

Women's

PARTICIPANT NAME	Short Course					Points for improving time					
	SWIM (300 yrds)	BIKE (10 Miles)	Swim/Bike Overall	RUN (3 Miles)	OVERALL TIME	Partici pation (5)	Swi m (1)	Bike (1)	Run (1)	overall (3)	Total Pts
October 27th, 2019											
Gina Goebel	0:05:47	0:32:54	0:41:23	0:30:12	1:12:45	5	1	1	1	3	11
Heather Hanratty	0:06:18	0:34:13	0:43:00	0:37:28	1:21:29	5	1	1	1	3	11
Lauren Hickey	0:05:16	0:42:30	0:54:30	0:32:19	1:19:23	5	1	1	1	3	11
Anne Jundt	0:05:37	0:32:04	0:40:48	0:30:00	1:11:54	5	1	1	1	3	11
Wende Ochoa	0:06:40	0:41:30	0:47:42	0:41:48	1:31:53	5	1	1	1	3	11
Kathy Simon	0:07:22	0:45:42	0:57:32	0:34:55	1:21:40	5	1	1	1	3	11
Anna Wright	0:06:49	0:34:54	0:46:48	0:36:31	1:26:45	5	1	1	1	3	11
Laurette Schreyer	0:08:05	0:34:01	0:48:35	0:36:25	1:28:40	5	1	1	1	3	11
Alexis Salmans	0:05:09	0:50:54	1:05:54	0:41:48	1:36:37	5	1	1	1	3	11
November 3rd, 2019											
Alexis Salmans	0:05:23	0:37:17	0:47:41	0:39:00	1:29:15	5		1	1	3	10
Anne Jundt	0:05:34	0:31:51	0:42:32	0:31:12	1:25:53	5	1	1			7
Gina Goebel	0:05:24	0:31:29	0:31:13	0:29:31	1:09:27	5	1	1	1	3	11
Lauren Hickey	0:05:22	0:34:25	0:42:44	0:32:00	1:16:14	5		1	1	3	10
Dana Harman	0:08:35	0:35:32	0:49:25	0:53:51	1:46:05	5	1	1	1	3	11
Heather Hanratty	0:06:08	0:33:30	0:42:25	0:28:52	1:12:28	5	1	1	1	3	11
Anna Wright	0:07:00	0:35:19	0:47:57	0:34:17	1:24:40	5			1	3	9
Wende Ochoa	0:06:37	0:37:06	0:46:37	0:38:46	1:26:55	5	1	1	1	3	11
Ashley Turpin	0:04:06	0:33:28	0:41:02	0:33:42	1:16:30	5	1	1	1	3	11
November 10th, 2019											
Wende Ochoa	0:06:39	0:36:47	0:46:24	0:39:08	1:27:07	5	1	1			7
Nancy Knittel	0:07:58	0:33:24	0:45:23	0:36:31	1:23:56	5	1	1	1	3	11
Heather Hanratty	0:06:12	0:34:38	0:43:08	0:29:03	1:13:27	5					5
Dana Harman	0:07:49	0:33:38	0:46:29	0:53:25	1:43:12	5	1	1	1	3	11
Alexis Salmans	0:05:08	0:38:19	0:46:51	0:40:20	1:29:18	5	1				6
Christia Jones	0:09:45	0:37:51	0:50:04	0:35:23	1:27:53	5	1	1	1	3	11
Lauren Hickey	0:05:27	0:36:25	0:44:51	0:32:01	1:18:01	5					5
Melissa Chatfield	0:07:40	0:32:50	0:46:37	0:47:34	1:37:30	5	1	1	1	3	11
Laurette Schreyer	0:07:48	0:37:35	0:50:21	0:35:36	1:28:17	5	1		1	3	10

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Kathy Simon	0:07:54	0:32:50	0:44:51	0:33:27	1:19:48	5	1		1	3	10
Sarah Weyhrich	0:05:18	0:36:26	0:45:57	0:48:28	1:35:48	5	1	1	1	3	11
November 24th, 2019											
Lauren Hickey	0:05:30	0:36:34	0:45:20	0:32:41	1:19:40	5					5
Alexis Salmans	0:05:05	0:36:53	0:45:31	0:40:43	1:28:01	5	1	1		3	10
Gina Goebel	0:05:26	0:33:07	0:41:13	0:30:22	1:12:45	5					5
Dana Harman	0:07:20	0:33:54	0:45:23	0:57:27	1:47:45	5	1				6
Nancy Knittel	0:07:54	0:32:45	0:33:14	0:30:43	1:16:34	5	1	1	1	3	11
Kathy Simon	0:07:31	0:32:38	0:43:50	0:34:37	1:20:25	5	1				6
Anna Wright	0:06:57	0:34:52	0:46:32	0:36:38	1:24:50	5	1	1			7
Heather Hanratty	0:06:07	0:33:42	0:42:26	0:28:50	1:12:11	5	1	1	1	3	11
Wende Ochoa	0:06:44	0:39:02	0:49:46	0:43:28	1:35:56	5					5
Noelle Trueman	0:05:38	0:33:42	0:42:53	0:27:55	1:15:10	5	1	1	1	3	11
Kathryn Salmo	0:05:54	0:33:25	0:44:11	0:35:04	1:21:02	5	1	1	1	3	11
Rugaijah Yearby	0:06:52	0:33:40	0:45:55	0:31:35	1:19:01	5	1	1	1	3	11
December 15th, 2019											
<i>Cancelled- Snow</i>											
December 22nd, 2019											
Nancy Knittel	0:08:21	0:32:52	0:44:44	0:32:31	1:19:12	5					5
Alexis Salmans	0:05:04	0:37:33	0:46:06	0:41:29	1:29:02	5	1				6
Gina Goebel	0:05:38	0:35:26	0:44:02	0:30:09	1:14:11	5			1		6
Laurette Schreyer	0:07:34	0:38:54	0:50:34	0:38:53	1:33:46	5	1				6
Anna Wright	0:07:33	0:36:45	0:54:27	0:39:32	1:42:12	5					5
Lauren Hickey	0:05:18	0:37:27	0:46:29	0:30:40	1:19:37	5	1		1	3	10
Heather Hanratty	0:06:13	0:33:47	0:42:48	0:30:20	1:14:18	5					5
Wende Ochoa	0:06:54	0:42:23	0:52:33	0:41:57	1:36:06	5			1		6
January 5th, 2020											
Nancy Knittel	0:07:06	0:32:05	0:42:38	0:32:52	1:16:58	5	1	1		3	10
Jamie Ebel	0:04:42	0:38:30	0:45:57	0:27:51	1:14:45	5	1	1	1	3	11
Kathy Simon	0:07:26	0:32:00	0:43:25	0:34:05	1:19:03	5	1	1	1	3	11

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	SWIM (300 yrds)	BIKE (10 Miles)	Swim/Bike Overall	RUN (3 Miles)	OVERALL TIME	Partici pation (5)	Swi m (1)	Bike (1)	Run (1)	overall (3)	Total Pts
Charlee Walker	0:07:10	0:32:54	0:43:52	0:37:50	1:23:18	5	1	1	1	3	11
Anna Wright	0:07:08	0:35:31	0:48:32	0:40:55	1:33:49	5	1	1		3	10
Mary Love	0:06:52	0:34:34	0:45:14	0:34:52	1:20:49	5	1	1	1	3	11
Alexis Salmans	0:05:02	0:36:07	0:44:22	0:37:45	1:23:57	5	1	1	1	3	11
Gina Goebel	0:05:29	0:33:42	0:41:56	0:30:16	1:13:20	5	1	1		3	10
Heather Hanratty	0:06:07	0:33:47	0:42:16	0:30:10	1:13:34	5	1		1	3	10
January 26th, 2020											
Laura Harris	00:11:02	00:34:03	00:52:45	00:29:56	01:25:48	5	1	1	1	3	11
Laurette Schreyer	0:07:34	0:36:58	0:49:44	0:36:18	1:29:23	5		1	1	3	10
Melissa Chatfield	0:08:45	0:33:15	0:49:53	0:48:36	1:45:26	5					5
Kathy Simon	0:06:59	0:31:14	0:42:20	0:34:04	1:17:53	5	1	1	1	3	11
Stephanie Wojcik	0:05:55	0:31:46	0:41:01	0:28:57	1:11:00	5	1	1	1	3	11
Wende Ochoa	0:06:34	0:38:58	0:48:52	0:39:04	1:30:25	5	1				6
Heather Hanratty	0:06:06	0:33:30	0:42:19	0:30:27	1:13:50	5	1				6
Nancy Knittel	0:07:24	0:32:38	0:43:44	0:30:48	1:17:34	5					5
Dana Harman	0:06:54	0:32:53	0:44:22	0:49:38	1:38:42	5	1	1	1	3	11
Alexis Salmans	0:05:09	0:36:49	0:45:08	0:39:23	1:26:25	5		1			6
Anne Jundt	0:05:42	0:34:22	0:43:05	0:32:07	1:17:00	5					5
February 9th, 2020											
Lauren Hickey	0:05:15	0:37:37	0:46:58	0:33:38	1:22:10	5	1				6
Heather Hanratty	0:06:07	0:35:52	0:44:35	0:30:02	1:16:06	5					5
Alexis Salmans	0:05:08	0:37:13	0:45:56	0:39:05	1:26:30	5					5
Dana Harman	0:07:43	0:32:14	0:46:05	0:56:41	1:46:05	5		1			6
Mary Love	0:06:04	0:29:21	0:40:30	0:32:51	1:14:42	5	1	1	1	3	11
Danni Dub	0:09:05	0:48:25	1:01:19	0:41:50	1:44:00	5	1	1	1	3	11
Laurette Schreyer	0:07:10	0:37:10	0:49:36	0:35:01	1:27:43	5	1		1	3	10
Anna Wright	0:07:49	0:31:27	0:45:02	0:38:27	1:26:03	5		1			6
Charlee Walker	0:06:10	0:36:09	0:46:45	0:34:30	1:22:21	5	1		1	3	10
February 16th, 2020											
Gina Goebel	0:05:48	0:33:27	0:42:22	0:30:45	1:14:40	5					5

