	25-29	20	28:21	1:19:30	52:56	2:40:47
80	Harry Yoshida #539	55-59		26:24	1:19:14	55:10	2:40:48
81	Scott Tinley #3	Elite		23:11	1:20:28	57:12	2:40:51
82	Matthew Rauls #209	30-34		28:50	1:21:26	51:08	2:41:24
83	Derek Brown bea Haspe	45-49		27:43	1:21:24	52:34	2:41:41
84	Dane Decker #535	55-59		28:41	1:21:07	52:06	2:41:54
85	Megan Jackley #142	25-29	21	30:56	1:21:52	49:18	2:42:06
86	Laurie Beers #485	50-54	22	28:07	1:19:52	54:33	2:42:32
87	Jeffrey Osborne #283	35-39		24:01	1:29:40	49:00	2:42:41
88	Paul Hopkins #353	40-44		27:09	1:23:27	52:12	2:42:48
89	Lesley Cens-McDowell #549	55-59	23	28:08	1:17:46	56:55	2:42:49
90	Adrian Aponte #193	30-34		31:17	1:21:40	50:12	2:43:09

91	Benjamin Barreras #355	40-44		37:41	1:15:20	50:44	2:43:45
92	Jerry Ewing #523	55-59		29:48	1:23:33	50:52	2:44:13
93	Duane Tamashiro #194	30-34		28:25	1:27:07	48:55	2:44:27
94	Adrian Valdivieso #94	25-29		28:22	1:27:46	49:01	2:45:09
95	Gregg Lanier #392	40-44		33:22	1:20:36	51:26	2:45:24
96	David Ferguson #368	40-44		30:43	1:20:09	54:32	2:45:24
97	Emily Yau #158	25-29	24	25:45	1:25:58	53:41	2:45:24
98	Lawrence Smith #27	1-17		20:02	1:26:11	59:16	2:45:29
99	Steven Alling #102	35-39		28:21	1:22:13	55:02	2:45:36
100	Nicki Loranger #53	18-24	25	25:43	1:25:32	54:35	2:45:50
101	Gregory Aarons #493	50-54		33:51	1:19:39	52:30	2:46:00
102	Marty Fess #322	35-39	26	33:30	1:22:34	49:56	2:46:00
103	Heidi Smith #467	45-49	27	26:21	1:21:58	58:15	2:46:34
104	Miles Cannon #96	25-29		29:01	1:23:02	54:37	2:46:40
105	Douglas Wilkerson #449	45-49		28:48	1:17:47	1:00:18	2:46:53
106	Tim Taylor #380	40-44		25:21	1:20:42	1:00:50	2:46:53
107	Scooter Johns #378	40-44		28:26	1:25:43	52:50	2:46:59
108	Matthew Garth #99	25-29		27:43	1:25:29	53:50	2:47:02
109	Wendy Gaertner #414	40-44	28	29:44	1:19:33	58:39	2:47:56
110	Jon Shlens #84	25-29		31:20	1:22:28	54:14	2:48:02
111	Deeann Mitchell #327	35-39	29	29:54	1:22:30	55:39	2:48:03
112	Damon Smith #364	40-44		29:05	1:24:06	54:55	2:48:06
113	Joel Duker #39	18-24		28:08	1:20:49	59:19	2:48:16
114	Mike Hamilton #532	50-54		32:06	1:19:45	56:35	2:48:26
115	Frank Thomas #489	50-54		32:39	1:22:34	53:26	2:48:39
116	Eric Roseme #427	45-49		30:55	1:26:03	52:13	2:49:11
117	Sam Brown #206	30-34		29:51	1:27:49	51:37	2:49:17
118	William Patrick McLain	35-39		25:00	1:24:56	59:44	2:49:40
119	Ryan Rogers #93	25-29		30:05	1:26:19	53:37	2:50:01
120	Ron Alford #201	30-34		32:57	1:28:26	48:59	2:50:22
121	Scott Gaertner #389	40-44		27:53	1:22:25	1:00:11	2:50:29
122	Christy Allen #423	40-44	30	30:02	1:25:35	55:04	2:50:41
123	Luke Lancaster #182	30-34		32:49	1:23:01	54:52	2:50:42
124	Cissy Fowler #230	30-34	31	28:44	1:24:06	57:56	2:50:46
125	Kate Nelson #153	25-29	32	28:19	1:28:30	54:17	2:51:06
126	Corey Hills #150	25-29	33	32:13	1:26:35	52:47	2:51:35
127	Lopaka Quitevis #494	50-54		29:49	1:26:58	54:51	2:51:38
128	Mike Westfall #97	25-29		27:56	1:31:00	52:51	2:51:47
129	Manuel Monrroy #34	18-24		36:16	1:26:39	49:05	2:52:00
130	Lokelani McMichael #129	25-29	34	25:35	1:28:34	58:00	2:52:09
131	Ken Rosenfeld #38	18-24		22:59	1:27:09	1:02:04	2:52:12
132	Matthew Fisher #310	35-39		30:08	1:25:18	56:57	2:52:23
133	James Lyke #177	30-34		29:54	1:28:51	54:07	2:52:52
134	Roland Roth #204	25-29		29:12	1:26:36	57:10	2:52:58
135	Jeffrey Spencer #454	45-49		32:27	1:24:07	56:36	2:53:10
136	Gerd Weber #522	55-59		29:21	1:18:59	1:05:29	2:53:49
137	Ben Bryan #104	25-29		31:26	1:25:04	57:20	2:53:50
138	Nick Saia #37	18-24		32:03	1:22:12	59:37	2:53:52
139	Jeff Strany #199	30-34		35:40	1:22:25	55:49	2:53:54
140	Karyn Kowal #507	50-54	35	31:19	1:27:53	54:44	2:53:56
141	Hans Petermann #496	50-54		33:19	1:23:03	58:02	2:54:24
142	James Beach #383	40-44		27:05	1:26:04	1:01:17	2:54:26
143	Andrew Pope #278	35-39		32:14	1:24:30	57:44	2:54:28
144	Tricia Murtha #321	35-39	36	35:53	1:24:12	54:24	2:54:29
145	R. Dabney Tompkins #443	45-49		34:01	1:26:38	53:54	2:54:33
146	Seth Weisner #200	30-34		30:05	1:26:27	58:10	2:54:42
147	John Bansemer #301	35-39		34:20	1:19:17	1:01:11	2:54:48
148	Johnny Chapin #558	60-64		31:21	1:25:16	58:28	2:55:05
149	Guy Hart #292	35-39		29:00	1:21:32	1:04:39	2:55:11
150	Barry Tsuma #373	40-44		28:55	1:25:46	1:00:36	2:55:17
151	Thomas Andreotti #267	35-39		27:01		2:28:45	2:55:46
152	Laura McHale #541	55-59	37	31:22	1:19:40	1:04:59	2:56:01
153	Gregory Novotny #492	50-54		32:47	1:24:57	58:35	2:56:19
154	Franklin Marcus #453	45-49		27:19	1:30:19	58:52	2:56:30
155	Chris Keller #291	35-39		26:23	1:27:41	1:02:39	2:56:43
156	Ruben Ruiz #288	35-39		34:26	1:27:19	55:11	2:56:56
157	Mark Anderson #444	45-49		33:23	1:32:37	51:04	2:57:04
158	Bonnie Townsend #155	25-29	38	32:58	1:31:00	53:18	2:57:16
159	Erin Wascher #167	25-29	39	25:11	1:32:31	59:46	2:57:28
160	Jeff Schulte #172	30-34		27:47	1:29:35	1:00:15	2:57:37
161	Todd Czerwinski #186	30-34		27:54	1:26:33	1:03:12	2:57:39
162	Susan Raber #324	35-39	40	32:48	1:25:07	59:53	2:57:48
163	Daniel Safranek #390	40-44		26:39	1:23:11	1:08:01	2:57:51
164	Dave Bartels #91	25-29		32:46	1:24:33	1:00:35	2:57:54
165	Lola Lahi #248	30-34	41	33:28	1:23:38	1:01:00	2:58:06
166	Pammer Kidani #504	50-54	42	32:42	1:26:39	59:21	2:58:42
167	William Osterman #455	45-49		34:04	1:25:11	59:31	2:58:46
168	Gabriel Helgerson #107	25-29		30:17	1:32:44	55:53	2:58:54
169	Scott Marino #207	30-34		33:01	1:30:29	55:50	2:59:20
170	Jesse Saldana #374	40-44		37:30	1:26:39	55:13	2:59:22
171	Evan Williams #285	35-39		22:57	1:29:43	1:07:33	3:00:13
172	Kristen Warner #57	18-24	43	26:49	1:29:49	1:03:48	3:00:26
173	Tom Hulick #279	35-39		26:58	1:25:18	1:08:53	3:01:09
174	Gerald Gruber #542	60-64		40:16	1:19:01	1:02:12	3:01:29

175	John Dermengian #487	Phys Chall		31:09	1:29:18	1:01:13	3:01:40
176	Steven Drexler #270	35-39		28:48	1:24:31	1:08:40	3:01:59
177	Cody Morse #26	1-17		27:15	1:35:51	59:05	3:02:11
178	Joni Metzler #475	45-49	44	31:43	1:26:08	1:04:23	3:02:14
179	Eva Emerson #340	35-39	45	28:05	1:36:49	57:24	3:02:18
180	William St John #495	50-54		31:58	1:24:07	1:06:22	3:02:27
181	Eleta Trejo-Cantwell #243	30-34	46	28:55	1:31:32	1:02:31	3:02:58
182	Inge Wiersema #262	30-34	47	29:51	1:33:44	59:59	3:03:34
183	Merle Nilk #330	35-39	48	36:32	1:29:44	57:20	3:03:36
184	Brian Carson #106	25-29		29:23	1:33:58	1:00:17	3:03:38
185	Jamie Tobin #116	25-29	49	29:57	1:25:35	1:08:10	3:03:42
186	Clifford Goo #438	45-49		31:44	1:30:20	1:01:46	3:03:50
187	Aaron Dahl #170	30-34		29:22	1:37:27	57:35	3:04:24
188	Devon Greenway #195	30-34		32:29	1:24:56	1:07:20	3:04:45
189	William Kelley #187	30-34		32:40	1:31:22	1:00:47	3:04:49
190	Garth Fowler #188	30-34		30:40	1:27:43	1:06:38	3:05:01
191	Bob Basso #189	30-34		42:05	1:32:59	50:01	3:05:05
192	Cindy Morse #477	45-49	50	30:59	1:35:59	58:24	3:05:22
193	Kristen Milne #316	35-39	51	29:54	1:34:17	1:01:29	3:05:40
194	Diane McCary #568	60-64	52	31:15	1:33:45	1:00:45	3:05:45
195	Jessica Notman #56	18-24	53	26:41	1:33:08	1:05:58	3:05:47
196	Allyson Thurber #465	45-49	54	29:52	1:29:31	1:06:31	3:05:54
197	Austin Kauh #308	35-39		33:24	1:30:34	1:01:58	3:05:56
198	Rebecca McGehee #249	30-34	55	28:22	1:36:59	1:00:40	3:06:01
199	Brandon Beem #101	25-29		29:02	1:33:16	1:03:49	3:06:07
200	John David #184	30-34		31:58	1:26:38	1:07:34	3:06:10
201	Shane Dorien #213	30-34		24:23	1:39:33	1:02:38	3:06:34
202	Alina Jennings #50	18-24	56	30:50	1:39:57	55:49	3:06:36
203	Emily Snyder #62	18-24	57	30:14	1:22:52	1:13:32	3:06:38
204	Jennifer Hagerman #222	30-34	58	32:01	1:35:15	59:27	3:06:43
205	Erika Nelson #128	25-29	59	25:22	1:36:09	1:05:30	3:07:01
206	Lauren Rolston #52	18-24	60	31:40	1:28:39	1:06:56	3:07:15
207	Antony Schinckel #447	45-49		32:03	1:33:54	1:01:36	3:07:33
208	Karen Sugano #218	30-34	61	31:59	1:33:07	1:02:49	3:07:55
209	Michael Kelly #498	50-54		42:18	1:25:45	59:58	3:08:01
210	Christina Calvello-Huber	35-39	62	32:10	1:31:15	1:04:37	3:08:02
211	Brian Koselke #205	30-34		33:10	1:27:14	1:07:40	3:08:04
212	Dwight Russell #369	40-44		32:45	1:29:21	1:06:14	3:08:20
213	Duane Cote #174	30-34		33:15	1:32:12	1:02:55	3:08:22
214	Jesus Ignacio #296	35-39		36:32	1:30:45	1:01:10	3:08:27
215	Maria Boyer #404	40-44	63	38:01	1:28:29	1:02:09	3:08:39
216	Erik Akerman #40	18-24		25:37	1:41:42	1:01:27	3:08:46
217	Karen Hand #463	45-49	64	28:57	1:38:24	1:01:26	3:08:47
218	Michele Golberg #231	30-34	65	25:42	1:34:46	1:08:23	3:08:51
219	Jorge Carranza #105	25-29		31:10	1:30:52	1:06:57	3:08:59
220	David Angeli #41	18-24		36:07	1:40:05	53:03	3:09:15
221	Jeffrey Iverslie #352	40-44		42:00	1:28:31	59:03	3:09:34
222	David Tabata #497	50-54		30:24	1:33:41	1:05:37	3:09:42
223	Matthew Prezzano #79	25-29		21:27	1:35:53	1:12:24	3:09:44
224	Christie Donahee #55	18-24	66	29:42	1:30:25	1:09:41	3:09:48
225	Mun Leu #375	40-44		35:34	1:30:36	1:03:58	3:10:08
226	Jerry Scatena #530	55-59		28:35	1:34:46	1:06:52	3:10:13
227	Jacinto Hernandez #108	25-29		32:42	1:38:35	58:59	3:10:16
228	Angela Hart #342	35-39	67	28:26	1:37:50	1:04:09	3:10:25
229	David Kammer #95	25-29		28:17	1:29:28	1:12:50	3:10:35
230	Marcia Kreofsky #569	60-64	68	31:57	1:31:36	1:07:02	3:10:35
231	Christina Lovitt #159	25-29	69	28:01	1:26:47	1:15:50	3:10:38
232	T.j. Foster #25	1-17		24:10	1:38:57	1:07:56	3:11:03
233	Mark Beauchamp #274	35-39		48:59	1:23:19	58:49	3:11:07
234	Dieter Heycke #574	65-69		29:08	1:34:46	1:07:22	3:11:16
235	Brian Cuddy #212	30-34		32:56	1:39:03	59:25	3:11:24
236	David Estess #538	55-59		27:45	1:30:40	1:13:00	3:11:25
237	Anne Wood #259	30-34	70	32:14	1:36:06	1:03:07	3:11:27
238	Jennifer Krueger #138	25-29	71	37:31	1:27:21	1:06:50	3:11:42
239	Rachael Brandt #135	25-29	72	31:39	1:27:20	1:13:08	3:12:07
240	Denise Ciccarella #462	45-49	73	34:06	1:34:20	1:03:48	3:12:14
241	Tammy Kelly #328	35-39	74	39:48	1:29:02	1:03:33	3:12:23
242	Brandy Pfeffer #120	25-29	75	31:51	1:36:16	1:04:24	3:12:31
243	Christopher Kotte #191	30-34		28:33	1:29:09	1:15:14	3:12:56
244	Arlene Johnson #223	30-34	76	38:31	1:30:52	1:03:42	3:13:05
245	Lee Collins #516	50-54	77	27:33	1:34:50	1:10:58	3:13:21
246	Ronald Doble #287	35-39		33:18	1:31:02	1:09:47	3:14:07
247	Heather Gerhard #144	25-29	78	26:29	1:40:31	1:07:25	3:14:25
248	Susan Nixon #345	35-39	79	32:07	1:38:55	1:03:30	3:14:32
249	Nevada Basile #319	35-39	80	34:01	1:38:24	1:02:13	3:14:38
250	David Rathkamp #282	35-39		40:34	1:35:31	58:45	3:14:50
251	Jackie Huffman #407	40-44	81	26:49	1:34:20	1:13:43	3:14:52
252	Arlene Gerety #566	60-64	82	40:40	1:27:16	1:07:22	3:15:18
253	Rob Klinefelter #365	40-44		25:06	1:35:58	1:14:21	3:15:25
254	Myndy Crist #227	30-34	83	33:24	1:43:24	58:59	3:15:47
255	Chad Bradshaw #88	25-29		32:17	1:32:21	1:11:10	3:15:48
256	Tobi McMahon - schwart	40-44	84	43:42	1:27:39	1:04:28	3:15:49
257	Ewan Leslie #276	35-39		38:16	1:38:43	59:07	3:16:06
258	Joel Anderson #180	30-34		29:56	1:35:42	1:10:37	3:16:15

259	Maru Harper #466	45-49	85	31:34	1:32:09	1:12:40	3:16:23
260	Mark Johnson #490	55-59		35:37	1:38:47	1:02:33	3:16:57
261	Kristin Wolowodiuk #48	18-24	86	25:49	1:43:29	1:07:57	3:17:15
262	Jeff Ferraro #92	25-29		38:20	1:38:40	1:00:16	3:17:16
263	Sarah Cohen #134	25-29	87	32:54	1:37:52	1:06:33	3:17:19
264	Dan Fosso #300	35-39		33:46	1:38:34	1:05:11	3:17:31
265	Whitney Lynn #559	60-64		36:36	1:26:53	1:14:12	3:17:41
266	Tim Menza #109	25-29		29:14	2:01:08	47:36	3:17:58
267	Brooke Rohrer #61	18-24	88	37:04	1:35:02	1:06:03	3:18:09
268	Michael Schwartz #272	35-39		35:31	1:36:55	1:05:43	3:18:09
269	Katherine Garth #69	18-24	89	31:21	1:32:52	1:14:00	3:18:13
270	Lauren Carter #164	25-29	90	28:09	1:33:03	1:17:15	3:18:27
271	Dick Smith #555	60-64		33:41	1:38:00	1:07:06	3:18:47
272	Heather Whittall #418	40-44	91	29:00	1:42:13	1:07:41	3:18:54
273	Katie Johnson #60	18-24	92	26:46	1:39:42	1:12:38	3:19:06
274	Kelly Snyder #362	40-44		32:36	1:38:14	1:08:23	3:19:13
275	Jim Kreofsky #553	60-64		36:34	1:35:17	1:07:37	3:19:28
276	Charles Esserman #450	45-49		35:45	1:39:35	1:04:21	3:19:41
277	Allison Cecil #323	35-39	93	33:43	1:36:55	1:09:07	3:19:45
278	Karen Larson #417	40-44	94	28:27	1:37:10	1:14:24	3:20:01
279	Ted Spitaleri #521	55-59		35:19	1:32:01	1:12:44	3:20:04
280	Charles Maloney #448	45-49		34:13	1:33:58	1:12:35	3:20:46
281	Reneau Kennedy #519	50-54	95	38:28	1:32:39	1:09:48	3:20:55
282	Alison Bloom #424	40-44	96	37:23	1:19:05	1:24:32	3:21:00
283	Noreen Russell #391	40-44	97	37:34	1:35:56	1:07:44	3:21:14
284	Debbie Head #514	50-54	98	32:22	1:39:59	1:09:02	3:21:23
285	Ray Wilkerson #377	40-44		32:36	1:42:47	1:06:09	3:21:32
286	Heather Pregerson #221	30-34	99	34:44	1:39:43	1:07:06	3:21:33
287	Zachary Reid #36	18-24		30:27	1:33:47	1:17:31	3:21:45
288	Jason Tucker #203	25-29		35:50	1:34:23	1:11:34	3:21:47
289	Arturo Rubalcava #82	25-29		41:32	1:36:40	1:03:57	3:22:09
290	Kristi Coker #118	25-29	100	37:28	1:34:20	1:10:22	3:22:10
291	Beverly Atkins #339	35-39	101	35:29	1:34:25	1:12:21	3:22:15
292	Liba Pejchar #119	25-29	102	30:35	1:42:27	1:09:15	3:22:17
293	Colin McKean #202	30-34		42:33	1:34:34	1:05:27	3:22:34
294	Gretchen Schultz #332	35-39	103	34:04	1:39:23	1:09:07	3:22:34
295	Lisa Week #426	40-44	104	29:00	1:49:16	1:05:28	3:23:44
296	John Maure #388	40-44		33:07	1:36:27	1:14:26	3:24:00
297	Lisa Schultz #247	30-34	105	29:18	1:34:47	1:20:00	3:24:05
298	Lisa Poirier #433	40-44	106	41:19	1:31:20	1:11:36	3:24:15
299	Gene Goldberg #211	30-34		37:18	1:35:56	1:11:28	3:24:42
300	Paulette Trippler #564	60-64	107	38:43	1:37:41	1:09:09	3:25:33
301	Christie Brezina #241	25-29	108	32:46	1:44:47	1:08:12	3:25:45
302	Phil Hildebrand #297	35-39		34:17	1:34:09	1:17:39	3:26:05
303	Kim Weibel #416	40-44	109	43:21	1:37:46	1:05:32	3:26:39
304	Antoinette Reynolds #425	40-44	110	37:24	1:40:11	1:09:19	3:26:54
305	Shawna Barlette #491	50-54	111	42:01	1:36:32	1:08:25	3:26:58
306	Andy Sutcliffe #488	50-54		37:32	1:32:56	1:16:35	3:27:03
307	Lori Krupa #430	40-44	112	50:51	1:37:41	58:42	3:27:14
308	Sharon Blyth Moss #237	30-34	113	43:00	1:33:53	1:10:24	3:27:17
309	Joanne O'Brien #333	35-39	114	43:44	2:00:09	43:44	3:27:37
310	William Bindseil #359	40-44		31:23	1:44:39	1:11:52	3:27:54
311	Anne-Marie Danley #429	40-44	115	34:46	1:41:55	1:11:25	3:28:06
312	Michael Kasser #557	60-64		35:07	1:39:34	1:13:39	3:28:20
313	Hien Tran #268	35-39		50:10	1:28:32	1:10:00	3:28:42
314	Brook Becker #130	25-29	116	38:12	1:41:48	1:08:53	3:28:53
315	Sven Fitjer #169	30-34		36:16	1:37:28	1:15:12	3:28:56
316	Todd Lustgarten #275	35-39		34:11	1:37:47	1:17:03	3:29:01
317	Richard Alexander #358	40-44		29:54	1:44:59	1:14:10	3:29:03
318	Kevin Brown #89	25-29		28:23	1:38:16	1:22:26	3:29:05
319	Frank Sutton #439	45-49		34:35	1:47:57	1:06:43	3:29:15
320	Catherine Hostler #251	30-34	117	36:52	1:37:33	1:15:05	3:29:30
321	Debbie Redondo #255	30-34	118	30:17	1:40:23	1:19:03	3:29:43
322	Lindsey Cromwell #51	18-24	119	34:09	1:52:01	1:03:38	3:29:48
323	Stacy Anderson #240	30-34	120	34:16	1:42:42	1:13:12	3:30:10
324	Thomas Dembski #577	65-69		34:00	1:38:36	1:17:38	3:30:14
325	Steven Berman #289	35-39		37:18	1:36:38	1:16:36	3:30:32
326	Megan Haertel #145	25-29	121	31:17	1:43:55	1:15:24	3:30:36
327	Mark Adelman #190	30-34		29:59	1:44:13	1:16:40	3:30:52
328	Jana Mugford #512	50-54	122	32:44	1:40:22	1:17:52	3:30:58
329	Katy Jossy #260	30-34	123	30:22	1:37:28	1:23:12	3:31:02
330	Jamie Osenbach #133	25-29	124	36:10	1:45:52	1:09:13	3:31:15
331	Grace Emanuel #245	30-34	125	33:27	1:41:48	1:16:30	3:31:45
332	Una Burns #419	40-44	126	44:08	1:41:38	1:06:04	3:31:50
333	Bill Van Horn #570	70 & Over		34:29	1:39:29	1:18:31	3:32:29
334	Abby Close #250	30-34	127	39:28	1:35:07	1:17:59	3:32:34
335	Kat Jensen #236	30-34	128	36:11	1:40:50	1:16:35	3:33:36
336	Keith Youngblood #442	45-49		37:02	1:43:52	1:13:12	3:34:06
337	Melissa Borden #121	25-29	129	35:49	1:46:37	1:12:10	3:34:36
338	Pam Okeson #403	40-44	130	35:46	1:41:40	1:17:28	3:34:54
339	Michael Wright #271	35-39		33:05	1:46:49	1:15:14	3:35:08
340	Jeani Naylor #472	45-49	131	39:40	1:39:52	1:15:45	3:35:17
341	Allyson Rogers #242	25-29	132	38:06	1:42:14	1:15:02	3:35:22
342	Brooke McCurdy #408	40-44	133	39:05	1:43:20	1:13:05	3:35:30

343	Erica Schmoyer #220	30-34	134	46:23	1:31:44	1:17:43	3:35:50
344	Jennifer Polonsky #143	25-29	135	34:24	1:42:31	1:18:57	3:35:52
345	James E. McDiarmid #567	65-69		37:37	1:44:22	1:14:01	3:36:00
346	Camille Barrat #239	30-34	136	37:38	1:42:04	1:16:42	3:36:24
347	Brandon Barousse #176	30-34		31:22	1:39:30	1:25:58	3:36:50
348	Ken Jensen #280	35-39		33:38	1:45:01	1:18:55	3:37:34
349	Kristina Michaelsen #252	30-34	137	33:53	1:45:29	1:18:44	3:38:06
350	Ed Hall #544	60-64		36:03	1:38:45	1:23:47	3:38:35
351	Sean Mabin #295	35-39		50:07	1:33:22	1:15:27	3:38:56
352	Lauriellen Rumball #131	18-24	138	35:21	1:46:02	1:17:35	3:38:58
353	Paul Siemering #196	30-34		48:26	1:39:14	1:11:56	3:39:36
354	Skip Gleavey #536	55-59		39:42	1:42:46	1:17:11	3:39:39
355	Kevin Odom #87	25-29		47:29	1:31:30	1:20:42	3:39:41
356	Norma Slipp #501	50-54	139	42:57	1:42:36	1:14:13	3:39:46
357	Alaura Soukthavong #257	30-34	140	39:59	1:38:06	1:21:57	3:40:02
358	Kristen Abegg #461	45-49	141	41:50	1:38:59	1:19:28	3:40:17
359	Leslie Dean #261	30-34	142	25:28	1:51:50	1:23:05	3:40:23
360	Morgan Wrangle #163	25-29	143	32:23	1:51:47	1:17:02	3:41:12
361	Melissa Leggett #124	25-29	144	39:34	1:52:53	1:09:32	3:41:59
362	Margie Sunderland #515	50-54	145	32:18	1:48:37	1:21:14	3:42:09
363	Heather Edwards #226	30-34	146	38:49	1:42:02	1:21:33	3:42:24
364	Michelle Darrah #58	18-24	147	30:03	1:52:26	1:19:59	3:42:28
365	Quynh Rathkamp #336	35-39	148	49:47	1:46:08	1:06:49	3:42:44
366	Carole Dahl #468	45-49	149	33:01	1:52:48	1:17:31	3:43:20
367	James Wick #293	35-39		31:32	1:45:30	1:26:21	3:43:23
368	Alan Cloninger #185	30-34		34:32	1:52:18	1:16:54	3:43:44
369	David A. Payne #354	40-44		40:39	1:41:17	1:22:09	3:44:05
370	Becky Thurston #543	55-59	150	26:59	1:54:33	1:22:35	3:44:07
371	Michael McNaughton #284	35-39		29:42	2:00:37	1:14:01	3:44:20
372	Marrielle Monte #256	30-34	151	43:40	1:42:29	1:18:53	3:45:02
373	Stephanie Hamilton #325	35-39	152	38:14	1:52:25	1:15:10	3:45:49
374	James Moran #551	60-64		44:17	1:40:41	1:21:11	3:46:09
375	Betsy Solis #545	55-59	153	41:10	1:40:04	1:25:07	3:46:21
376	Kim Gann #117	25-29	154	36:36	1:40:30	1:30:29	3:47:35
377	Laura Volker #140	25-29	155	34:41	1:46:45	1:26:11	3:47:37
378	Jessica Bass #122	25-29	156	35:48	1:52:39	1:19:38	3:48:05
379	Narda Alarcon #59	18-24	157	33:26	1:51:47	1:23:16	3:48:29
380	Laura Baker #410	40-44	158	50:35	1:42:34	1:16:39	3:49:48
381	Joyce Duker #546	55-59	159	39:27	1:42:54	1:27:46	3:50:07
382	Adam Briggs #103	25-29		45:34	1:55:21	1:09:14	3:50:09
383	Van Dinh #47	18-24	160	32:29	2:02:19	1:15:22	3:50:10
384	David Gomes #381	40-44		41:14	1:55:02	1:14:05	3:50:21
385	Kathryn Menconi #480	45-49	161	33:47	2:00:49	1:16:24	3:51:00
386	Kristen Maurice #329	35-39	162	37:10	1:47:20	1:26:33	3:51:03
387	Teri Busch #65	18-24	163	31:18	1:52:32	1:27:18	3:51:08
388	Crista Corpening #137	25-29	164	43:14	1:41:25	1:26:38	3:51:17
389	Andrea Altamirano #146	25-29	165	39:56	1:46:09	1:25:29	3:51:34
390	Kathy Hall #486	50-54	166	34:41	1:42:03	1:34:56	3:51:40
391	Mary Lee Walsh #125	25-29	167	36:40	1:58:40	1:16:23	3:51:43
392	Angie Bera #127	25-29	168	30:52	1:49:52	1:31:28	3:52:12
393	Karen Brochin #54	18-24	169	39:31	1:44:20	1:28:23	3:52:14
394	Alina Silvestre #126	25-29	170	32:27	1:48:19	1:31:30	3:52:16
395	Paul Belger #273	35-39		36:05	1:43:55	1:33:36	3:53:36
396	Leann Matsumura #254	30-34	171	24:04	1:54:54	1:35:07	3:54:05
397	Gary Donahee #540	55-59		39:10	1:50:06	1:25:41	3:54:57
398	Kelly Wall #269	35-39		25:44	1:47:05	1:42:11	3:55:00
399	Debi Doyle #464	45-49	172	43:49	1:44:06	1:27:05	3:55:00
400	Frank Sayre #556	60-64		36:29	1:42:04	1:36:29	3:55:02
401	Jennifer Keating #152	25-29	173	28:10	1:52:13	1:34:42	3:55:05
402	Tina Parker #337	35-39	174	33:23	1:51:48	1:30:18	3:55:29
403	Lori Pawinski #406	40-44	175	33:57	1:47:21	1:34:35	3:55:53
404	Elizabeth Bartels #225	30-34	176	38:58	1:40:58	1:37:16	3:57:12
405	Wendy Leblanc #405	40-44	177	36:12	1:50:18	1:31:56	3:58:26
406	Monica Harper #31	1-17	178	39:43	1:45:34	1:34:34	3:59:51
407	Laura Brandt #132	25-29	179	51:07	1:47:27	1:22:34	4:01:08
408	Christina Arnston #149	25-29	180	38:09	1:58:07	1:25:17	4:01:33
409	Laura Flores #224	30-34	181	41:17	1:44:22	1:36:14	4:01:53
410	Sarah Babiarz #49	18-24	182	26:56	2:10:04	1:25:10	4:02:10
411	Beth Dubber #217	30-34	183	39:54	1:48:29	1:36:07	4:04:30
412	Sarah Woo #338	35-39	184	46:38	1:44:49	1:33:06	4:04:33
413	Jennifer Wong #166	25-29	185	32:51	2:04:18	1:27:28	4:04:37
414	Elisa Greenway #228	30-34	186	41:17	1:43:00	1:40:27	4:04:44
415	Marty Allen #581	70 & Over		37:35	1:40:41	1:47:12	4:05:28
416	Terri Sundsvold #136	25-29	187	34:51	1:57:49	1:32:55	4:05:35
417	Julia Ranuio #165	25-29	188	39:58	1:57:07	1:31:21	4:08:26
418	Denise Gleavey #470	45-49	189	47:20	1:46:37	1:35:45	4:09:42
419	Michele Phillips #263	30-34	190	1:03:12	1:49:20	1:18:44	4:11:16
420	Carol Hunt #509	50-54	191	41:21	1:52:52	1:37:48	4:12:01
421	Suzi Van Steenberg #157	25-29	192	35:47	1:53:35	1:44:23	4:13:45
422	F. Lee Hinebaugh #533	55-59		35:17	1:58:43	1:40:51	4:14:51
423	Jon Slipp #527	55-59		37:04	1:58:58	1:39:13	4:15:15
424	Erika Garcia #46	18-24	193	1:15:17	1:55:19	1:05:00	4:15:36
425	Deborah Ampudia-Adelman	25-29	194	34:36	1:51:27	1:50:38	4:16:41
426	Mark Hutchings #361	40-44		38:52	1:57:33	1:41:00	4:17:25

427	Andrea Hennings #233	30-34	195	51:38	1:57:42	1:28:08	4:17:28
428	Marcia Allen #415	40-44	196	51:36	1:57:42	1:28:17	4:17:35
429	Ashley Smith #45	18-24	197	41:53	1:54:04	1:42:09	4:18:06
430	Jennifer Olson #320	35-39	198	40:44	1:48:01	1:49:51	4:18:36
431	Lacey Johnson #67	18-24	199	38:05	2:13:28	1:29:22	4:20:55
432	Kristi Atwood #469	45-49	200	51:10	2:05:00	1:24:48	4:20:58
433	Peggy Busch #508	50-54	201	42:15	1:49:14	1:55:59	4:27:28
434	Jamie Stewart #64	18-24	202	41:04	2:03:20	1:45:44	4:30:08
435	Sierra Cortes #63	18-24	203	40:25	2:03:58	1:45:46	4:30:09
436	Betty Hutchings #431	40-44	204	45:46	2:05:05	1:42:14	4:33:05
437	Sharon Smith #331	35-39	205	52:18	1:58:59	1:50:38	4:41:55
438	Marie Varricchio #413	40-44	206	50:42	2:19:36	1:32:48	4:43:06
439	Cindy Alder #479	45-49	207	48:40	2:12:25	1:49:22	4:50:27
440	Erin Blaize #66	18-24	208	36:18	2:27:38	1:50:20	4:54:16
441	Marcia Stewart #401	40-44	209	49:44	2:16:14	1:50:17	4:56:15
442	Emily Koft #238	30-34	210	49:35	2:16:45	1:52:05	4:58:25
443	Tomi Rosser #518	50-54	211	57:29	2:13:04	1:50:18	5:00:51
444	Britany Rosser #68	18-24	212	57:30	2:13:01	1:50:22	5:00:53
445	Sara Lopez #343	35-39	213	57:57	2:40:38	1:23:26	5:02:01
446	Lisa Hagerty #335	35-39	214	1:01:14	2:38:48	1:59:16	5:39:18
447	Heidi Johnson #503	50-54	215	59:00	2:54:35	2:04:42	5:58:17
448	Helen Horvath #452	45-49	216	1:25:05	2:50:56	2:00:34	6:16:35

[\[Individuals\]](#) [\[Relays\]](#) [\[Men's Divisions\]](#) [\[Women's Divisions\]](#) [\[Relay Divisions\]](#)

Hawaii Sports Connection

2005 Lavaman Triathlon

Men's Division Results - Individuals

April 3rd, 2005

Swim - .93 Miles Bike - 24.8 Miles Run - 6.2 Miles

Place Name Swim Bike Run Overall

OVERALL

=====

1	Simon Whitfield	18:30	1:02:00	34:33	1:55:03
2	Brent McMahan	18:15	1:04:16	34:48	1:57:19
3	Kyle Jones	19:09	1:05:19	33:44	1:58:12
4	Nick Hastie	18:15	1:03:11	37:20	1:58:46
5	Timothy Marr	18:26	1:01:04	39:57	1:59:27

1-17

=====

1	Lawrence Smith	20:02	1:26:11	59:16	2:45:29
2	Cody Morse	27:15	1:35:51	59:05	3:02:11
3	T.j. Foster	24:10	1:38:57	1:07:56	3:11:03

18-24

=====

1	Tom Sanford	19:48	1:10:58	48:15	2:19:01
2	Nathan Driggers	32:30	1:19:07	46:57	2:38:34
3	Joel Duker	28:08	1:20:49	59:19	2:48:16
4	Manuel Monrroy	36:16	1:26:39	49:05	2:52:00
5	Ken Rosenfeld	22:59	1:27:09	1:02:04	2:52:12
6	Nick Saia	32:03	1:22:12	59:37	2:53:52
7	Erik Akerman	25:37	1:41:42	1:01:27	3:08:46
8	David Angeli	36:07	1:40:05	53:03	3:09:15
9	Zachary Reid	30:27	1:33:47	1:17:31	3:21:45

25-29

=====

1	Tai Blechta	21:46	1:05:37	38:56	2:06:19
2	Brandon Del Campo	24:51	1:08:47	39:07	2:12:45
3	Andy Schmid	22:07	1:08:46	45:05	2:15:58
4	George Lowe	25:36	1:13:19	46:58	2:25:53
5	Brendan Seely	24:56	1:13:29	53:46	2:32:11
6	Brian Oehler	30:30	1:15:51	48:12	2:34:33
7	Bradley Johnson	26:01	1:18:24	53:58	2:38:23
8	Brett Ross	27:55	1:22:58	49:49	2:40:42
9	Adrian Valdivieso	28:22	1:27:46	49:01	2:45:09
10	Miles Cannon	29:01	1:23:02	54:37	2:46:40
11	Matthew Garth	27:43	1:25:29	53:50	2:47:02
12	Jon Shlens	31:20	1:22:28	54:14	2:48:02
13	Ryan Rogers	30:05	1:26:19	53:37	2:50:01
14	Mike Westfall	27:56	1:31:00	52:51	2:51:47
15	Roland Roth	29:12	1:26:36	57:10	2:52:58
16	Ben Bryan	31:26	1:25:04	57:20	2:53:50
17	Dave Bartels	32:46	1:24:33	1:00:35	2:57:54
18	Gabriel Helgersson	30:17	1:32:44	55:53	2:58:54
19	Brian Carson	29:23	1:33:58	1:00:17	3:03:38
20	Brandon Beem	29:02	1:33:16	1:03:49	3:06:07

21	Jorge Carranza	31:10	1:30:52	1:06:57	3:08:59
22	Matthew Prezzano	21:27	1:35:53	1:12:24	3:09:44
23	Jacinto Hernandez	32:42	1:38:35	58:59	3:10:16
24	David Kammer	28:17	1:29:28	1:12:50	3:10:35
25	Chad Bradshaw	32:17	1:32:21	1:11:10	3:15:48
26	Jeff Ferraro	38:20	1:38:40	1:00:16	3:17:16
27	Tim Menza	29:14	2:01:08	47:36	3:17:58
28	Jason Tucker	35:50	1:34:23	1:11:34	3:21:47
29	Arturo Rubalcava	41:32	1:36:40	1:03:57	3:22:09
30	Kevin Brown	28:23	1:38:16	1:22:26	3:29:05
31	Kevin Odom	47:29	1:31:30	1:20:42	3:39:41
32	Adam Briggs	45:34	1:55:21	1:09:14	3:50:09

30-34
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1	Peter Hursty	20:01	1:03:12	41:36	2:04:49
2	Chris Tang	22:53	1:08:07	43:26	2:14:26
3	Jason Parilla	24:58	1:12:18	47:21	2:24:37
4	John Henderson	29:05	1:12:40	44:15	2:26:00
5	Trevor Anderson	24:32	1:15:58	46:38	2:27:08
6	Luis Canales	25:03	1:15:17	50:57	2:31:17
7	Christian Hiro	27:11	1:13:25	52:18	2:32:54
8	Matthew Stenson	28:58	1:16:58	46:59	2:32:55
9	David Casas	24:55	1:11:22	58:52	2:35:09
10	Kevin Cramer	29:09	1:15:40	54:24	2:39:13
11	Matthew Rauls	28:50	1:21:26	51:08	2:41:24
12	Adrian Aponte	31:17	1:21:40	50:12	2:43:09
13	Duane Tamashiro	28:25	1:27:07	48:55	2:44:27
14	Sam Brown	29:51	1:27:49	51:37	2:49:17
15	Ron Alford	32:57	1:28:26	48:59	2:50:22
16	Luke Lancaster	32:49	1:23:01	54:52	2:50:42
17	James Lyke	29:54	1:28:51	54:07	2:52:52
18	Jeff Strany	35:40	1:22:25	55:49	2:53:54
19	Seth Weisner	30:05	1:26:27	58:10	2:54:42
20	Jeff Schulte	27:47	1:29:35	1:00:15	2:57:37
21	Todd Czerwinski	27:54	1:26:33	1:03:12	2:57:39
22	Scott Marino	33:01	1:30:29	55:50	2:59:20
23	Aaron Dahl	29:22	1:37:27	57:35	3:04:24
24	Devon Greenway	32:29	1:24:56	1:07:20	3:04:45
25	William Kelley	32:40	1:31:22	1:00:47	3:04:49
26	Garth Fowler	30:40	1:27:43	1:06:38	3:05:01
27	Bob Basso	42:05	1:32:59	50:01	3:05:05
28	John David	31:58	1:26:38	1:07:34	3:06:10
29	Shane Dorien	24:23	1:39:33	1:02:38	3:06:34
30	Brian Koselke	33:10	1:27:14	1:07:40	3:08:04
31	Duane Cote	33:15	1:32:12	1:02:55	3:08:22
32	Brian Cuddy	32:56	1:39:03	59:25	3:11:24
33	Christopher Kotte	28:33	1:29:09	1:15:14	3:12:56
34	Joel Anderson	29:56	1:35:42	1:10:37	3:16:15
35	Colin McKean	42:33	1:34:34	1:05:27	3:22:34
36	Gene Goldberg	37:18	1:35:56	1:11:28	3:24:42
37	Sven Fitjer	36:16	1:37:28	1:15:12	3:28:56
38	Mark Adelman	29:59	1:44:13	1:16:40	3:30:52
39	Brandon Barousse	31:22	1:39:30	1:25:58	3:36:50
40	Paul Siemering	48:26	1:39:14	1:11:56	3:39:36
41	Alan Cloninger	34:32	1:52:18	1:16:54	3:43:44

35-39
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1	Mike Bennett	21:50	1:09:58	48:03	2:19:51
2	Patrick Ray	21:54	1:16:03	45:50	2:23:47
3	B. Kainalu Picl	28:27	1:11:39	44:09	2:24:15
4	Jahn Sawinski	27:06	1:09:15	52:33	2:28:54
5	Jacek Plonkowski	23:37	1:18:27	47:56	2:30:00
6	Tim Robinson	27:49	1:18:11	47:40	2:33:40
7	Richard Stanley	29:29	1:14:54	49:26	2:33:49
8	Greg McKay	29:03	1:22:25	48:05	2:39:33
9	Jeffrey Osborne	24:01	1:29:40	49:00	2:42:41
10	Steven Alling	28:21	1:22:13	55:02	2:45:36
11	William Patrick McLain	25:00	1:24:56	59:44	2:49:40
12	Matthew Fisher	30:08	1:25:18	56:57	2:52:23
13	Andrew Pope	32:14	1:24:30	57:44	2:54:28
14	John Bansemer	34:20	1:19:17	1:01:11	2:54:48
15	Guy Hart	29:00	1:21:32	1:04:39	2:55:11
16	Thomas Andreotti	27:01		2:28:45	2:55:46
17	Chris Keller	26:23	1:27:41	1:02:39	2:56:43
18	Ruben Ruiz	34:26	1:27:19	55:11	2:56:56
19	Evan Williams	22:57	1:29:43	1:07:33	3:00:13
20	Tom Hulick	26:58	1:25:18	1:08:53	3:01:09
21	Steven Drexler	28:48	1:24:31	1:08:40	3:01:59
22	Austin Kauh	33:24	1:30:34	1:01:58	3:05:56
23	Jesus Ignacio	36:32	1:30:45	1:01:10	3:08:27
24	Mark Beauchamp	48:59	1:23:19	58:49	3:11:07
25	Ronald Doble	33:18	1:31:02	1:09:47	3:14:07
26	David Rathkamp	40:34	1:35:31	58:45	3:14:50
27	Ewan Leslie	38:16	1:38:43	59:07	3:16:06

28	Dan Fosso	33:46	1:38:34	1:05:11	3:17:31
29	Michael Schwartz	35:31	1:36:55	1:05:43	3:18:09
30	Phil Hildebrand	34:17	1:34:09	1:17:39	3:26:05
31	Hien Tran	50:10	1:28:32	1:10:00	3:28:42
32	Todd Lustgarten	34:11	1:37:47	1:17:03	3:29:01
33	Steven Berman	37:18	1:36:38	1:16:36	3:30:32
34	Michael Wright	33:05	1:46:49	1:15:14	3:35:08
35	Ken Jensen	33:38	1:45:01	1:18:55	3:37:34
36	Sean Mabin	50:07	1:33:22	1:15:27	3:38:56
37	James Wick	31:32	1:45:30	1:26:21	3:43:23
38	Michael McNaughton	29:42	2:00:37	1:14:01	3:44:20
39	Paul Belger	36:05	1:43:55	1:33:36	3:53:36
40	Kelly Wall	25:44	1:47:05	1:42:11	3:55:00

40-44
=====

1	Dean Panzica	19:53	1:12:55	43:38	2:16:26
2	Gregory Allen	29:11	1:09:24	44:51	2:23:26
3	Daryl Tamashiro	25:40	1:12:43	45:15	2:23:38
4	Cullen Burgess	24:55	1:21:37	44:19	2:30:51
5	Adam Busek	26:28	1:17:03	48:45	2:32:16
6	Ralph Pickett	23:50	1:19:58	48:43	2:32:31
7	Ray Stainback	26:54	1:17:26	48:13	2:32:33
8	Jeff Enzler	28:31	1:19:47	46:23	2:34:41
9	Joe Wedemann	29:45	1:16:20	51:09	2:37:14
10	Rob Hill	22:51	1:21:27	55:03	2:39:21
11	Glen Yokotake	28:36	1:21:35	49:33	2:39:44
12	Wayne Brandt	29:51	1:18:55	51:52	2:40:38
13	Solomon Kawika Singson	30:48	1:18:16	51:40	2:40:44
14	Paul Hopkins	27:09	1:23:27	52:12	2:42:48
15	Benjamin Barreras	37:41	1:15:20	50:44	2:43:45
16	Gregg Lanier	33:22	1:20:36	51:26	2:45:24
17	David Ferguson	30:43	1:20:09	54:32	2:45:24
18	Tim Taylor	25:21	1:20:42	1:00:50	2:46:53
19	Scooter Johns	28:26	1:25:43	52:50	2:46:59
20	Damon Smith	29:05	1:24:06	54:55	2:48:06
21	Scott Gaertner	27:53	1:22:25	1:00:11	2:50:29
22	James Beach	27:05	1:26:04	1:01:17	2:54:26
23	Barry Tsuma	28:55	1:25:46	1:00:36	2:55:17
24	Daniel Safraneck	26:39	1:23:11	1:08:01	2:57:51
25	Jesse Saldana	37:30	1:26:39	55:13	2:59:22
26	Dwight Russell	32:45	1:29:21	1:06:14	3:08:20
27	Jeffrey Iverslie	42:00	1:28:31	59:03	3:09:34
28	Mun Leu	35:34	1:30:36	1:03:58	3:10:08
29	Rob Klinefelter	25:06	1:35:58	1:14:21	3:15:25
30	Kelly Snyder	32:36	1:38:14	1:08:23	3:19:13
31	Ray Wilkerson	32:36	1:42:47	1:06:09	3:21:32
32	John Maure	33:07	1:36:27	1:14:26	3:24:00
33	William Bindseil	31:23	1:44:39	1:11:52	3:27:54
34	Richard Alexander	29:54	1:44:59	1:14:10	3:29:03
35	David A. Payne	40:39	1:41:17	1:22:09	3:44:05
36	David Gomes	41:14	1:55:02	1:14:05	3:50:21
37	Mark Hutchings	38:52	1:57:33	1:41:00	4:17:25

45-49
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1	Rod Huddleston	28:54	1:17:17	42:31	2:28:42
2	Gary Cooke	25:02	1:25:04	43:29	2:33:35
3	Kirk Hirata	29:56	1:18:58	49:22	2:38:16
4	Luke Luknowsky	30:50	1:19:03	50:39	2:40:32
5	Derek Brown bea Haspe	27:43	1:21:24	52:34	2:41:41
6	Douglas Wilkerson	28:48	1:17:47	1:00:18	2:46:53
7	Eric Roseme	30:55	1:26:03	52:13	2:49:11
8	Jeffrey Spencer	32:27	1:24:07	56:36	2:53:10
9	R. Dabney Tompkins	34:01	1:26:38	53:54	2:54:33
10	Franklin Marcus	27:19	1:30:19	58:52	2:56:30
11	Mark Anderson	33:23	1:32:37	51:04	2:57:04
12	William Osterman	34:04	1:25:11	59:31	2:58:46
13	Clifford Goo	31:44	1:30:20	1:01:46	3:03:50
14	Antony Schinckel	32:03	1:33:54	1:01:36	3:07:33
15	Charles Esserman	35:45	1:39:35	1:04:21	3:19:41
16	Charles Maloney	34:13	1:33:58	1:12:35	3:20:46
17	Frank Sutton	34:35	1:47:57	1:06:43	3:29:15
18	Keith Youngblood	37:02	1:43:52	1:13:12	3:34:06

50-54
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1	Daniel Hodel	30:12	1:21:06	41:49	2:33:07
2	Gregory Aarons	33:51	1:19:39	52:30	2:46:00
3	Mike Hamilton	32:06	1:19:45	56:35	2:48:26
4	Frank Thomas	32:39	1:22:34	53:26	2:48:39
5	Lopaka Quitevis	29:49	1:26:58	54:51	2:51:38
6	Hans Petermann	33:19	1:23:03	58:02	2:54:24
7	Gregory Novotny	32:47	1:24:57	58:35	2:56:19
8	William St John	31:58	1:24:07	1:06:22	3:02:27
9	Michael Kelly	42:18	1:25:45	59:58	3:08:01
10	David Tabata	30:24	1:33:41	1:05:37	3:09:42

55-59	11	Andy Sutcliffe	37:32	1:32:56	1:16:35	3:27:03
=====						
	1	Thom McHale	24:52	1:13:18	45:44	2:23:54
	2	Tim Cotter	24:19	1:18:39	48:35	2:31:33
	3	James Best	26:56	1:20:16	51:49	2:39:01
	4	Harry Yoshida	26:24	1:19:14	55:10	2:40:48
	5	Dane Decker	28:41	1:21:07	52:06	2:41:54
	6	Jerry Ewing	29:48	1:23:33	50:52	2:44:13
	7	Gerd Weber	29:21	1:18:59	1:05:29	2:53:49
	8	Jerry Scatena	28:35	1:34:46	1:06:52	3:10:13
	9	David Estess	27:45	1:30:40	1:13:00	3:11:25
	10	Mark Johnson	35:37	1:38:47	1:02:33	3:16:57
	11	Ted Spitaleri	35:19	1:32:01	1:12:44	3:20:04
	12	Skip Gleavey	39:42	1:42:46	1:17:11	3:39:39
	13	Gary Donahee	39:10	1:50:06	1:25:41	3:54:57
	14	F. Lee Hinebaugh	35:17	1:58:43	1:40:51	4:14:51
	15	Jon Slipp	37:04	1:58:58	1:39:13	4:15:15
60-64						
=====						
	1	Johnny Chapin	31:21	1:25:16	58:28	2:55:05
	2	Gerald Gruber	40:16	1:19:01	1:02:12	3:01:29
	3	Whitney Lynn	36:36	1:26:53	1:14:12	3:17:41
	4	Dick Smith	33:41	1:38:00	1:07:06	3:18:47
	5	Jim Kreofsky	36:34	1:35:17	1:07:37	3:19:28
	6	Michael Kasser	35:07	1:39:34	1:13:39	3:28:20
	7	Ed Hall	36:03	1:38:45	1:23:47	3:38:35
	8	James Moran	44:17	1:40:41	1:21:11	3:46:09
	9	Frank Sayre	36:29	1:42:04	1:36:29	3:55:02
65-69						
=====						
	1	Dieter Heycke	29:08	1:34:46	1:07:22	3:11:16
	2	Thomas Dembski	34:00	1:38:36	1:17:38	3:30:14
	3	James E. McDiarmid	37:37	1:44:22	1:14:01	3:36:00
70 & Over						
=====						
	1	Bill Van Horn	34:29	1:39:29	1:18:31	3:32:29
	2	Marty Allen	37:35	1:40:41	1:47:12	4:05:28
Elite						
=====						
	1	Robert Fougere	20:10	1:01:29	38:37	2:00:16
	2	Tom Evans	18:29	59:43	43:34	2:01:46
	3	Marc Despaties	18:14	1:04:56	41:10	2:04:20
	4	Arlan Macasieb	22:11	1:11:31	41:46	2:15:28
	5	Mark Regensburg	21:28	1:10:48	47:37	2:19:53
	6	Scott Tinley	23:11	1:20:28	57:12	2:40:51
Phys Challenge						
=====						
	1	John Dermengian	31:09	1:29:18	1:01:13	3:01:40

[\[Individuals\]](#) [\[Relays\]](#) [\[Men's Divisions\]](#) [\[Women's Divisions\]](#) [\[Relay Divisions\]](#)

Hawaii Sports Connection

2005 Lavaman Triathlon

Women's Division Results - Individuals

April 3rd, 2005

Swim - .93 Miles Bike - 24.8 Miles Run - 6.2 Miles

Place Name Swim Bike Run Overall

OVERALL

=====

	1	Jill Savege	18:33	1:05:56	39:05	2:03:34
	2	Tina Walter	17:03	1:07:56	40:53	2:05:52
	3	Carolyn Murray	20:16	1:08:14	42:46	2:11:16
	4	Lauren Groves	19:48	1:13:34	39:35	2:12:57
	5	Gillian Kornell	20:11	1:12:57	40:01	2:13:09

1-17

=====

	1	Monica Harper	39:43	1:45:34	1:34:34	3:59:51
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18-24

=====

	1	Allison Poe	30:54	1:19:02	48:23	2:38:19
	2	Nicki Loranger	25:43	1:25:32	54:35	2:45:50
	3	Kristen Warner	26:49	1:29:49	1:03:48	3:00:26
	4	Jessica Notman	26:41	1:33:08	1:05:58	3:05:47
	5	Alina Jennings	30:50	1:39:57	55:49	3:06:36
	6	Emily Snyder	30:14	1:22:52	1:13:32	3:06:38

7	Lauren Rolston	31:40	1:28:39	1:06:56	3:07:15
8	Christie Donahee	29:42	1:30:25	1:09:41	3:09:48
9	Kristin Wolowodiuk	25:49	1:43:29	1:07:57	3:17:15
10	Brooke Rohrer	37:04	1:35:02	1:06:03	3:18:09
11	Katherine Garth	31:21	1:32:52	1:14:00	3:18:13
12	Katie Johnson	26:46	1:39:42	1:12:38	3:19:06
13	Lindsey Cromwell	34:09	1:52:01	1:03:38	3:29:48
14	Lauriellen Rumball	35:21	1:46:02	1:17:35	3:38:58
15	Michelle Darrah	30:03	1:52:26	1:19:59	3:42:28
16	Narda Alarcon	33:26	1:51:47	1:23:16	3:48:29
17	Van Dinh	32:29	2:02:19	1:15:22	3:50:10
18	Teri Busch	31:18	1:52:32	1:27:18	3:51:08
19	Karen Brochin	39:31	1:44:20	1:28:23	3:52:14
20	Sarah Babiarz	26:56	2:10:04	1:25:10	4:02:10
21	Erika Garcia	1:15:17	1:55:19	1:05:00	4:15:36
22	Ashley Smith	41:53	1:54:04	1:42:09	4:18:06
23	Lacey Johnson	38:05	2:13:28	1:29:22	4:20:55
24	Jamie Stewart	41:04	2:03:20	1:45:44	4:30:08
25	Sierra Cortes	40:25	2:03:58	1:45:46	4:30:09
26	Erin Blaize	36:18	2:27:38	1:50:20	4:54:16
27	Britany Rosser	57:30	2:13:01	1:50:22	5:00:53

25-29
=====

1	Bree Myers	21:21	1:09:49	43:34	2:14:44
2	Melissa Hall	24:08	1:15:15	55:57	2:35:20
3	Susanne Kaufmann	27:10	1:20:29	51:01	2:38:40
4	Heather McLaughlin	28:21	1:19:30	52:56	2:40:47
5	Megan Jackley	30:56	1:21:52	49:18	2:42:06
6	Emily Yau	25:45	1:25:58	53:41	2:45:24
7	Kate Nelson	28:19	1:28:30	54:17	2:51:06
8	Corey Hills	32:13	1:26:35	52:47	2:51:35
9	Lokelani McMichael	25:35	1:28:34	58:00	2:52:09
10	Bonnie Townsend	32:58	1:31:00	53:18	2:57:16
11	Erin Wascher	25:11	1:32:31	59:46	2:57:28
12	Jamie Tobin	29:57	1:25:35	1:08:10	3:03:42
13	Erika Nelson	25:22	1:36:09	1:05:30	3:07:01
14	Christina Lovitt	28:01	1:26:47	1:15:50	3:10:38
15	Jennifer Krueger	37:31	1:27:21	1:06:50	3:11:42
16	Rachael Brandt	31:39	1:27:20	1:13:08	3:12:07
17	Brandy Pfeiffer	31:51	1:36:16	1:04:24	3:12:31
18	Heather Gerhard	26:29	1:40:31	1:07:25	3:14:25
19	Sarah Cohen	32:54	1:37:52	1:06:33	3:17:19
20	Lauren Carter	28:09	1:33:03	1:17:15	3:18:27
21	Kristi Coker	37:28	1:34:20	1:10:22	3:22:10
22	Liba Pejchar	30:35	1:42:27	1:09:15	3:22:17
23	Christie Brezina	32:46	1:44:47	1:08:12	3:25:45
24	Brook Becker	38:12	1:41:48	1:08:53	3:28:53
25	Megan Haertel	31:17	1:43:55	1:15:24	3:30:36
26	Jamie Osenbach	36:10	1:45:52	1:09:13	3:31:15
27	Melissa Borden	35:49	1:46:37	1:12:10	3:34:36
28	Allyson Rogers	38:06	1:42:14	1:15:02	3:35:22
29	Jennifer Polonsky	34:24	1:42:31	1:18:57	3:35:52
30	Morgan Wrangle	32:23	1:51:47	1:17:02	3:41:12
31	Melissa Leggett	39:34	1:52:53	1:09:32	3:41:59
32	Kim Gann	36:36	1:40:30	1:30:29	3:47:35
33	Laura Volker	34:41	1:46:45	1:26:11	3:47:37
34	Jessica Bass	35:48	1:52:39	1:19:38	3:48:05
35	Crista Corpening	43:14	1:41:25	1:26:38	3:51:17
36	Andrea Altamirano	39:56	1:46:09	1:25:29	3:51:34
37	Mary Lee Walsh	36:40	1:58:40	1:16:23	3:51:43
38	Angie Bera	30:52	1:49:52	1:31:28	3:52:12
39	Alina Silvestre	32:27	1:48:19	1:31:30	3:52:16
40	Jennifer Keating	28:10	1:52:13	1:34:42	3:55:05
41	Laura Brandt	51:07	1:47:27	1:22:34	4:01:08
42	Christina Arnston	38:09	1:58:07	1:25:17	4:01:33
43	Jennifer Wong	32:51	2:04:18	1:27:28	4:04:37
44	Terri Sundsvold	34:51	1:57:49	1:32:55	4:05:35
45	Julia Ranuio	39:58	1:57:07	1:31:21	4:08:26
46	Suzi Van Steenbergen	35:47	1:53:35	1:44:23	4:13:45
47	Deborah Ampudia-Adelman	34:36	1:51:27	1:50:38	4:16:41

30-34
=====

1	Natalie Holles	22:33	1:17:29	47:26	2:27:28
2	Melanie Aiona	26:56	1:22:08	47:24	2:36:28
3	Rebecca Lowe	24:40	1:22:41	51:47	2:39:08
4	Cissy Fowler	28:44	1:24:06	57:56	2:50:46
5	Lola Lahi	33:28	1:23:38	1:01:00	2:58:06
6	Eleta Trejo-Cantwell	28:55	1:31:32	1:02:31	3:02:58
7	Inge Wiersema	29:51	1:33:44	59:59	3:03:34
8	Rebecca McGehee	28:22	1:36:59	1:00:40	3:06:01
9	Jennifer Hagerman	32:01	1:35:15	59:27	3:06:43
10	Karen Sugano	31:59	1:33:07	1:02:49	3:07:55
11	Michele Golberg	25:42	1:34:46	1:08:23	3:08:51
12	Anne Wood	32:14	1:36:06	1:03:07	3:11:27

13	Arlene Johnson	38:31	1:30:52	1:03:42	3:13:05
14	Myndy Crist	33:24	1:43:24	58:59	3:15:47
15	Heather Pregonson	34:44	1:39:43	1:07:06	3:21:33
16	Lisa Schultz	29:18	1:34:47	1:20:00	3:24:05
17	Sharon Blyth Moss	43:00	1:33:53	1:10:24	3:27:17
18	Catherine Hostler	36:52	1:37:33	1:15:05	3:29:30
19	Debbie Redondo	30:17	1:40:23	1:19:03	3:29:43
20	Stacy Anderson	34:16	1:42:42	1:13:12	3:30:10
21	Katy Jossy	30:22	1:37:28	1:23:12	3:31:02
22	Grace Emanuel	33:27	1:41:48	1:16:30	3:31:45
23	Abby Close	39:28	1:35:07	1:17:59	3:32:34
24	Kat Jensen	36:11	1:40:50	1:16:35	3:33:36
25	Erica Schmoyer	46:23	1:31:44	1:17:43	3:35:50
26	Camille Barrat	37:38	1:42:04	1:16:42	3:36:24
27	Kristina Michaelson	33:53	1:45:29	1:18:44	3:38:06
28	Alaura Soukthavong	39:59	1:38:06	1:21:57	3:40:02
29	Leslie Dean	25:28	1:51:50	1:23:05	3:40:23
30	Heather Edwards	38:49	1:42:02	1:21:33	3:42:24
31	Marrielle Monte	43:40	1:42:29	1:18:53	3:45:02
32	Leann Matsumura	24:04	1:54:54	1:35:07	3:54:05
33	Elizabeth Bartels	38:58	1:40:58	1:37:16	3:57:12
34	Laura Flores	41:17	1:44:22	1:36:14	4:01:53
35	Beth Dubber	39:54	1:48:29	1:36:07	4:04:30
36	Elisa Greenway	41:17	1:43:00	1:40:27	4:04:44
37	Michele Phillips	1:03:12	1:49:20	1:18:44	4:11:16
38	Andrea Hennings	51:38	1:57:42	1:28:08	4:17:28
39	Emily Koft	49:35	2:16:45	1:52:05	4:58:25

35-39
=====

1	Monique Petrov	22:31	1:15:30	47:21	2:25:22
2	Darcy Eaton	29:46	1:18:30	49:28	2:37:44
3	Marty Fess	33:30	1:22:34	49:56	2:46:00
4	Deeann Mitchell	29:54	1:22:30	55:39	2:48:03
5	Tricia Murtha	35:53	1:24:12	54:24	2:54:29
6	Susan Raber	32:48	1:25:07	59:53	2:57:48
7	Eva Emerson	28:05	1:36:49	57:24	3:02:18
8	Merle Nilk	36:32	1:29:44	57:20	3:03:36
9	Kristen Milne	29:54	1:34:17	1:01:29	3:05:40
10	Christina Calvello-Huber	32:10	1:31:15	1:04:37	3:08:02
11	Angela Hart	28:26	1:37:50	1:04:09	3:10:25
12	Tammy Kelly	39:48	1:29:02	1:03:33	3:12:23
13	Susan Nixon	32:07	1:38:55	1:03:30	3:14:32
14	Nevada Basile	34:01	1:38:24	1:02:13	3:14:38
15	Allison Cecil	33:43	1:36:55	1:09:07	3:19:45
16	Beverly Atkins	35:29	1:34:25	1:12:21	3:22:15
17	Gretchen Schultz	34:04	1:39:23	1:09:07	3:22:34
18	Joanne O'Brien	43:44	2:00:09	43:44	3:27:37
19	Quynh Rathkamp	49:47	1:46:08	1:06:49	3:42:44
20	Stephanie Hamilton	38:14	1:52:25	1:15:10	3:45:49
21	Kristen Maurice	37:10	1:47:20	1:26:33	3:51:03
22	Tina Parker	33:23	1:51:48	1:30:18	3:55:29
23	Sarah Woo	46:38	1:44:49	1:33:06	4:04:33
24	Jennifer Olson	40:44	1:48:01	1:49:51	4:18:36
25	Sharon Smith	52:18	1:58:59	1:50:38	4:41:55
26	Sara Lopez	57:57	2:40:38	1:23:26	5:02:01
27	Lisa Hagerty	1:01:14	2:38:48	1:59:16	5:39:18

40-44
=====

1	Drsherry Coons	22:30	1:12:10	48:28	2:23:08
2	Margaret Grenier-Spears	26:39	1:14:50	47:25	2:28:54
3	Wendy Gaertner	29:44	1:19:33	58:39	2:47:56
4	Christy Allen	30:02	1:25:35	55:04	2:50:41
5	Maria Boyer	38:01	1:28:29	1:02:09	3:08:39
6	Jackie Huffman	26:49	1:34:20	1:13:43	3:14:52
7	Tobi McMahon - schwart	43:42	1:27:39	1:04:28	3:15:49
8	Heather Whittall	29:00	1:42:13	1:07:41	3:18:54
9	Karen Larson	28:27	1:37:10	1:14:24	3:20:01
10	Alison Bloom	37:23	1:19:05	1:24:32	3:21:00
11	Noreen Russell	37:34	1:35:56	1:07:44	3:21:14
12	Lisa Week	29:00	1:49:16	1:05:28	3:23:44
13	Lisa Poirier	41:19	1:31:20	1:11:36	3:24:15
14	Kim Weibel	43:21	1:37:46	1:05:32	3:26:39
15	Antoinete Reynolds	37:24	1:40:11	1:09:19	3:26:54
16	Lori Krupa	50:51	1:37:41	58:42	3:27:14
17	Anne-Marie Danley	34:46	1:41:55	1:11:25	3:28:06
18	Una Burns	44:08	1:41:38	1:06:04	3:31:50
19	Pam Okeson	35:46	1:41:40	1:17:28	3:34:54
20	Brooke McCurdy	39:05	1:43:20	1:13:05	3:35:30
21	Laura Baker	50:35	1:42:34	1:16:39	3:49:48
22	Lori Pawinski	33:57	1:47:21	1:34:35	3:55:53
23	Wendy Leblanc	36:12	1:50:18	1:31:56	3:58:26
24	Marcia Allen	51:36	1:57:42	1:28:17	4:17:35
25	Betty Hutchings	45:46	2:05:05	1:42:14	4:33:05
26	Marie Varricchio	50:42	2:19:36	1:32:48	4:43:06

45-49	27	Marcia Stewart	49:44	2:16:14	1:50:17	4:56:15
=====						
	1	Becky Obletz	24:18	1:17:26	55:05	2:36:49
	2	Millie Cooke	28:17	1:19:27	52:59	2:40:43
	3	Heidi Smith	26:21	1:21:58	58:15	2:46:34
	4	Joni Metzler	31:43	1:26:08	1:04:23	3:02:14
	5	Cindy Morse	30:59	1:35:59	58:24	3:05:22
	6	Allyson Thurber	29:52	1:29:31	1:06:31	3:05:54
	7	Karen Hand	28:57	1:38:24	1:01:26	3:08:47
	8	Denise Ciccarelli	34:06	1:34:20	1:03:48	3:12:14
	9	Maru Harper	31:34	1:32:09	1:12:40	3:16:23
	10	Jeani Naylor	39:40	1:39:52	1:15:45	3:35:17
	11	Kristen Abegg	41:50	1:38:59	1:19:28	3:40:17
	12	Carole Dahl	33:01	1:52:48	1:17:31	3:43:20
	13	Kathryn Menconi	33:47	2:00:49	1:16:24	3:51:00
	14	Debi Doyle	43:49	1:44:06	1:27:05	3:55:00
	15	Denise Gleavey	47:20	1:46:37	1:35:45	4:09:42
	16	Kristi Atwood	51:10	2:05:00	1:24:48	4:20:58
	17	Cindy Alder	48:40	2:12:25	1:49:22	4:50:27
	18	Helen Horvath	1:25:05	2:50:56	2:00:34	6:16:35
50-54						
=====						
	1	Laurie Beers	28:07	1:19:52	54:33	2:42:32
	2	Karyn Kowal	31:19	1:27:53	54:44	2:53:56
	3	Pammer Kidani	32:42	1:26:39	59:21	2:58:42
	4	Lee Collins	27:33	1:34:50	1:10:58	3:13:21
	5	Reneau Kennedy	38:28	1:32:39	1:09:48	3:20:55
	6	Debbie Head	32:22	1:39:59	1:09:02	3:21:23
	7	Shawna Barlette	42:01	1:36:32	1:08:25	3:26:58
	8	Jana Mugford	32:44	1:40:22	1:17:52	3:30:58
	9	Norma Slipp	42:57	1:42:36	1:14:13	3:39:46
	10	Margie Sunderland	32:18	1:48:37	1:21:14	3:42:09
	11	Kathy Hall	34:41	1:42:03	1:34:56	3:51:40
	12	Carol Hunt	41:21	1:52:52	1:37:48	4:12:01
	13	Peggy Busch	42:15	1:49:14	1:55:59	4:27:28
	14	Tomi Rosser	57:29	2:13:04	1:50:18	5:00:51
	15	Heidi Johnson	59:00	2:54:35	2:04:42	5:58:17
55-59						
=====						
	1	Lesley Cens-McDowell	28:08	1:17:46	56:55	2:42:49
	2	Laura McHale	31:22	1:19:40	1:04:59	2:56:01
	3	Becky Thurston	26:59	1:54:33	1:22:35	3:44:07
	4	Betsy Solis	41:10	1:40:04	1:25:07	3:46:21
	5	Joyce Duker	39:27	1:42:54	1:27:46	3:50:07
60-64						
=====						
	1	Diane McCary	31:15	1:33:45	1:00:45	3:05:45
	2	Marcia Kreofsky	31:57	1:31:36	1:07:02	3:10:35
	3	Arlene Gerety	40:40	1:27:16	1:07:22	3:15:18
	4	Paulette Trippler	38:43	1:37:41	1:09:09	3:25:33
Elite						
=====						
	1	Rachel Joyce	20:13	1:16:55	44:48	2:21:56

[\[Individuals\]](#) [\[Relays\]](#) [\[Men's Divisions\]](#) [\[Women's Divisions\]](#) [\[Relay Divisions\]](#)

Hawaii Sports Connection

2005 Lavaman Triathlon

Overall Results - Relays

April 3rd, 2005

Swim - .93 Miles Bike - 24.8 Miles Run - 6.2 Miles

Plc	Name	Division	Swim	Bike	Run	Overall
1	Suzanne Weckend #641	Mixed	18:39	1:04:52	45:50	2:09:21
	Suzanne Weckend					
	Neil Harvey					
2	Tara Ross #644	Mixed	18:46	1:09:23	46:14	2:14:23
	Tara Ross					
	Craig Taylor					
3	Jessica Kirkwood #643	Mixed	19:21	1:14:30	41:42	2:15:33
	Jessica Kirkwood					
	Paul Regensburg					
4	Andrew McCartney #649	Men	17:50	1:05:03	54:20	2:17:13
	Andrew McCartney					
	Craig Conlee					
5	Matty Cunningham #642	Men	24:28	1:15:47	37:31	2:17:46

	Matty Cunningham Allen Wagner						
6	Karlyn Pipes-Neilsen #604 Janet Higa-Miller Lucy Pollard	Women	18:37	1:16:12	46:50	2:21:39	
7	Linda Bless #634 Ted Cituk Darren Broome	Mixed	22:34	1:11:17	47:58	2:21:49	
8	Sam Ainslie #617 Jerry Murphy Sam Ainslie	Men	25:04	1:09:51	52:13	2:27:08	
9	Fred Cowell #640 Jeanne Knapp Daniel Jesser	Mixed	22:19	1:21:04	44:54	2:28:17	
10	Monroe Roos #627 Michelle Bono Rebekah Lussiaa	Mixed	21:41	1:17:16	50:39	2:29:36	
11	Aaron Mitchell #636 Kris Kiser Kym Kiser	Mixed	24:52	1:14:21	53:18	2:32:31	
12	Tom (tomcat) Sena #615 Lavadawg Clay Bringman-Colt	Men	21:56	1:17:53	53:48	2:33:37	
13	Linda Finley #631 Frank Snow Ralph Sawyer	Mixed	22:04	1:31:35	41:48	2:35:27	
14	Kaitlin Saunders #637 Kaitlin Saunders Andy Chase	Mixed	27:51	1:18:49	48:53	2:35:33	
15	Rita Schwartz #619 Keith Krugh Gregg Bichler	Mixed	31:59	1:25:45	42:35	2:40:19	
16	Christine Winn #628 Scott Ferry Suzie Bistline	Mixed	21:55	1:19:53	58:34	2:40:22	
17	Aaron Boranian #616 Douglas Leopold Douglas Leopold	Men	19:18	1:23:33	58:05	2:40:56	
18	Kim Yeck #639 Roberto Villamil-Roque Roberto Villamil-Roque	Mixed	28:44	1:22:07	53:34	2:44:25	
19	Laura Clapp #647 Laura Clapp Dev MacGregor	Women	27:35	1:24:35	52:21	2:44:31	
20	Aaron Estess #618 Tim Wiley Clyde Kidani	Men	21:21	1:28:25	57:20	2:47:06	
21	Leann Pletcher #652 Chris Cornelius Simeone Miranda	Mixed	38:03	1:12:13	58:10	2:48:26	
22	John Cookmer #645 Victoria Cook Ray Cook	Mixed	36:38	1:26:26	51:09	2:54:13	
23	Kirsten Sweetland #648 Kelvin Tse Cindy Tse	Mixed	20:26	1:19:09	1:16:31	2:56:06	
24	Steve Breed #632 Tiffany Sanchez Gene Black	Mixed	35:25	1:23:37	58:25	2:57:27	
25	Keith Krugh #638 Gerrit Pang Brian Stake	Men	24:57	1:29:58	1:12:59	3:07:54	
26	Laura Stubbs #602 Laura Stubbs Kate Mendoza	Women	29:06	1:31:37	1:08:12	3:08:55	
27	Susan M. Coughlin #630 Sue Coughlin Jeff Sherman	Mixed	27:50	1:49:05	52:35	3:09:30	
28	Mindy Gruber #605 Brandt Matsushima William Wong	Mixed	31:03	1:26:21	1:14:37	3:12:01	
29	Cassandra Ooi #603 Maggie Murphy Vicki Pendergrass	Women	31:18	1:32:22	1:10:03	3:13:43	
30	Michelle Mahoney #606 Lisa Lynch Annette Crisanti	Women	27:49	1:38:18	1:08:30	3:14:37	
31	Michele Bleser #608 Lisa Bockenstedt Gwen Hall	Women	29:17	1:31:07	1:14:24	3:14:48	
32	Alison Jones #601 Alison Jones Solange Roy	Women	34:16	1:36:00	1:05:56	3:16:12	
33	Beth Kula #629	Mixed	35:19	1:30:29	1:13:43	3:19:31	

	Michael Wolgast						
	Beth Kula						
34	Christine O'Gorman #635	Mixed	28:30	1:33:23	1:22:30	3:24:23	
	Bill Pagett						
	Bill Pagett						
35	Steve Shaub #646	Men	31:13	2:10:42	49:04	3:30:59	
	Mario Menconi						
	Rein Shaub						
36	Keahi Parker #633	Mixed	20:20	1:45:54	1:37:31	3:43:45	
	John Caires						
	Alexi Caires						
37	Patricia Block #653	Women	35:36	1:50:06	1:39:06	4:04:48	
	Rachel Ford						
	Patricia Block						
38	Gretchen Blanchard #626	Mixed	37:53	2:14:45	1:31:35	4:24:13	
	Lynda Pham						
	Trever Rittenhouse						
39	Lance Carter #650	Mixed	23:34	2:35:08	2:02:15	5:00:57	
	Shemiele Da'Briel						
	Shemiele Da'Briel						

[\[Individuals\]](#) [\[Relays\]](#) [\[Men's Divisions\]](#) [\[Women's Divisions\]](#) [\[Relay Divisions\]](#)

Hawaii Sports Connection

2005 Lavaman Triathlon

Division Results - Relays

April 3rd, 2005

Swim - .93 Miles Bike - 24.8 Miles Run - 6.2 Miles

Place Name Swim Bike Run Overall

Men

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1	Andrew McCartney	17:50			
	Andrew McCartney		1:05:03		
	Craig Conlee			54:20	2:17:13
2	Matty Cunningham	24:28			
	Matty Cunningham		1:15:47		
	Allen Wagner			37:31	2:17:46
3	Sam Ainslie	25:04			
	Jerry Murphy		1:09:51		
	Sam Ainslie			52:13	2:27:08
4	Tom (tomcat) Sena	21:56			
	Lavadawg		1:17:53		
	Clay Bringman-Colt			53:48	2:33:37
5	Aaron Boranian	19:18			
	Douglas Leopold		1:23:33		
	Douglas Leopold			58:05	2:40:56
6	Aaron Estess	21:21			
	Tim Wiley		1:28:25		
	Clyde Kidani			57:20	2:47:06
7	Keith Krugh	24:57			
	Gerrit Pang		1:29:58		
	Brian Stake			1:12:59	3:07:54
8	Steve Shaub	31:13			
	Mario Menconi		2:10:42		
	Rein Shaub			49:04	3:30:59

Women

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1	Karlyn Pipes-Neilsen	18:37			
	Janet Higa-Miller		1:16:12		
	Lucy Pollard			46:50	2:21:39
2	Laura Clapp	27:35			
	Laura Clapp		1:24:35		
	Dev MacGregor			52:21	2:44:31
3	Laura Stubbs	29:06			
	Laura Stubbs		1:31:37		
	Kate Mendoza			1:08:12	3:08:55
4	Cassandra Ooi	31:18			
	Maggie Murphy		1:32:22		
	Vicki Pendergrass			1:10:03	3:13:43
5	Michelle Mahoney	27:49			
	Lisa Lynch		1:38:18		
	Annette Crisanti			1:08:30	3:14:37
6	Michele Bleser	29:17			
	Lisa Bockenstedt		1:31:07		
	Gwen Hall			1:14:24	3:14:48
7	Alison Jones	34:16			

	Alison Jones		1:36:00		
	Solange Roy			1:05:56	3:16:12
8	Patricia Block	35:36			
	Rachel Ford		1:50:06		
	Patricia Block			1:39:06	4:04:48
Mixed					
=====					
1	Suzanne Weckend	18:39			
	Suzanne Weckend		1:04:52		
	Neil Harvey			45:50	2:09:21
2	Tara Ross	18:46			
	Tara Ross		1:09:23		
	Craig Taylor			46:14	2:14:23
3	Jessica Kirkwood	19:21			
	Jessica Kirkwood		1:14:30		
	Paul Regensburg			41:42	2:15:33
4	Linda Bless	22:34			
	Ted Cituk		1:11:17		
	Darren Broome			47:58	2:21:49
5	Fred Cowell	22:19			
	Jeanne Knapp		1:21:04		
	Daniel Jesser			44:54	2:28:17
6	Monroe Roos	21:41			
	Michelle Bono		1:17:16		
	Rebekah Lussiaa			50:39	2:29:36
7	Aaron Mitchell	24:52			
	Kris Kiser		1:14:21		
	Kym Kiser			53:18	2:32:31
8	Linda Finley	22:04			
	Frank Snow		1:31:35		
	Ralph Sawyer			41:48	2:35:27
9	Kaitlin Saunders	27:51			
	Kaitlin Saunders		1:18:49		
	Andy Chase			48:53	2:35:33
10	Rita Schwartz	31:59			
	Keith Krugh		1:25:45		
	Gregg Bichler			42:35	2:40:19
11	Christine Winn	21:55			
	Scott Ferry		1:19:53		
	Suzie Bistline			58:34	2:40:22
12	Kim Yeck	28:44			
	Roberto Villamil-Roque		1:22:07		
	Roberto Villamil-Roque			53:34	2:44:25
13	Leann Pletcher	38:03			
	Chris Cornelius		1:12:13		
	Simeone Miranda			58:10	2:48:26
14	John Cookmer	36:38			
	Victoria Cook		1:26:26		
	Ray Cook			51:09	2:54:13
15	Kirsten Sweetland	20:26			
	Kelvin Tse		1:19:09		
	Cindy Tse			1:16:31	2:56:06
16	Steve Breed	35:25			
	Tiffany Sanchez		1:23:37		
	Gene Black			58:25	2:57:27
17	Susan M. Coughlin	27:50			
	Sue Coughlin		1:49:05		
	Jeff Sherman			52:35	3:09:30
18	Mindy Gruber	31:03			
	Brandt Matsushima		1:26:21		
	William Wong			1:14:37	3:12:01
19	Beth Kula	35:19			
	Michael Wolgast		1:30:29		
	Beth Kula			1:13:43	3:19:31
20	Christine O'Gorman	28:30			
	Bill Pagett		1:33:23		
	Bill Pagett			1:22:30	3:24:23
21	Keahi Parker	20:20			
	John Caires		1:45:54		
	Alexi Caires			1:37:31	3:43:45
22	Gretchen Blanchard	37:53			
	Lynda Pham		2:14:45		
	Trever Rittenhouse			1:31:35	4:24:13
23	Lance Carter	23:34			
	Shemiele Da'Briel		2:35:08		
	Shemiele Da'Briel			2:02:15	5:00:57