

SHELL LAKE TRIATHLON
Shell Lake Triathlon, June 26, 2014
1/3 Mile Swim - 15 Mile Bike - 3.5 Mile Run

<u>OAPlc</u>	<u>AGPlc</u>	<u>Name</u>	<u>Age</u>	<u>City</u>	<u>St</u>	<u>Swim</u>	<u>100yd</u>	<u>T1</u>	<u>Bike</u>	<u>MPH</u>	<u>T2</u>	<u>Run</u>	<u>pace</u>	<u>Finish</u>
7/53	1/5	Pat McCann	58	Birchwood	WI	8:46	1:31	1:07	40:59	22.0	0:29	25:43	7:21	1:17:02
2/59	1/6	Anne Jackson	49	Hudson	WI	10:10	1:46	1:10	43:53	20.5	0:43	28:07	8:02	1:24:01
15/59	5/14	Lori Jarchow	38	Nw Richmnd	WI	13:49	2:23	0:53	46:29	19.4	0:58	31:05	8:53	1:33:11
24/59	9/14	Jill Fox	37	Nw Richmnd	WI	11:56	2:04	1:08	47:30	18.9	1:06	34:35	9:53	1:36:13

WASECA TRIATHLON
Waseca, MN - July 27, 2014

Long- 1 Mile Swim - 34 Mile Bike - 8.8 Mile Run

<u>OAPlc</u>	<u>AGPlc</u>	<u>Name</u>	<u>Age</u>	<u>City</u>	<u>St</u>	<u>Swim</u>	<u>100yd</u>	<u>T1</u>	<u>Bike</u>	<u>MPH</u>	<u>T2</u>	<u>Run</u>	<u>pace</u>	<u>Finish</u>
66	2/2	CathIn McGinnity	48	Luck	WI	44:31	2:32	2:18	1:59:55	17.0	2:17	1:33:03	10:35	4:22:01
71	5/5	Carin Anderson	33	River Falls	WI	39:47	2:16	2:23	2:08:20	15.9	2:22	1:44:06	11:50	4:36:55

Sprint- 1/4 Mile Swim - 14 Mile Bike - 4.4 Mile Run

<u>OAPlc</u>	<u>AGPlc</u>	<u>Name</u>	<u>Age</u>	<u>City</u>	<u>St</u>	<u>Swim</u>	<u>100yd</u>	<u>T1</u>	<u>Bike</u>	<u>MPH</u>	<u>T2</u>	<u>Run</u>	<u>pace</u>	<u>Finish</u>
65	2/2	Tina Ducharme	49	Ellsworth	WI	13:12	3:00	2:34	54:16	15.5	1:33	37:59	8:38	1:49:32