Noon Heat 12/11								
Short Course: Swim- 300 yrds Bike- 10 Miles Run- 3 Miles								
Long Course: Swim- 500 yrds Bike- 15 Miles Run- 5 Miles								
Name	Short or Long	Outside or inside	SWIM	BIKE			RUN	OVERALL TIME
			TIME	TIME	Bike #	OVERALL	TIME	
Dianna Shank	S	I	6:24	36:55		46:30	45:00	1:33:30
Trista Stahr	S	O	5:50	30:13		38:13	29:10	1:08:40
John Stahr	S	O	4:31	27:56		34:37	27:00	1:01:37
Cort Smith	S		6:01	33:40		42:12	36:45	1:20:19
Tariq Quadri	S	I	4:25	26:26		33:16	23:56	58:13
Erik Hamilton	S		5:17	30:10		38:34	24:00	1:03:25
Tricia Peterson	S		5:36	28:37		35:58	27:30	1:05:15
Stacie McClure	S		6:30	31:40		43:45	31:05	1:21:21
Jeff oberle	S	O	5:33	28:04		37:15	26:06	1:05:41
John Moore	S		6:14	30:20		39:25	31:16	1:13:05
Shubham Sonavane	S		5:42	43:11		59:30	49:30	1:50:51
Paul Wright	L		9:43	44:48		45:29	1:09:34	1:46:58

1:30:00 PM Heat 12/11							
Short Course: Swim- 300 yrds Bike- 10 Miles Run- 3 Miles							
Long Course: Swim- 500 yrds Bike- 15 Miles Run- 5 Miles							
Name	Short or Long	SWIM	BIKE			RUN	OVERALL TIME
		TIME	TIME	Bike #	OVERALL	TIME	
Ross Brayton	L	10:24	47:11		1:02:40	1:19:00	2:24:13
Jeff Wood	S	7:10	29:14		42:10	48:07	1:34:01
Kathy Simon	L	10:54	41:13		1:04:30	1:07:28	2:14:30
Jennifer Schnelting	S	5:10	31:42		44:25	26:39	1:16:00
Mike Duchek	L	9:23	47:58		1:02:10	52:13	1:59:02
Adam Duchek	L	8:41	45:28		57:25	50:30	1:49:14
Devon Duchek	S		57:26		1:13:20	59:18	2:23:25
Carrie Cicirale	S		38:08		47:20	40:00	1:28:00
Steven M.	L	8:57	44:04		55:35	38:16	1:35:20
Anna Wright	S		35:01		48:24		