

Rhineland Triathlon 2016 Kayak

Place	BIB	Name	M/F	Age	Start	Swim	Bike	Run	Elapsed
Division: SPRINT KAYAK									
Top Overall In SPRINT KAYAK Division : Top 3 Male									
1	44	JOSHUA MCCASKILL	M	35	8:48:00	8:13:00	29:25	25:28	1:03:07
2	57	TODD SWANLUND	M	43	8:51:00	8:46:00	29:49	26:31	1:05:07
3	61	JOHN WARD	M	54	8:54:00	6:40:00	30:15	28:18	1:05:15
Top Overall In SPRINT KAYAK Division : Top 3 Female									
1	53	HEIDI LEMMER	F	44	8:51:00	8:15:00	31:13	30:31	1:10:00
2	59	VALERIE FOLEY	F	57	8:54:00	7:19:00	30:23	33:44	1:11:26
3	51	ANDREA KRZANOWSKI	F	45	8:51:00	7:52:00	33:41	31:41	1:13:15
Age Groups: 29 and Under: Male									
1	43	LOGAN LANGE	M	23	8:48:00	8:17:00	31:46	28:49	1:08:53
2	47	TOM DOBBINS	M	25	8:48:00	9:33:00	41:16	31:41	1:22:30
Age Groups: 29 and Under: Female									
1	48	MARIA SERAKOS	F	26	8:48:00	9:33:00	41:15	31:42	1:22:31
2	46	SARAH LARSON	F	24	8:48:00	9:48:00	45:36	38:46	1:34:11
3	45	ALYSSA GORDY	F	21	8:48:00	9:49:00	46:34	37:48	1:34:12
Age Groups: 30 to 39: Male									
1	44	JOSHUA MCCASKILL	M	35	8:48:00	8:13:00	29:25	25:28	1:03:07
2	49	BEN MIKKELSON	M	36	8:48:00	9:00:00	37:20	34:11	1:20:31
Age Groups: 40 to 49: Male									
1	57	TODD SWANLUND	M	43	8:51:00	8:46:00	29:49	26:31	1:05:07
2	55	DEAN SCHWAB	M	46	8:51:00	7:57:00	32:03	33:15	1:13:16
Age Groups: 40 to 49: Female									
1	53	HEIDI LEMMER	F	44	8:51:00	8:15:00	31:13	30:31	1:10:00
2	51	ANDREA KRZANOWSKI	F	45	8:51:00	7:52:00	33:41	31:41	1:13:15
3	50	ANN RICHMOND	F	47	8:51:00	8:04:00	35:49	30:22	1:14:16
4	54	BECKY WEGNER	F	44	8:51:00	8:46:00	32:54	34:06	1:15:47
5	52	MICHELLE FLOHR	F	44	8:51:00	8:10:00	35:51	35:21	1:19:23
6	56	SUE JANE	F	46	8:54:00	9:51:00	37:26	32:52	1:20:10
Age Groups: 50 and Over: Male									
1	61	JOHN WARD	M	54	8:54:00	6:40:00	30:15	28:18	1:05:15
2	62	BILL SCHWANTES	M	60	8:54:00	7:03:00	30:28	28:56	1:06:28
3	63	SCOTT STALHEIM	M	66	8:54:00	5:43:00	31:55	33:12	1:10:51
4	65	JERRY SCOTT	M	50	8:54:00	9:50:00	37:25	32:55	1:20:10
5	58	GREG EICHELKRAUT	M	55	8:54:00	6:58:00	38:36	36:54	1:22:29
Age Groups: 50 and Over: Female									
1	59	VALERIE FOLEY	F	57	8:54:00	7:19:00	30:23	33:44	1:11:26
2	64	KATHY BLOCK	F	65	8:54:00	7:58:00	39:51	36:32	1:24:22
3	60	CINDY CARTER	F	60	8:54:00	9:46:00	39:29	54:40	1:43:55