

FFC Indoor Triathlons Gold Coast Results

February 7, 2009



Overall - Female

	Athlete	Age Group	Div	Swim Lengths	Swim Miles	Bike Miles (Adjusted)	Run Laps	Run Miles	Total
1st	Maribeth Yost	F28-34	E	28	0.40	7.94	24	2.18	10.52
2nd	Erin McCarthy	F27-	E	24	0.34	7.75	21	1.91	10.00
3rd	Andrea Love	F28-34	E	21	0.30	7.46	23	2.09	9.85
4th	Sarai Shacklett	F28-34	E	18	0.26	7.86	17	1.55	9.66
5th	Suzanne Holmes	F42-48	E	19	0.27	7.53	20	1.82	9.62
6th	Maggie Stumpf	F27-	E	27	0.38	6.97	23	2.09	9.44
7th	Aletha Head	F28-34	E	23	0.33	7.63	15	1.36	9.32
8th	Anat Kramer	F27-	E	23	0.33	6.89	22	2.00	9.22
9th	Ruth Buffalo	F49-55	E	21	0.30	7.22	17	1.55	9.06
10th	Pamela Stoner	F49-55	E	24	0.34	6.98	18	1.64	8.96
	Jennifer Szydal	F28-34	E	21	0.30	6.65	21	1.91	8.86
	Shawn Williams	F28-34	E	23	0.33	6.48	21	1.91	8.72
	Wendy Gregory	F35-41	E	24	0.34	6.55	20	1.82	8.71
	Christina Liu	F27-	B	28	0.40	6.48	19	1.73	8.61
	Grace Heckmann	F27-	B	19	0.27	6.58	19	1.73	8.58
	Paige Bartley	F28-34	E	21	0.30	6.58	18	1.64	8.51
	Karen Thompson	F35-41	B	18	0.26	6.11	18	1.64	8.00
	Maia Pykina	F28-34	E	19	0.27	6.14	17	1.55	7.96
	Maria Pappas	F56+	E	20	0.28	5.98	16	1.45	7.72
	Heidi Danielson	F27-	B	14	0.20	5.53	16	1.45	7.18
	Rhonda Serafin	F56+	E	16	0.23	5.33	15	1.36	6.92
	Terry Garvey	F49-55	E	15	0.21	4.38	15	1.36	5.96

Experienced Division - Age Group Winners

1st	Erin McCarthy	F27-	E	24	0.34	7.75	21	1.91	10.00
1st	Maribeth Yost	F28-34	E	28	0.40	7.94	24	2.18	10.52
1st	Wendy Gregory	F35-41	E	24	0.34	6.55	20	1.82	8.71
1st	Suzanne Holmes	F42-48	E	19	0.27	7.53	20	1.82	9.62
1st	Ruth Buffalo	F49-55	E	21	0.30	7.22	17	1.55	9.06
1st	Maria Pappas	F56+	E	20	0.28	5.98	16	1.45	7.72

Beginner Division - Age Group Winners

1st	Christina Liu	F27-	B	28	0.40	6.48	19	1.73	8.61
1st	Karen Thompson	F35-41	B	18	0.26	6.11	18	1.64	8.00

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Overall - Male

	Athlete	Age Group	Div	Swim Lengths	Swim Miles	Bike Miles (Adjusted)	Run Laps	Run Miles	Total
1st	Thomas Gerlach	M27-	E	29	0.41	10.46	27	2.45	13.33
2nd	Ben Mueller	M27-	E	22	0.31	9.89	25	2.27	12.48
3rd	Michael Wood	M42-48	E	24	0.34	10.02	23	2.09	12.45
4th	JD Miller	M28-34	E	22	0.31	10.05	21	1.91	12.27
5th	Christian Morgan	M35-41	E	21	0.30	8.38	25	2.27	10.95
6th	Ryan Kistner	M28-34	E	18	0.26	8.50	24	2.18	10.94
7th	Paul Gustab	M28-34	E	22	0.31	8.56	22	2.00	10.87
8th	Brett Barron	M28-34	E	25	0.36	8.14	25	2.27	10.77
9th	Adam Peters	M27-	B	31	0.44	8.02	25	2.27	10.73
10th	Steve House	M49-55	E	15	0.21	8.29	23	2.09	10.59
	Joe Donnelly	M49-55	E	24	0.34	8.29	18	1.64	10.27
	Andrew Serafin	M28-34	E	28	0.40	7.70	23	2.09	10.19
	Bill Kolodziej	M56+	E	21	0.30	7.88	21	1.91	10.09
	Ryan Hutmacher	M28-34	E	22	0.31	7.68	22	2.00	9.99
	Joe Martin	M42-48	B	16	0.23	7.65	22	2.00	9.88
	Hurricane Helt	M35-41	E	22	0.31	7.56	22	2.00	9.87
	Steve Uhlarik	M49-55	B	13	0.18	7.52	20	1.82	9.52
	Brett Golman	M27-	B	17	0.24	7.47	19	1.73	9.44
	Patrick Lamb	M49-55	E	21	0.30	7.01	23	2.09	9.40
	Tim State	M35-41	B	32	0.45	6.97	21	1.91	9.33
	Frosty B. Salvador	M	E	17	0.24	7.28	16	1.45	8.98
	Marlon Simmons	M42-48	E	14	0.20	7.24	14	1.27	8.71
	Mike Muth	M	E	22	0.31	6.37	18	1.64	8.32
	Mike Reidy	M56+	B	12	0.17	6.59	17	1.55	8.31
	Edgar Largo	M35-41	B	20	0.28	6.57	13	1.18	8.04
	Amos Greer	M42-48	B	10	0.14	4.56	10	0.91	5.61

Experienced Division - Age Group Winners

1st	Thomas Gerlach	M27-	E	29	0.41	10.46	27	2.45	13.33
1st	JD Miller	M28-34	E	22	0.31	10.05	21	1.91	12.27
1st	Christian Morgan	M35-41	E	21	0.30	8.38	25	2.27	10.95
1st	Michael Wood	M42-48	E	24	0.34	10.02	23	2.09	12.45
1st	Steve House	M49-55	E	15	0.21	8.29	23	2.09	10.59
1st	Bill Kolodziej	M56+	E	21	0.30	7.88	21	1.91	10.09

Beginner Division - Age Group Winners

1st	Adam Peters	M27-	B	31	0.44	8.02	25	2.27	10.73
1st	Tim State	M35-41	B	32	0.45	6.97	21	1.91	9.33
1st	Joe Martin	M42-48	B	16	0.23	7.65	22	2.00	9.88
1st	Steve Uhlarik	M49-55	B	13	0.18	7.52	20	1.82	9.52
1st	Mike Reidy	M56+	B	12	0.17	6.59	17	1.55	8.31

FFC Indoor Triathlons
Overall Series Leaders
 After Two Events



Series Leaders - Female [2 Events]

	Athlete	Age Group	Div	Swim Miles	Bike Miles	Run Miles	Total
1st	Suzanne Holmes	F42-49	E	0.53	14.36	3.66	18.55
2nd	Ruth Buffalo	F49-56	E	0.61	14.57	3.15	18.33
3rd	Anat Kramer	F27-	E	0.64	13.57	3.89	18.10
4th	Paige Bartley	F28-35	E	0.60	13.58	3.39	17.57
5th	Maria Pappas	F56+	E	0.55	11.68	2.95	15.18

Series Leaders - Male [2 Events]

	Athlete	Age Group	Div	Swim Miles	Bike Miles	Run Miles	Total
1st	Thomas Gerlach	M27-	E	0.81	20.06	5.04	25.91
2nd	Michael Wood	M42-48	E	0.64	19.40	4.42	24.46
3rd	JD Miller	M28-34	E	0.62	19.55	3.94	24.11
4th	Paul Gustab	M28-35	E	0.63	17.09	4.00	21.72
5th	Hurricane Helt	M35-41	E	0.58	16.26	3.99	20.83
6th	Steve House	M49-56	E	0.44	15.64	4.10	20.18
7th	Tim State	M35-42	B	0.92	14.17	4.02	19.11