

2010 Tri for the Y Triathlon Overall Results

Place	Bib#	Event	Name	Lname	Age	G	City	Stat	Wa	S	Rank	Swim	Pace	Tran1	Rank	Bike	Rate T	ran2	R	ank R	un	Pace	Final D	iv/Tot	Gen/Tot	Div
1	147	Tri	Robert	Fast	M45-49	48	M	CUMBERLAND	ME	4	9	4:09	22:31	1:27	1	33:55:00	21.2	0:34	1	19:47	6:36	59:51:00	1/5	1/1	M45-49	
2	243	Tri	Peter	Barrett	M50-54	50	M	POWNA	ME	14	37	5:23	29:14:00	1:19	3	38:13:00	18.8	0:34	2	20:47	6:56	1:06:14	1/7	2/1	M50-54	
3	63	Tri	Nate	Smith	M30-34	33	M	NORTH YARMOUTH	ME	4	3	3:47	20:31	2:25	5	39:07:00	18.4	0:48	3	21:36	7:12	1:07:42	1/2	3/1	M30-34	
4	205	Tri	James	Robichaud	M20-24	23	M	SOUTH PORTLAND	ME	4	2	3:34	19:21	1:28	9	41:41:00	17.3	0:53	7	23:05	7:42	1:10:40	1/1	4/1	M20-24	
5	251	Tri	Roy	Nakamura	M55-59	56	M	BRUNSWICK	ME	14	48	5:34	30:12:00	1:31	4	39:05:00	18.4	0:52	11	23:41	7:54	1:10:41	1/3	5/1	M55-59	
6	202	Tri	Daniel	Spencer	M15-19	16	M	NORTH YARMOUTH	ME	4	X	1	3:21	18:11	1:52	15	42:18:00	17	0:32	9	23:33	7:51	1:11:34	1/3	6/1	M15-19
7	230	Tri	James	Hettenbach	M40-44	43	M	PORTLAND	ME	14	25	5:10	28:03:00	2:28	2	36:50:00	19.5	1:33	34	26:49:00	8:57	1:12:48	1/8	7/1	M40-44	
8	231	Tri	Michael	Specker	M40-44	43	M	SOUTH BERWICK	ME	9	33	5:19	28:50:00	2:54	6	40:30:00	17.8	1:59	4	22:26	7:29	1:13:06	2/8	8/1	M40-44	
9	141	Tri	Andrea	Gordon	F45-49	47	F	BRUNSWICK	ME	6	18	4:51	26:18:00	1:50	13	42:08:00	17.1	1:04	10	23:39	7:53	1:13:30	1/22	1/122	F45-49	
10	210	Tri	Peter	Smith	M25-29	29	M	HOPKINTON	MA	5	X	8	4:06	22:14	2:22	12	41:51:00	17.2	1:04	16	24:47:00	8:16	1:14:08	1/7	9/1	M25-29
11	110	Tri	Abigail	Bliss	F35-39	35	F	CUMBERLAND FORE	ME	4	13	4:33	24:41:00	2:01	7	40:51:00	17.6	1:01	25	25:56:00	8:39	1:14:20	1/29	2/122	F35-39	
12	218	Tri	Chris	Hill	M35-39	36	M	POWNA	ME	14	35	5:19	28:54:00	2:15	23	43:27:00	16.6	0:37	5	22:45	7:35	1:14:21	1/10	10/1	M35-39	
13	222	Tri	Bannon	Fisher	M35-39	38	M	BRUNSWICK	ME	5	11	4:22	23:42	2:11	8	41:02:00	17.5	1:07	26	25:57:00	8:39	1:14:36	2/10	11/1	M35-39	
14	233	Tri	Joseph	MacDonald	M40-44	44	M	YARMOUTH	ME	13	40	5:27	29:37:00	1:51	17	42:27:00	17	0:58	13	24:26:00	8:09	1:15:07	3/8	12/1	M40-44	
15	64	Tri	Amy	Davis	F30-34	34	F	FALMOUTH	ME	5	5	3:59	21:35	1:46	22	43:26:00	16.6	1:00	20	25:32:00	8:31	1:15:40	1/11	3/122	F30-34	
16	244	Tri	Jonathan	Tudor	M50-54	51	M	SCARBOROUGH	ME	7	X	98	6:37	35:58:00	2:29	19	42:50:00	16.8	1:11	6	22:46	7:36	1:15:53	2/7	13/48	M50-54
17	78	Tri	Jennifer	Hill	F35-39	37	F	POWNA	ME	5	10	4:19	23:28	1:47	30	44:05:00	16.3	0:46	18	25:07:00	8:23	1:16:03	2/1	4/122	F35-39	
18	72	Tri	Julie An	Perkins	F35-39	36	F	NORTH YARMOUTH	ME	5	X	23	5:05	27:35:00	1:56	33	44:13:00	16.3	0:40	14	24:31:00	8:11	1:16:24	3/29	5/122	F35-39
19	234	Tri	Paul	Lewandowski	M40-44	44	M	PORTLAND	ME	13	39	5:25	29:25:00	2:04	10	41:41:00	17.3	0:46	31	26:33:00	8:51	1:16:28	4/8	14/48	M40-44	
20	135	Tri	Liz	Prescott	F45-49	45	F	FREEPORT	ME	13	X	93	6:33	35:36:00	2:04	21	43:04:00	16.7	0:54	17	24:47:00	8:16	1:17:21	2/22	6/122	F45-49
21	66	Tri	Melissa	Christensen	F30-34	34	F	FREEPORT	ME	9	83	6:21	34:27:00	1:57	18	42:42:00	16.9	0:53	21	25:34:00	8:32	1:17:25	2/11	7/122	F30-34	
22	114	Tri	Jill	Weybrant	F40-44	42	F	BATH	ME	6	32	5:17	28:38:00	2:16	14	42:18:00	17	1:09	43	27:09:00	9:03	1:18:07	1/26	8/122	F40-44	
23	236	Tri	Thomas	Watson	M45-49	48	M	NORTH YARMOUTH	ME	11	X	97	6:37	35:54:00	2:38	20	42:51:00	16.8	1:51	15	24:39:00	8:13	1:18:34	2/5	15/48	M45-49
24	246	Tri	Russell	Oakes	M50-54	51	M	SOUTH PORTLAND	ME	13	X	46	5:32	30:05:00	2:09	28	44:02:00	16.4	0:59	29	26:19:00	8:47	1:19:00	3/7	16/48	M50-54
25	219	Tri	Derek	Lautieri	M35-39	36	M	DERRY	NH	3	27	5:13	28:20:00	1:55	31	44:11:00	16.3	1:22	40	27:07:00	9:03	1:19:47	3/10	17/48	M35-39	
26	123	Tri	Kathy	McCosh	F40-44	44	F	DURHAM	ME	11	79	6:19	34:18:00	2:23	51	46:04:00	15.6	0:50	12	24:25:00	8:09	1:20:00	2/26	9/122	F40-44	
27	209	Tri	James	Strout	M25-29	27	M	PORTLAND	ME	11	X	17	4:48	26:05:00	2:41	53	46:14:00	15.6	0:40	23	25:48:00	8:36	1:20:09	2/7	18/48	M25-29
28	81	Tri	Kristy	Trice	F35-39	37	F	AUGUSTA	ME	6	55	5:47	31:22:00	2:32	26	43:37:00	16.5	1:21	42	27:08:00	9:03	1:20:23	4/29	10/122	F35-39	
29	213	Tri	Thomas	Ackerson	M30-34	32	M	WELLS	ME	13	X	134	7:26	40:24:00	2:27	16	42:21:00	17	1:10	41	27:08:00	9:03	1:20:30	2/2	19/48	M30-34
30	84	Tri	Kim	Stoeckel	F35-39	38	F	YARMOUTH	ME	6	14	4:34	24:46:00	2:42	42	45:10:00	15.9	1:02	48	27:28:00	9:10	1:20:54	5/29	11/122	F35-39	
31	242	Tri	Mike	Takach	M50-54	50	M	CAPE ELIZABETH	ME	9	30	5:16	28:36:00	2:56	39	44:55:00	16	1:31	30	26:28:00	8:50	1:21:04	4/7	20/48	M50-54	
32	136	Tri	Sheryl	Watson	F45-49	45	F	YARMOUTH	ME	7	123	7:03	38:15:00	2:00	34	44:16:00	16.3	1:01	33	26:47:00	8:56	1:21:05	3/22	12/122	F45-49	
33	240	Tri	Peter	Tomascak	M45-49	49	M	PORTLAND	ME	4	7	4:03	21:59	3:39	24	43:28:00	16.6	1:31	61	28:26:00	9:29	1:21:06	3/5	21/48	M45-49	
34	90	Tri	Leigh	Small	F35-39	38	F	SCARBOROUGH	ME	10	41	5:28	29:40:00	2:05	60	46:42:00	15.4	1:01	27	26:08:00	8:43	1:21:22	6/29	13/122	F35-39	
35	106	Tri	Nicky	Knighton	F40-44	41	F	FREEPORT	ME	12	78	6:18	34:14:00	2:16	50	46:02:00	15.6	1:13	24	25:53:00	8:38	1:21:40	3/26	14/122	F40-44	
36	133	Tri	Rebecca	Goodwin	F45-49	45	F	NORTH YARMOUTH	ME	7	31	5:16	28:37:00	2:01	46	45:39:00	15.8	1:04	51	27:46:00	9:16	1:21:44	4/22	15/122	F45-49	
37	98	Tri	Amy	Greenberg	F40-44	40	F	WEST NEWBURY	MA	12	X	62	5:51	31:46:00	3:26	27	43:59:00	16.4	1:55	32	26:37:00	8:53	1:21:47	4/26	16/122	F40-44
38	68	Tri	Stephani	McLarty	F35-39	35	F	RAYMOND	ME	6	45	5:31	29:59:00	2:22	43	45:23:00	15.9	1:05	50	27:35:00	9:12	1:21:54	7/29	17/122	F35-39	
39	245	Tri	Mark	Grandonico	M50-54	51	M	BATH	ME	6	52	5:42	30:58:00	3:26	11	41:49:00	17.2	2:27	64	28:42:00	9:34	1:22:05	5/7	22/48	M50-54	
40	22	TRI	Samuel	Bruni	M15-19	17	M	FALMOUTH	ME	4	94	6:33	35:36:00	2:30	82	49:30:00	14.5	0:54	8	23:10	7:44	1:22:36	2/3	23/48	M15-19	
41	50	Tri	Stephani	Noyes	F25-29	28	F	CUMBERLAND	ME	6	X	28	5:14	28:26:00	2:42	25	43:29:00	16.6	1:50	70	29:26:00	9:49	1:22:39	1/11	18/122	F25-29
42	212	Tri	Wayne	Keller	M25-29	29	M	SCARBOROUGH	ME	5	70	6:07	33:11:00	2:05	29	44:03:00	16.3	1:04	69	29:25:00	9:49	1:22:42	3/7	24/48	M25-29	
43	116	Tri	Laura	Singer	F40-44	42	F	NORTH YARMOUTH	ME	10	X	112	6:48	36:58:00	2:25	47	45:42:00	15.8	0:40	44	27:14:00	9:05	1:22:48	5/26	19/122	F40-44
44	165	Tri	Robin	Schulte	F55-59	55	F	PORTLAND	ME	5	15	4:39	25:14:00	2:33	45	45:33:00	15.8	1:14	67	28:57:00	9:39	1:22:54	1/9	20/122	F55-59	
45	58	Tri	Patience	Cleveland	F30-34	31	F	FALMOUTH	ME	10	X	116	6:55	37:35:00	2:32	44	45:29:00	15.8	1:28	37	26:57:00	8:59	1:23:19	3/11	21/122	F30-34
46	127	Tri	Susan	Clifford	F40-44	44	F	CUMBERLAND	ME	10	99	6:38	36:04:00	2:06	48	45:45:00	15.7	1:05	62	28:28:00	9:30	1:24:02	6/26	22/122	F40-44	
47	109	Tri	Sandra	Dumont	F40-44	41	F	BIDDEFORD	ME	12	X	105	6:41	36:17:00	2:20	54	46:17:00	15.6	0:34	55	28:13:00	9:25	1:24:03	7/26	23/122	F40-44
48	73	Tri	Patricia	Lefevre	F35-39	36	F	FALMOUTH	ME	11	74	6:13	33:44:00	2:24	78	48:53:00	14.7	1:18	19	25:26:00	8:29	1:24:12	8/29	24/122	F35-39	
49	167	Tri	Melissa	Manoogian	F55-59	55	F	WESTBROOK	ME	9	X	96	6:36	35:49:00	2:48	40	45:02:00	16	2:02	52	27:49:00	9:17	1:24:14	2/9	25/122	F55-59

2010 Tri for the Y Triathlon Overall Results

50	132	Tri	Amy	Theisen	F45-49	45 F	FALMOUTH	ME	10	X	49	5:40	30:47:00	2:58	70	47:39:00	15.1	0:42	47	27:24:00	9:08	1:24:21	5/22	26/122	F45-49
51	125	Tri	Liz	Freeman	F40-44	44 F	PORTLAND	ME	10		77	6:17	34:08:00	2:02	37	44:25:00	16.2	0:55	94	30:46:00	10:16	1:24:22	8/26	27/122	F40-44
52	224	Tri	Shaun	Lajeunesse	M35-39	39 M	YARMOUTH	ME	9	X	126	7:08	38:44:00	3:06	32	44:12:00	16.3	1:37	59	28:22:00	9:28	1:24:24	4/10	25/48	M35-39
53	44	Tri	Katie	Skilling	F25-29	25 F	GRAY	ME	5	X	24	5:07	27:45:00	3:07	49	45:56:00	15.7	1:15	77	29:51:00	9:57	1:25:14	2/11	28/122	F25-29
54	97	Tri	Jill	Piker	F35-39	39 F	YARMOUTH	ME	13		61	5:51	31:45:00	2:09	35	44:19:00	16.2	1:09	107	32:06:00	10:42	1:25:32	9/29	29/122	F35-39
55	217	Tri	Andrew	Manning	M35-39	36 M	FREEPORT	ME	3	X	34	5:19	28:53:00	2:26	62	47:00:00	15.3	1:13	79	29:56:00	9:59	1:25:52	5/10	26/48	M35-39
56	226	Tri	Tobin	Piker	M40-44	41 M	YARMOUTH	ME	13		71	6:10	33:30:00	2:41	59	46:40:00	15.4	1:25	68	29:06:00	9:42	1:26:01	5/8	27/48	M40-44
57	206	Tri	Matthew	Burgess	M25-29	25 M	PORTLAND	ME	9	X	44	5:31	29:57:00	2:22	71	47:48:00	15.1	0:37	87	30:20:00	10:07	1:26:36	4/7	28/48	M25-29
58	249	Tri	David	Marchese	M50-54	54 M	CUMBERLAND	ME	3		114	6:54	37:27:00	3:10	36	44:24:00	16.2	1:36	95	30:48:00	10:16	1:26:50	6/7	29/48	M50-54
59	174	Tri	Mary	Schendel	F55-59	59 F	CUMBERLAND	ME	10		87	6:25	34:52:00	2:30	58	46:34:00	15.5	1:55	71	29:28:00	9:50	1:26:51	3/9	30/122	F55-59
60	151	Tri	Lynne	Crandall	F45-49	48 F	PORTLAND	ME	6		38	5:25	29:22:00	2:47	75	48:09:00	15	1:52	65	28:42:00	9:34	1:26:53	6/22	31/122	F45-49
61	211	Tri	Adam	Szafran	M25-29	29 M	PORTLAND	ME	5	X	12	4:24	23:53	4:28	64	47:11:00	15.3	0:56	81	29:58:00	10:00	1:26:55	5/7	30/48	M25-29
62	111	Tri	Joanne	Smith	F40-44	42 F	PORTLAND	ME	2	X	138	7:33	40:58:00	2:32	72	47:50:00	15.1	1:04	53	27:58:00	9:20	1:26:56	9/26	32/122	F40-44
63	232	Tri	David	Greenberg	M40-44	44 M	WEST NEWBURY	MA	8	X	91	6:29	35:14:00	3:03	57	46:21:00	15.5	1:40	74	29:38:00	9:53	1:27:10	6/8	31/48	M40-44
64	43	Tri	Meaghan	Rohde	F20-24	21 F	CUMBERLAND FORE	ME	4	X	6	4:00	21:45	3:00	113	52:29:00	13.7	1:02	38	27:04:00	9:02	1:27:33	1/1	33/122	F20-24
65	250	Tri	Winston	Barton	M55-59	56 M	PORTLAND	ME	3	X	53	5:43	31:02:00	3:47	61	46:50:00	15.4	2:37	66	28:47:00	9:36	1:27:43	2/3	32/48	M55-59
66	95	Tri	Penny	Ducharme	F35-39	39 F	NEW GLOUCESTER	ME	12		43	5:30	29:53:00	3:02	88	50:04:00	14.4	0:50	58	28:21:00	9:27	1:27:44	10/29	34/122	F35-39
67	154	Tri	Kathy	Erickson	F50-54	50 F	SCARBOROUGH	ME	3	X	76	6:15	33:57:00	2:44	55	46:20:00	15.5	1:10	103	31:23:00	10:28	1:27:50	1/7	35/122	F50-54
68	143	Tri	Lynne	Lewis	F45-49	47 F	BUXTON	ME	5		20	4:54	26:38:00	2:56	76	48:36:00	14.8	0:44	97	31:00:00	10:20	1:28:09	7/22	36/122	F45-49
69	253	Tri	Frederic	Brown	M55-59	59 M	CUMBERLAND	ME	12	X	69	6:03	32:53:00	4:15	41	45:06:00	16	2:17	90	30:35:00	10:12	1:28:15	3/3	33/48	M55-59
70	75	Tri	Stephani	Walsh	F35-39	37 F	SACO	ME	10	X	103	6:40	36:11:00	2:47	112	52:28:00	13.7	0:43	22	25:46:00	8:36	1:28:22	11/29	37/122	F35-39
71	62	Tri	Anne	Nadzo	F30-34	33 F	PORTLAND	ME	13		57	5:50	31:39:00	2:23	65	47:15:00	15.2	1:45	99	31:11:00	10:24	1:28:22	4/11	38/122	F30-34
72	41	Tri	Kristen	Grandonico	F15-19	18 F	BATH	ME	5		4	3:54	21:12	3:06	85	49:41:00	14.5	0:37	102	31:19:00	10:27	1:28:35	1/2	39/122	F15-19
73	139	Tri	Pam	Schlichting	F45-49	46 F	NEW GLOUCESTER	ME	2		135	7:27	40:27:00	3:06	89	50:04:00	14.4	1:10	35	26:53:00	8:58	1:28:39	8/22	40/122	F45-49
74	166	Tri	Mary Ann	Healey	F55-59	55 F	PORTLAND	ME	3	X	90	6:29	35:10:00	2:36	66	47:24:00	15.2	1:38	91	30:44:00	10:15	1:28:49	4/9	41/122	F55-59
75	119	Tri	Marianne	Ricciardi	F40-44	43 F	YARMOUTH	ME	12	X	42	5:29	29:49:00	3:26	77	48:46:00	14.8	1:05	85	30:12:00	10:04	1:28:57	10/26	42/122	F40-44
76	53	Tri	Amy	Landry	F25-29	29 F	PORTLAND	ME	5	X	68	6:01	32:41:00	3:36	101	51:35:00	14	1:34	28	26:17:00	8:46	1:29:03	3/11	43/122	F25-29
77	229	Tri	Ken	Hallee	M40-44	43 M	PORTLAND	ME	9	X	157	8:35	46:36:00	2:17	63	47:08:00	15.3	1:15	78	29:55:00	9:59	1:29:09	7/8	34/48	M40-44
78	89	Tri	Hannah	Wolken	F35-39	38 F	WESTBROOK	ME	12		102	6:40	36:10:00	2:15	38	44:45:00	16.1	1:16	129	34:21:00	11:27	1:29:14	12/29	44/122	F35-39
79	61	Tri	Courtney	Washbourne	F30-34	32 F	YARMOUTH	ME	7	X	107	6:43	36:29:00	3:00	99	51:27:00	14	0:57	46	27:20:00	9:07	1:29:25	5/11	45/122	F30-34
80	52	Tri	Molly	Urquhart	F25-29	29 F	PORTLAND	ME	13	X	51	5:41	30:50:00	2:36	102	51:38:00	13.9	1:10	60	28:23:00	9:28	1:29:27	4/11	46/122	F25-29
81	255	Tri	Michael	Cowell	M70-74	73 M	YARMOUTH	ME	13		118	6:58	37:47:00	4:15	56	46:21:00	15.5	2:07	89	30:31:00	10:11	1:30:10	1/1	35/48	M70-74
82	118	Tri	Robin	Sawyer	F40-44	43 F	CUMBERLAND	ME	12		131	7:18	39:39:00	1:29	90	50:10:00	14.4	1:27	84	30:07:00	10:03	1:30:30	11/26	47/122	F40-44
83	214	Tri	Todd	Walters	M35-39	35 M	GRAY	ME	2	X	151	8:28	46:01:00	3:11	104	51:45:00	13.9	0:46	36	26:53:00	8:58	1:31:01	6/10	36/48	M35-39
84	120	Tri	Betty	Sikora	F40-44	43 F	MONTPELIER	VT	14	X	66	5:57	32:16:00	4:01	83	49:33:00	14.5	2:08	75	29:43:00	9:55	1:31:20	12/26	48/122	F40-44
85	107	Tri	Rachel	Mills	F40-44	41 F	FREEPORT	ME	12		63	5:53	31:56:00	3:54	91	50:23:00	14.3	1:48	76	29:44:00	9:55	1:31:41	13/26	49/122	F40-44
86	65	Tri	Jane	Babik	F30-34	34 F	WATERVILLE	ME	8		137	7:29	40:40:00	2:04	68	47:34:00	15.1	0:59	126	33:44:00	11:15	1:31:49	6/11	50/122	F30-34
87	140	Tri	Maureen	Fitzgerald	F45-49	46 F	CUMBERLAND	ME	9		119	6:58	37:50:00	3:10	97	51:21:00	14	1:44	63	28:39:00	9:33	1:31:51	9/22	51/122	F45-49
88	96	Tri	Louise	Wilkinson	F35-39	39 F	NEW GLOUCESTER	ME	2		153	8:33	46:27:00	3:03	80	49:09:00	14.6	1:16	80	29:56:00	9:59	1:31:56	13/29	52/122	F35-39
89	83	Tri	Amy	Pearl	F35-39	37 F	YARMOUTH	ME	10	X	50	5:40	30:47:00	1:56	103	51:41:00	13.9	1:25	100	31:15:00	10:25	1:31:56	14/29	53/122	F35-39
90	215	Tri	Larry	Grondin	M35-39	35 M	SCARBOROUGH	ME	1	X	117	6:56	37:39:00	2:51	98	51:22:00	14	0:54	83	30:05:00	10:02	1:32:06	7/10	37/48	M35-39
91	138	Tri	Christin	Manderson	F45-49	46 F	YARMOUTH	ME	3		84	6:22	34:33:00	2:50	132	54:25:00	13.2	1:18	45	27:18:00	9:06	1:32:12	10/22	54/122	F45-49
92	208	Tri	Pat	Mileski	M25-29	25 M	SCARBOROUGH	ME	7	X	124	7:03	38:19:00	3:11	110	52:09:00	13.8	2:18	54	28:13:00	9:25	1:32:52	6/7	38/48	M25-29
93	86	Tri	Denise	Taddeo	F35-39	38 F	PORTLAND	ME	8		145	7:51	42:35:00	3:24	52	46:07:00	15.6	1:40	128	33:56:00	11:19	1:32:55	15/29	55/122	F35-39
94	91	Tri	Dava	Davin	F35-39	39 F	CUMBERLAND FORE	ME	12	X	133	7:20	39:47:00	3:31	87	50:03:00	14.4	1:24	101	31:17:00	10:26	1:33:34	16/29	56/122	F35-39
95	85	Tri	Kim	MacDonald	F35-39	38 F	POWNA	ME	13	X	59	5:50	31:43:00	2:19	108	52:06:00	13.8	0:40	118	33:15:00	11:05	1:34:09	17/29	57/122	F35-39
96	131	Tri	Carmen	Coyne	F45-49	45 F	CUMBERLAND	ME	2		146	7:52	42:46:00	3:29	106	52:01:00	13.8	0:47	82	30:03:00	10:01	1:34:10	11/22	58/122	F45-49
97	126	Tri	Jennifer	Wayland	F40-44	44 F	CAMDEN	ME	10		144	7:47	42:16:00	2:48	79	49:05:00	14.7	1:24	117	33:12:00	11:04	1:34:14	14/26	59/122	F40-44
98	76	Tri	Lisa	Sweet	F35-39	37 F	NORTH YARMOUTH	ME	10	X	75	6:13	33:44:00	4:35	92	50:54:00	14.1	1:12	105	31:26:00	10:29	1:34:17	18/29	60/122	F35-39
99	200	Tri	Ben	Nelson	M15-19	15 M	YARMOUTH	ME	3	X	67	5:58	32:25:00	2:43	114	52:30:00	13.7	0:49	110	32:38:00	10:53	1:34:36	3/3	39/48	M15-19
100	207	Tri	Jeremy	Ackroyd	M25-29	25 M	WINDHAM	ME	7	X	81	6:19	34:20:00	3:43	111	52:19:00	13.8	2:20	88	30:25:00	10:09	1:35:04	7/7	40/48	M25-29

2010 Tri for the Y Triathlon Overall Results

101	112	Tri	Francesc	Kerr	F40-44	42 F	FALMOUTH	ME	6	X	21	4:57	26:54:00	2:54	69	47:38:00	15.1	2:02	146	37:42:00	12:34	1:35:12	15/26	61/122	F40-44
102	172	Tri	Sandi	Lemmerman	F55-59	58 F	DURHAM	ME	3	X	88	6:27	35:03:00	3:53	84	49:37:00	14.5	2:00	119	33:18:00	11:06	1:35:13	5/9	62/122	F55-59
103	144	Tri	Shannon	Banks	F45-49	47 F	BRUNSWICK	ME	13		64	5:53	31:58:00	3:07	105	51:59:00	13.9	1:32	111	32:43:00	10:55	1:35:13	12/22	63/122	F45-49
104	221	Tri	Josh	Barnes-Livermor	M35-39	37 M	PORTLAND	ME	11	X	72	6:12	33:37:00	4:02	122	53:21:00	13.5	1:31	86	30:19:00	10:07	1:35:22	8/10	41/48	M35-39
105	80	Tri	Jocelyn	Livermore	F35-39	37 F	PORTLAND	ME	10	X	85	6:23	34:39:00	3:17	93	50:56:00	14.1	2:28	108	32:29:00	10:50	1:35:31	19/29	64/122	F35-39
106	47	Tri	Brenda	Tame	F25-29	26 F	GRAY	ME	8	X	109	6:45	36:40:00	3:19	117	52:52:00	13.6	0:54	106	32:04:00	10:42	1:35:53	5/11	65/122	F25-29
107	57	Tri	Leah	O'Neill	F30-34	30 F	BEVERLY	MA	13	X	16	4:43	25:34:00	3:01	120	53:05:00	13.6	0:45	133	34:45:00	11:35	1:36:17	7/11	66/122	F30-34
108	153	Tri	Anita	Tomascak	F45-49	49 F	PORTLAND	ME	3		108	6:44	36:36:00	4:34	115	52:34:00	13.7	3:07	73	29:36:00	9:52	1:36:33	13/22	67/122	F45-49
109	49	Tri	Crystal	Altwater	F25-29	28 F	S PORTLAND	ME	2	X	132	7:19	39:44:00	4:06	145	56:27:00	12.8	1:40	39	27:06:00	9:02	1:36:35	6/11	68/122	F25-29
110	113	Tri	Kap	Wallingford	F40-44	42 F	FREEPORT	ME	9		106	6:41	36:19:00	2:34	73	47:57:00	15	0:36	150	38:52:00	12:58	1:36:39	16/26	69/122	F40-44
111	55	Tri	Lisa	Beeler	F30-34	30 F	SCARBOROUGH	ME	1	X	73	6:12	33:39:00	5:24	138	55:12:00	13	1:38	56	28:17:00	9:26	1:36:41	8/11	70/122	F30-34
112	216	Tri	Michael	Beeler	M35-39	35 M	SCARBOROUGH	ME	1		152	8:32	46:20:00	3:05	136	54:55:00	13.1	1:54	57	28:19:00	9:27	1:36:43	9/10	42/48	M35-39
113	134	Tri	Meg	Coon	F45-49	45 F	CUMBERLAN	ME	11		86	6:23	34:40:00	2:27	81	49:28:00	14.6	1:18	143	37:10:00	12:24	1:36:43	14/22	71/122	F45-49
114	150	Tri	Wendy	Hallenbeck	F45-49	48 F	WATERVILLE	ME	1		170	12:10	66:05:00	2:03	74	48:02:00	15	0:58	125	33:37:00	11:13	1:36:48	15/22	72/122	F45-49
115	82	Tri	Rebecca	Humphrey	F35-39	37 F	STANDISH	ME	8	X	115	6:55	37:34:00	3:06	134	54:35:00	13.2	1:09	98	31:06:00	10:22	1:36:49	20/29	73/122	F35-39
116	79	Tri	Heather	Shields	F35-39	37 F	YARMOUTH	ME	10	X	100	6:39	36:06:00	2:24	86	49:58:00	14.4	1:09	142	36:59:00	12:20	1:37:07	21/29	74/122	F35-39
117	77	Tri	Callie	Steuer	F35-39	37 F	CUMBERLAND FORE	ME	7	X	149	8:21	45:22:00	3:02	109	52:07:00	13.8	1:09	109	32:36:00	10:52	1:37:13	22/29	75/122	F35-39
118	93	Tri	Gretchen	Johnson	F35-39	39 F	PORTLAND	ME	10	X	121	7:01	38:05:00	4:01	133	54:31:00	13.2	1:16	93	30:46:00	10:16	1:37:33	23/29	76/122	F35-39
119	239	Tri	Theodore	Wilkinson	M45-49	48 M	HAVERTHILL	MA	14	X	26	5:13	28:18:00	2:42	67	47:24:00	15.2	1:17	158	40:59:00	13:40	1:37:33	4/5	43/48	M45-49
120	159	Tri	Nancy	Goldstein	F50-54	51 F	FALMOUTH	ME	13		54	5:44	31:07:00	3:40	119	52:57:00	13.6	2:33	114	32:53:00	10:58	1:37:46	2/7	77/122	F50-54
121	104	Tri	Robin	Lary	F40-44	41 F	NORTH YARMOUTH	ME	12	X	104	6:41	36:15:00	2:32	125	54:00:00	13.3	1:20	120	33:24:00	11:08	1:37:54	17/26	78/122	F40-44
122	103	Tri	Heaather	Gale	F40-44	40 F	FALMOUTH	ME	12	X	110	6:45	36:40:00	2:30	128	54:06:00	13.3	1:01	124	33:36:00	11:12	1:37:57	18/26	79/122	F40-44
123	87	Tri	Kristine	Allard	F35-39	38 F	BIDDEFORD	ME	8		142	7:39	41:33:00	3:19	94	51:03:00	14.1	1:10	134	34:52:00	11:38	1:38:01	24/29	80/122	F35-39
124	54	Tri	Sarah	Walters	F25-29	29 F	GRAY	ME	7	X	47	5:33	30:07:00	3:05	140	55:46:00	12.9	1:02	123	33:35:00	11:12	1:38:59	7/11	81/122	F25-29
125	70	Tri	Teresa	Sirois	F35-39	35 F	NORTH YARMOUTH	ME	2	X	159	8:40	47:02:00	3:29	130	54:19:00	13.3	1:35	96	30:59:00	10:20	1:39:00	25/29	82/122	F35-39
126	149	Tri	Cynthia	Rohde	F45-49	48 F	CUMBERLAND FORE	ME	3	X	92	6:30	35:20:00	2:59	95	51:05:00	14.1	2:39	139	36:07:00	12:03	1:39:17	16/22	83/122	F45-49
127	121	Tri	Tobey	Warnock	F40-44	43 F	PORTLAND	ME	10	X	80	6:19	34:19:00	2:38	121	53:06:00	13.6	1:06	140	36:18:00	12:06	1:39:25	19/26	84/122	F40-44
128	101	Tri	Patricia	Buck	F40-44	40 F	PORTLAND	ME	7		29	5:16	28:35:00	4:50	123	53:24:00	13.5	3:28	112	32:47:00	10:56	1:39:42	20/26	85/122	F40-44
129	71	Tri	Julie	Rosenbach	F35-39	35 F	SOUTH PORTLAND	ME	7	X	120	7:00	37:58:00	3:07	127	54:06:00	13.3	2:45	113	32:47:00	10:56	1:39:42	26/29	86/122	F35-39
130	100	Tri	Stephani	Brewer	F40-44	40 F	YARMOUTH	ME	9	X	143	7:44	41:58:00	2:53	142	56:11:00	12.8	1:33	104	31:25:00	10:29	1:39:44	21/26	87/122	F40-44
131	59	Tri	Carrie	Hedman	F30-34	32 F	FREEPORT	ME	2	X	128	7:12	39:08:00	3:42	157	1:00:36	11.9	1:35	49	27:33:00	9:11	1:40:36	9/11	88/122	F30-34
132	122	Tri	Meg	Hausman	F40-44	44 F	CUMBERLAND	ME	6		65	5:54	32:00:00	2:49	116	52:36:00	13.7	1:17	148	38:07:00	12:43	1:40:41	22/26	89/122	F40-44
133	247	Tri	David	Hoops	M50-54	52 M	S PORTLAND	ME	7	X	89	6:28	35:06:00	3:49	150	57:46:00	12.5	2:03	92	30:44:00	10:15	1:40:48	7/7	44/48	M50-54
134	67	Tri	Cara	Belowski	F30-34	34 F	WESTBROOK	ME	12	X	60	5:51	31:44:00	2:53	131	54:19:00	13.3	0:58	141	36:55:00	12:19	1:40:54	10/11	90/122	F30-34
135	48	Tri	Kelley	Strout	F25-29	27 F	PORTLAND	ME	2	X	150	8:22	45:24:00	3:56	153	58:44:00	12.3	0:35	72	29:32:00	9:51	1:41:08	8/11	91/122	F25-29
136	74	Tri	Cheryl	Johnson	F35-39	36 F	GRAY	ME	2	X	122	7:01	38:09:00	3:34	137	55:01:00	13.1	1:02	132	34:43:00	11:35	1:41:20	27/29	92/122	F35-39
137	158	Tri	Monica	Cormier	F50-54	51 F	WINDHAM	ME	2		111	6:48	36:55:00	3:00	147	56:49:00	12.7	0:54	131	34:40:00	11:34	1:42:09	3/7	93/122	F50-54
138	46	Tri	Aimee	Doherty	F25-29	26 F	WINDHAM	ME	12	X	22	5:01	27:16:00	3:57	148	56:56:00	12.6	1:39	135	35:00:00	11:40	1:42:31	9/11	94/122	F25-29
139	164	Tri	Maura	Halkiotis	F50-54	54 F	YARMOUTH	ME	1		156	8:34	46:30:00	3:15	129	54:12:00	13.3	2:03	130	34:30:00	11:30	1:42:32	4/7	95/122	F50-54
140	237	Tri	Joseph	McDonnell	M45-49	48 M	FALMOUTH	ME	1	X	162	8:57	48:37:00	7:18	100	51:31:00	14	1:26	121	33:32:00	11:11	1:42:42	5/5	45/48	M45-49
141	130	Tri	Catherin	Breen	F45-49	45 F	FALMOUTH	ME	7	X	148	8:16	44:55:00	3:59	96	51:19:00	14	3:19	138	35:53:00	11:58	1:42:43	17/22	96/122	F45-49
142	105	Tri	Heather	Osgood	F40-44	41 F	CUMBERLAND	ME	12	X	56	5:49	31:35:00	2:33	124	53:35:00	13.4	1:23	157	40:42:00	13:34	1:44:00	23/26	97/122	F40-44
143	170	Tri	Ann	Casady	F55-59	56 F	YARMOUTH	ME	9		125	7:04	38:22:00	3:00	118	52:57:00	13.6	1:46	153	40:08:00	13:23	1:44:53	6/9	98/122	F55-59
144	145	Tri	Robin	Dunnett	F45-49	47 F	CUMBERLAND	ME	3		101	6:39	36:08:00	3:02	107	52:04:00	13.8	1:25	161	42:13:00	14:05	1:45:21	18/22	99/122	F45-49
145	115	Tri	Susan	Horton	F40-44	42 F	NORTH YARMOUTH	ME	6	X	58	5:50	31:42:00	4:16	160	1:01:17	11.7	1:02	115	32:59:00	11:00	1:45:22	24/26	100/122	F40-44
146	88	Tri	Debbie	Kelley	F35-39	38 F	PORTLAND	ME	11		113	6:52	37:17:00	3:11	158	1:01:05	11.8	0:55	122	33:33:00	11:11	1:45:35	28/29	101/122	F35-39
147	92	Tri	Colleen	Guillou	F35-39	39 F	NEWBURYPORT	MA	11	X	130	7:18	39:38:00	4:15	141	56:01:00	12.9	1:07	144	37:10:00	12:24	1:45:49	29/29	102/122	F35-39
148	176	Tri	Lois	Martin	F60-64	60 F	S PORTLAND	ME	2	X	169	10:55	59:20:00	3:45	143	56:12:00	12.8	1:58	116	33:05:00	11:02	1:45:53	1/3	103/122	F60-64
149	51	Tri	Dana P.	Buckoski	F25-29	28 F	YARMOUTH	ME	6	X	36	5:20	28:59:00	3:47	152	58:27:00	12.3	0:51	149	38:09:00	12:43	1:46:32	10/11	104/122	F25-29
150	220	Tri	Eric	Lacombe	M35-39	37 M	FALMOUTH	ME	1	X	136	7:29	40:36:00	4:15	156	59:48:00	12	1:20	127	33:50:00	11:17	1:46:40	10/10	46/48	M35-39
151	40	Tri	Jenna	Brink	F15-19	16 F	CUMBERLAND	ME	4	X	19	4:52	26:26:00	3:59	149	57:06:00	12.6	1:51	154	40:16:00	13:26	1:48:02	2/2	105/122	F15-19

2010 Tri for the Y Triathlon Overall Results

152	142	Tri	Sheila	Dilios	F45-49	47 F	PORTLAND	ME	2	X	166	9:38	52:22:00	3:48	139	55:46:00	12.9	1:56	147	37:44:00	12:35	1:48:51	19/22	106/122	F45-49
153	177	Tri	Marcia	Feller	F60-64	63 F	YARMOUTH	ME	9	X	127	7:12	39:06:00	3:53	159	1:01:06	11.8	2:25	136	35:03:00	11:41	1:49:37	2/3	107/122	F60-64
154	15	Tri	April	Wade	F30-34	30 F	NEW GLOUCESTER	ME	14		82	6:19	34:20:00	3:10	135	54:49:00	13.1	1:44	164	43:44:00	14:35	1:49:44	11/11	108/122	F30-34
155	168	Tri	Mary Jay	Gould	F55-59	56 F	PORTLAND	ME	8	X	165	9:35	52:01:00	3:40	126	54:05:00	13.3	2:58	152	39:33:00	13:11	1:49:48	7/9	109/122	F55-59
156	99	Tri	Heather	McGary	F40-44	40 F	WINDHAM	ME	2	X	147	8:07	44:05:00	3:20	144	56:21:00	12.8	2:01	156	40:37:00	13:33	1:50:24	25/26	110/122	F40-44
157	175	Tri	Carol	Cain	F60-64	60 F	CUMBERLAND FORE	ME	7		164	9:22	50:53:00	3:13	151	58:12:00	12.4	1:47	151	39:25:00	13:09	1:51:57	3/3	111/122	F60-64
158	108	Tri	Kristi	Frates	F40-44	41 F	SCARBOROUGH	ME	1	X	139	7:33	41:02:00	4:33	146	56:41:00	12.7	2:38	159	41:03:00	13:41	1:52:27	26/26	112/122	F40-44
159	171	Tri	Jean	Smith	F55-59	58 F	GRAY	ME	8		154	8:33	46:29:00	4:03	154	59:02:00	12.2	0:53	155	40:22:00	13:28	1:52:51	8/9	113/122	F55-59
160	169	Tri	Cheryl	Greaney	F55-59	56 F	PORTLAND	ME	8		129	7:16	39:28:00	3:35	155	59:17:00	12.1	1:19	160	41:30:00	13:50	1:52:55	9/9	114/122	F55-59
161	45	Tri	Kerri	Finamore	F25-29	26 F	YARMOUTH	ME	2	X	161	8:56	48:32:00	2:53	164	1:02:54	11.4	1:26	145	37:14:00	12:25	1:53:21	11/11	115/122	F25-29
162	160	Tri	Judith	Arbuckle	F50-54	52 F	PORTLAND	ME	8	X	141	7:38	41:26:00	4:54	168	1:05:17	11	1:53	137	35:26:00	11:49	1:55:05	5/7	116/122	F50-54
163	146	Tri	Kathy	Domingo	F45-49	47 F	CUMBERLAND	ME	3	X	158	8:36	46:45:00	2:30	167	1:04:23	11.2	1:11	163	42:41:00	14:14	1:59:20	20/22	117/122	F45-49
164	227	Tri	Philip	Grondin	M40-44	41 M	PORTLAND	ME	9	X	160	8:44	47:27:00	4:01	161	1:01:18	11.7	1:55	168	49:50:00	16:37	2:05:47	8/8	47/48	M40-44
165	178	Tri	Elizabet	Serrage	F70-74	71 F	CAPE ELIZABETH	ME	1		167	10:08	55:04:00	6:08	165	1:03:37	11.3	2:09	165	43:47:00	14:36	2:05:47	1/1	118/122	F70-74
166	161	Tri	Debora	Low	F50-54	52 F	NORTH YARMOUTH	ME	11	X	140	7:36	41:14:00	4:19	163	1:02:08	11.6	1:24	169	50:43:00	16:55	2:06:06	6/7	119/122	F50-54
167	254	Tri	Albert	Condon	M65-69	69 M	PRE4SQUE ISLE	ME	1	X	168	10:55	59:18:00	6:42	166	1:04:09	11.2	3:19	162	42:34:00	14:12	2:07:37	1/1	48/48	M65-69
168	128	Tri	Suellen	Shaw	F45-49	45 F	N YARMOUTH	ME	13	X	95	6:35	35:43:00	4:59	169	1:10:21	10.2	1:31	167	48:58:00	16:20	2:12:22	21/22	120/122	F45-49
169	162	Tri	Nancy	Mina	F50-54	53 F	SCARBOROUGH	ME	9	X	163	9:14	50:09:00	6:26	170	1:16:54	9.4	1:30	166	44:52:00	14:58	2:18:54	7/7	121/122	F50-54
170	300	Tri	Angela J	Wheaton	F45-49	48 F	POWNA	ME	9	X	155	8:34	46:30:00	4:39	162	1:01:33	11.7	31:13:00	170	59:05:00	19:42	2:45:02	22/22	122/122	F45-49

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