

Women's

TRI-DATE & PARTICIPANT NAME	Long Course					Points for improving time					
	SWIM (500 yrds)	BIKE (15 Miles)	Swim/Bike Overall	RUN (5 Miles)	OVERALL TIME	Participation (7)	Swim (1)	Bike (1)	Run (1)	overall (3)	Total Pts
October 21, 2018											
Amy Guignon	0:07:48	0:53:03	1:04:00	1:00:29	2:06:47	7	1	1	1	3	13
October 28, 2018											
Anna Wright	0:12:30	0:53:30	1:09:56	0:57:27	2:12:19	7	1	1	1	3	13
November 4, 2018											
Gina Goebel	0:09:40	0:51:22	1:04:16	0:52:21	1:57:55	7	1	1	1	3	13
Amy Guignon	0:08:00	0:47:47	0:58:29	0:52:18	2:01:26	7		1	1	3	12
November 18, 2018											
<i>No Participants</i>											
December 2, 2018											
Chelsea Fuller	0:07:59	0:47:59	0:58:33	0:48:33	1:48:43	7	1	1	1	3	13
Gina Goebel	0:08:37	0:50:14	1:01:45	0:52:46	1:55:25	7	1	1		3	12
Lory Cooper	0:09:15	0:42:50	0:54:26	0:43:31	1:39:09	7	1	1	1	3	13
December 16, 2018											
Gina Goebel	0:09:47	0:49:28	1:02:16	0:54:36	1:57:56	7		1			8
Chelsea Fuller	0:07:45	0:46:58	0:57:30	0:47:21	1:46:53	7	1	1	1	3	13
December 30, 2018											
Lory Cooper	0:09:14	0:43:54	0:54:47	0:43:21	1:39:35	7	1		1		9
January 13, 2019											
Gina Goebel	0:09:42	0:48:45	1:01:19	0:53:02	1:55:40	7	1	1	1	3	13
January 27, 2019											
Amy Guignon	0:08:05	0:49:47	1:02:10	1:08:05	2:18:54	7					7
February 10, 2019											
<i>No Participants</i>											
March 3, 2019											
<i>No Participants</i>											
March 10, 2019											
<i>No Participants</i>											
March 24, 2019											
Gina Goebel	0:09:34	0:48:10	1:54:00	0:52:15	1:54:10	7	1	1	1	3	13

