

KEWP/YMCA SHORT COURSE TEAM TRIATHLON
July 30, 2006
OTTAWA METRO PARK
LIMA LAKE ON STATE ROUTE 81
1/2 Mile Swim, 30 Kilometer Bike, 5 Kilometer Run

Race Rank	Group Rank	Team Event	Bib #	Last	Swim Time	Swim Pace/ 100 yds	Pos After Swim	First Transition	Bike Time	Ave Bike Mph	Bike		Run Time	Ave Mile Time	Run	
											Pos If Only Event	2nd Transition			Pos If Only Event	Finish Time
1	1	Team Co-Ed	520	Kohli / Sanderson / Sowinsk	11:36	1:19	1	0:14	50:32	22.1	1	18	18:32	5:59	2	1:20:54
2	1	Team Master	530	Van Dyne / Richardson / Weitz	11:42	1:20	2	0:16	51:02	21.9	2	16	20:44	6:41	3	1:23:44
3	2	Team Master	523	Frederick / Mason / Rotund	12:35	1:26	6	0:30	51:51	21.5	3	10	22:08	7:08	6	1:27:04
4	1	Team Male	526	Beaschler / Beaschler / Mau	12:31	1:25	5	0:31	59:21	18.8	7	12	16:11	5:13	1	1:28:34
5	3	Team Master	519	Coscarelli / Kuntz / Martine	12:02	1:22	3	0:35	56:48	19.6	6	17	21:55	7:04	5	1:31:20
6	4	Team Master	524	Thobe / Jay / Wilson	18:45	2:08	12	0:25	56:22	19.8	5	17	25:52	8:21	10	1:41:24
7	2	Team Co-Ed	788	Greendyke / Osterur / Witters	12:28	1:25	4	0:22	1:06:19	16.8	13	20	24:41	7:58	9	1:43:50
8	2	Team Male	531	Frantz / Rex / Van Dyn	16:45	1:54	8	0:36	55:59	19.9	4	19	30:38	9:53	12	1:43:58
9	3	Team Male	516	Gersten / Howe / Simindinge	20:43	2:21	13	0:31	1:00:15	18.5	9	16	23:10	7:28	7	1:44:39
10	5	Team Master	529	Foltz / Jennings / Re	17:18	1:58	9	0:29	1:02:59	17.7	10	14	24:13	7:49	8	1:44:59
11	1	Team Female	517	Bilodeau / Martin / Saxb	15:43	1:47	7	0:37	1:00:02	18.6	8	19	33:16	10:44	14	1:49:38
12	-	Team No Award	527	Violet / Violet	20:45	2:21	14	2:46	1:06:17	16.8	12	15	20:56	6:45	4	1:50:44
13	3	Team Co-Ed	528	Kremer / Schindler / Balla	18:30	2:06	10	0:30	1:06:54	16.7	15	19	31:05	10:02	13	1:56:59
14	4	Team Male	525	Preston / Preston / Prestor	18:44	2:08	11	0:35	1:16:26	14.6	17	15	27:19	8:49	11	2:03:04
15	-	Team No Award	521	Rhodes / Rhodes	23:26	2:40	15	0:29	1:03:12	17.7	11	23	42:55	13:51	17	2:10:02
16	6	Team Master	518	Lucas / Rowand / Rowanc	23:54	2:43	16	1:13	1:12:47	15.3	16	28	35:28	11:26	15	2:13:22
17	4	Team Co-Ed	522	Mink / Ulatowski / Ulatowsk	25:40	2:55	17	1:10	1:06:44	16.7	14	24	39:50	12:51	16	2:13:24