



# 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

## Category Results

### Male Top 3 Overall

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	9	Dan	Young	Cary	NC	35	00:10:15	1.0	00:01:39	00:27:03	23.3 m/hr	00:00:23	00:18:20	5:55 min/m	00:57:42
2	22	Justin	Smith	Mebane	NC	31	00:11:09	1.3	00:01:58	00:26:52	23.4 m/hr	00:00:34	00:20:08	6:29 min/m	01:00:43
3	170	Michael	Fausone	Wilmette	IL	22	00:12:34	3.1	00:02:06	00:27:25	23.0 m/hr	00:00:34	00:18:31	5:58 min/m	01:01:12

### Female Top 3 Overall

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	11	Erin	Cutrell	Raleigh	NC	28	00:09:53	1.0	00:02:22	00:31:01	20.3 m/hr	00:01:00	00:22:44	7:20 min/m	01:07:02
2	33	Julie	Jennings	Chapel Hill	NC	47	00:14:24	1.7	00:02:09	00:32:07	19.6 m/hr	00:00:37	00:24:04	7:46 min/m	01:13:23
3	77	Nicki	Zelenski	Durham	NC	27	00:13:22	2.1	00:02:28	00:34:16	18.4 m/hr	00:00:36	00:23:01	7:25 min/m	01:13:45

### Male Clydesdale

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	29	Dan	Maclachlan	Wilson	NC	36	00:12:40	1.5	00:02:28	00:28:49	21.9 m/hr	00:00:57	00:25:14	8:08 min/m	01:10:10
2	8	Brad	Harvey	Raleigh	NC	46	00:11:08	1.1	00:02:57	00:33:20	18.9 m/hr	00:00:43	00:26:39	8:35 min/m	01:14:49
3	84	Matthew	Huff	Cary	NC	34	00:15:40	2.4	00:02:07	00:31:08	20.2 m/hr	00:00:38	00:25:58	8:22 min/m	01:15:33
4	87	Brian	Rice	Holly Springs	NC	48	00:15:09	2.3	00:03:18	00:32:31	19.4 m/hr	00:00:55	00:25:47	8:19 min/m	01:17:42
5	105	Chris	Carlson	Cary	NC	38	00:15:53	2.6	00:03:29	00:34:40	18.2 m/hr	00:01:23	00:24:58	8:03 min/m	01:20:25
7	124	Michael	Hodgdon	Durham	NC	49	00:19:57	3.1	00:03:25	00:33:34	18.8 m/hr	00:00:46	00:26:39	8:36 min/m	01:24:24
6	96	Kurt	Hales	Wake Forest	NC	47	00:17:11	2.6	00:03:39	00:34:37	18.2 m/hr	00:01:20	00:29:35	9:32 min/m	01:26:25
8	142	Stephen	Harrison	Clinton	NC	39	00:24:26	3.7	00:06:20	00:39:52	15.8 m/hr	00:01:13	00:27:12	8:46 min/m	01:39:06
9	161	Al	Crouse	Wilson	NC	45	00:27:35	4.2	00:05:54	00:40:10	15.7 m/hr	00:00:40	00:27:47	8:57 min/m	01:42:08



# 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

## Category Results

### Female Athena

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	140	Amy	Alexander	Durham	NC	40	00:18:11	3.2	00:04:00	00:52:51	11.9 m/hr	00:00:55	00:43:56	14:10 min/m	01:59:55
3	155	Susan	Little	Wendell	NC	47	00:29:11	4.3	00:04:21	00:46:40	13.5 m/hr	00:01:17	00:41:15	13:18 min/m	02:02:45
2	138	Katherine	Edwards	Raleigh	NC	29	00:19:33	3.3	00:04:25	00:56:24	11.2 m/hr	00:00:47	00:43:50	14:08 min/m	02:05:00

### Male Ages 13 and Under

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	13	Jared	Eytcheson	Cary	NC	13	00:14:38	1.4	00:01:58	00:35:19	17.8 m/hr	00:00:37	00:23:47	7:40 min/m	01:16:22

### Male Ages 14 - 15

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	2	Christopher	Raymond	Raleigh	NC	15	00:09:36	0.9	00:01:51	00:31:36	19.9 m/hr	00:00:36	00:22:08	7:08 min/m	01:05:48

### Male Ages 16 - 19

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
2	38	Tim	Kloecker	Raleigh	NC	19	00:12:46	1.6	00:01:41	00:32:12	19.6 m/hr	00:00:21	00:21:27	6:55 min/m	01:08:28
1	10	Kurt	Wedegaertner	Raleigh	NC	16	00:10:33	1.1	00:03:19	00:35:21	17.8 m/hr	00:00:28	00:21:23	6:54 min/m	01:11:06
3	27	Christian	Hinson	Asheboro	NC	19	00:14:43	1.6	00:02:50	00:36:11	17.4 m/hr	00:01:16	00:25:55	8:21 min/m	01:20:57
5	76	Eric	Woodruff	Wake Forest	NC	18	00:17:16	2.4	00:05:18	00:43:17	14.6 m/hr	00:00:59	00:26:45	8:37 min/m	01:33:37
4	18	Felix	Contreras	Asheboro	NC	19	00:17:22	1.7	00:04:23	00:52:20	12.0 m/hr	00:01:18	00:22:28	7:15 min/m	01:37:54
6	135	Alex	Newcomb	Mebane	NC	19	00:32:56	4.3	00:06:49	00:41:16	15.3 m/hr	00:02:15	00:31:49	10:16 min/m	01:55:07

### Female Ages 16 - 19

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
-----	-----	------------	-----------	------	----	-----	------	-----------	----	------	-----------	----	-----	----------	------



# 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

## Category Results

1	31	Sarah	Wright	Chapel Hill	NC	16	00:12:40	1.6	00:03:49	00:37:56	16.6 m/hr	00:01:37	00:30:04	9:42 min/m	01:26:07
---	----	-------	--------	-------------	----	----	----------	-----	----------	----------	-----------	----------	----------	------------	----------

### Male Ages 20 - 24

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
6	169	Ross	Taggart	Durham	NC	22	00:10:32	2.9	00:01:45	00:34:33	18.2 m/hr	00:00:36	00:19:09	6:10 min/m	01:06:37
3	90	Jarrett	Carr	Raleigh	NC	22	00:13:52	2.3	00:02:55	00:31:24	20.1 m/hr	00:00:19	00:18:33	5:59 min/m	01:07:05
2	37	Rory	Burke	Raleigh	NC	20	00:13:17	1.7	00:01:56	00:33:18	18.9 m/hr	00:00:25	00:20:51	6:43 min/m	01:09:49
1	7	Casey	Brucken	Raleigh	NC	24	00:12:46	1.2	00:02:22	00:34:18	18.4 m/hr	00:00:26	00:22:47	7:21 min/m	01:12:39
7	127	Clint	Piland	Newport News	VA	23	00:14:03	2.7	00:02:21	00:31:55	19.7 m/hr	00:00:38	00:24:10	7:47 min/m	01:13:09
8	129	Jawad	Dughmush	Rocky Mount	NC	22	00:17:43	3.0	00:03:00	00:32:22	19.5 m/hr	00:00:26	00:20:17	6:32 min/m	01:13:49
5	123	Will	Bowman	Raleigh	NC	20	00:14:56	2.2	00:01:53	00:33:23	18.9 m/hr	00:00:28	00:24:09	7:47 min/m	01:14:50
4	46	Christopher	Horne	Fayetteville	NC	23	00:14:53	1.9	00:02:15	00:35:27	17.8 m/hr	00:00:54	00:22:43	7:19 min/m	01:16:14
9	55	Tucker	Reyner	Raleigh	NC	22	00:16:38	2.1	00:02:50	00:36:49	17.1 m/hr	00:00:43	00:26:45	8:37 min/m	01:23:47
10	97	Sam	Ray	Raleigh	NC	20	00:18:51	2.8	00:04:23	00:39:44	15.9 m/hr	00:00:40	00:24:13	7:48 min/m	01:27:54
12	157	Jean	De Klerk	Raleigh	NC	22	00:20:04	3.6	00:03:23	00:37:40	16.7 m/hr	00:00:26	00:26:35	8:34 min/m	01:28:09
11	119	Kirk	Spicer	Wilmington	NC	23	00:18:07	2.9	00:03:09	00:37:39	16.7 m/hr	00:00:52	00:29:46	9:36 min/m	01:29:36
14	149	Sean	D'souza	Raleigh	NC	21	00:24:14	3.8	00:04:11	00:37:37	16.7 m/hr	00:00:21	00:23:32	7:35 min/m	01:29:56
13	95	Jeffrey	Basey	Summerfield	NC	22	00:19:58	2.8	00:02:45	00:40:33	15.5 m/hr	00:01:31	00:32:49	10:35 min/m	01:37:37
15	79	Grady	O'brien	Durham	NC	23	00:18:19	2.5	00:03:45	00:53:13	11.8 m/hr	00:00:35	00:24:49	8:00 min/m	01:40:44

### Female Ages 20 - 24

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	6	Jennifer	Omlor	Shelby	NC	20	00:12:05	1.1	00:02:13	00:35:44	17.6 m/hr	00:00:51	00:25:09	8:07 min/m	01:16:04
5	154	Sarah	Leichter	Pittsford	NY	20	00:16:26	3.2	00:03:15	00:39:05	16.1 m/hr	00:00:32	00:25:22	8:11 min/m	01:24:41
2	62	Catie	Widin	Raleigh	NC	24	00:13:06	1.9	00:03:41	00:41:50	15.1 m/hr	00:00:51	00:27:02	8:43 min/m	01:26:32



## 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

### Category Results

4	98	Lindsey	Fulton	Raleigh	NC	20	00:18:13	2.7	00:03:16	00:38:28	16.4 m/hr	00:01:11	00:27:36	8:54 min/m	01:28:45
3	57	Risa	Chavez	Newton	NC	22	00:16:38	2.2	00:02:52	00:41:16	15.3 m/hr	00:00:35	00:27:33	8:53 min/m	01:28:56
6	122	Sara	White	Raleigh	NC	24	00:17:42	2.9	00:04:30	00:51:04	12.3 m/hr	00:01:28	00:34:21	11:04 min/m	01:49:07
7	152	Molly	Mckinley	Raleigh	NC	20	00:19:50	3.5	00:05:34	00:55:08	11.4 m/hr	00:01:31	00:43:52	14:09 min/m	02:05:57

### Male Ages 25 - 29

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	21	John	Kane	Raleigh	NC	27	00:11:33	1.3	00:02:11	00:28:06	22.4 m/hr	00:00:31	00:21:29	6:55 min/m	01:03:51
6	83	Eric	Hall	Durham	NC	25	00:14:18	2.2	00:02:35	00:30:22	20.7 m/hr	00:00:37	00:17:51	5:45 min/m	01:05:44
2	34	Evan	Calabrese	Durham	NC	26	00:11:56	1.5	00:01:36	00:29:24	21.4 m/hr	00:00:33	00:22:22	7:12 min/m	01:05:54
4	48	Carl	Berasi	Durham	NC	26	00:12:48	1.8	00:02:22	00:29:36	21.3 m/hr	00:00:55	00:20:14	6:31 min/m	01:05:57
5	42	Bryan	Deitz	Raleigh	NC	25	00:13:29	1.7	00:02:13	00:30:22	20.7 m/hr	00:00:43	00:20:43	6:41 min/m	01:07:31
3	28	Bill	Ide	Jacksonville	NC	29	00:14:20	1.6	00:02:38	00:30:10	20.9 m/hr	00:00:42	00:20:37	6:39 min/m	01:08:29
8	109	Greg	Gosselin	Raleigh	NC	25	00:15:30	2.6	00:03:10	00:34:58	18.0 m/hr	00:01:29	00:20:57	6:45 min/m	01:16:06
7	63	Robert	Womble	Raleigh	NC	25	00:22:25	2.7	00:02:49	00:31:20	20.1 m/hr	00:01:10	00:21:49	7:02 min/m	01:19:35
9	112	Kevin	Parrott	Durham	NC	28	00:15:28	2.6	00:03:45	00:36:52	17.1 m/hr	00:00:57	00:24:13	7:49 min/m	01:21:18
10	126	Aliasgar	Pedhiwala	Raleigh	NC	29	00:19:32	3.1	00:04:18	00:36:09	17.4 m/hr	00:01:44	00:23:18	7:31 min/m	01:25:03
11	151	Christopher	Harris	Richmond	VA	25	00:18:37	3.4	00:04:38	00:38:01	16.6 m/hr	00:01:39	00:30:46	9:55 min/m	01:33:42
12	75	Kyle	Traner	Raleigh	NC	25	00:19:13	3.2	00:04:33	00:45:26	13.9 m/hr	00:01:17	00:32:16	10:24 min/m	01:42:46

### Female Ages 25 - 29

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	50	Caroyln	Pence	Raleigh	NC	28	00:16:03	2.0	00:05:35	00:31:51	19.8 m/hr	00:00:46	00:22:16	7:11 min/m	01:16:33
2	166	Casey	Herdson	Durham	NC	29	00:11:45	1.4	00:03:01	00:36:34	17.2 m/hr	00:01:03	00:28:01	9:02 min/m	01:20:26
3	58	Kim	Cocce	Durham	NC	25	00:13:42	1.9	00:02:57	00:36:38	17.2 m/hr	00:01:29	00:26:45	8:38 min/m	01:21:34



## 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

### Category Results

4	118	Deeptee	Jain	Durham	NC	25	00:15:07	2.7	00:03:53	00:40:54	15.4 m/hr	00:01:08	00:28:53	9:19 min/m	01:29:56
5	103	Molly	Boyce	Raleigh	NC	25	00:16:32	2.6	00:04:59	00:48:25	13.0 m/hr	00:00:40	00:27:52	8:59 min/m	01:38:29
6	71	Mentoria	Farris	Raleigh	NC	25	00:19:03	3.2	00:04:34	00:45:24	13.9 m/hr	00:01:17	00:32:16	10:24 min/m	01:42:37

### Male Ages 30 - 34

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
4	66	Andrew	Whittaker	Cary	NC	32	00:12:33	2.0	00:01:48	00:28:58	21.7 m/hr	00:00:32	00:19:12	6:11 min/m	01:03:05
2	47	David	Sinnk	Fayetteville	NC	34	00:11:15	1.6	00:01:58	00:29:13	21.6 m/hr	00:00:33	00:20:25	6:35 min/m	01:03:26
1	171	Jess	Joiner	Raleigh	IL	32	00:11:23	1.4	00:02:15	00:29:16	21.5 m/hr	00:00:35	00:20:19	6:33 min/m	01:03:50
3	25	David	Caudle	Wilson	NC	34	00:12:57	1.5	00:02:23	00:28:12	22.3 m/hr	00:00:52	00:22:30	7:15 min/m	01:06:55
6	136	Aaron	Yontz	Cary	NC	33	00:19:36	3.3	00:02:47	00:33:46	18.7 m/hr	00:00:59	00:24:21	7:51 min/m	01:21:30
5	70	Brian	Decker	Wake Forest	NC	32	00:18:02	2.4	00:02:10	00:35:31	17.7 m/hr	00:00:35	00:27:19	8:48 min/m	01:23:38
8	147	Agustin	Silva	Raleigh	NC	33	00:16:36	3.1	00:03:35	00:35:47	17.6 m/hr	00:00:59	00:27:06	8:44 min/m	01:24:04
7	106	Ashwin	Chaugule	Apex	NC	30	00:18:15	2.8	00:05:24	00:37:34	16.8 m/hr	00:01:54	00:25:48	8:19 min/m	01:28:56
9	158	Robert	Arriaga	Cary	NC	32	00:23:18	3.8	00:04:06	00:37:36	16.8 m/hr	00:00:22	00:26:27	8:32 min/m	01:31:51

### Female Ages 30 - 34

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
3	113	Jaime	Szymusiak	Raleigh	NC	34	00:15:57	2.7	00:02:56	00:31:51	19.8 m/hr	00:00:38	00:23:07	7:27 min/m	01:14:30
2	51	Tracy	Rodriguez	Raleigh	NC	33	00:15:12	2.0	00:04:20	00:36:30	17.3 m/hr	00:00:25	00:25:56	8:22 min/m	01:22:25
1	30	Maria	Mazzillo	Apex	NC	32	00:12:02	1.5	00:03:14	00:35:56	17.5 m/hr	00:00:55	00:30:24	9:48 min/m	01:22:33
4	19	Virginia	Huff	Cary	NC	33	00:14:14	1.5	00:02:30	00:42:09	14.9 m/hr	00:00:54	00:27:55	9:00 min/m	01:27:44
5	108	Amy	Fischer	Cary	NC	34	00:16:30	2.7	00:03:57	00:37:13	16.9 m/hr	00:01:27	00:28:59	9:21 min/m	01:28:08



# 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

## Category Results

### Male Ages 35 - 39

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
2	172	Dan	Mcgowan	Raleigh	IL	35	00:13:20	1.6	00:01:39	00:27:40	22.8 m/hr	00:00:35	00:19:11	6:11 min/m	01:02:27
1	24	John	Blausey	Willow Spring	NC	36	00:11:17	1.3	00:01:49	00:28:20	22.2 m/hr	00:01:06	00:20:24	6:34 min/m	01:02:56
7	92	Jeff	Kern	Jackson Springs	NC	37	00:14:32	2.4	00:01:47	00:29:11	21.6 m/hr	00:00:37	00:19:27	6:16 min/m	01:05:36
3	14	Christian	Zuburg	Raleigh	NC	36	00:12:18	1.3	00:02:07	00:30:47	20.5 m/hr	00:00:35	00:20:27	6:36 min/m	01:06:16
5	60	Damon	Mclean	Raleigh	NC	36	00:13:46	2.0	00:02:06	00:29:04	21.7 m/hr	00:00:52	00:21:59	7:05 min/m	01:07:48
6	40	Sergio S.	Rosa Jr.	Durham	NC	35	00:14:04	1.8	00:01:34	00:32:21	19.5 m/hr	00:00:30	00:23:33	7:36 min/m	01:12:04
4	1	Matt	Schonwalder	Durham	NC	38	00:10:03	0.9	00:02:55	00:33:13	19.0 m/hr	00:00:28	00:25:41	8:17 min/m	01:12:23
8	68	Blake	Guyler	Wake Forest	NC	37	00:14:37	2.1	00:03:53	00:32:06	19.6 m/hr	00:01:27	00:22:50	7:22 min/m	01:14:55
10	167	William	Tallen	Raleigh	NC	37	00:14:06	3.2	00:02:38	00:34:52	18.1 m/hr	00:01:02	00:23:49	7:41 min/m	01:16:30
9	111	Eduard	Noguera	Raleigh	NC	38	00:18:33	2.9	00:03:52	00:35:09	17.9 m/hr	00:00:48	00:25:09	8:06 min/m	01:23:33
11	146	Luca	Blanzuoli	Cary	NC	38	00:21:07	3.5	00:04:42	00:38:21	16.4 m/hr	00:00:50	00:27:42	8:56 min/m	01:32:43
12	163	Matt	Martin	Cary	NC	36	00:21:50	3.8	00:04:23	00:41:54	15.0 m/hr	00:01:09	00:37:52	12:13 min/m	01:47:10

### Female Ages 35 - 39

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	16	Christina	Eschbach	Louisburg	NC	37	00:13:01	1.4	00:02:33	00:34:54	18.0 m/hr	00:00:41	00:24:43	7:58 min/m	01:15:54
4	94	Elizabeth	Curran	Durham	NC	39	00:17:38	2.6	00:03:59	00:35:08	17.9 m/hr	00:01:05	00:23:22	7:32 min/m	01:21:12
2	36	Michelle	Bingley	Angier	NC	38	00:15:59	1.9	00:02:38	00:36:40	17.2 m/hr	00:01:04	00:25:43	8:17 min/m	01:22:06
5	91	Kelly	Guyler	Wake Forest	NC	38	00:16:32	2.5	00:03:27	00:36:09	17.4 m/hr	00:01:15	00:24:59	8:03 min/m	01:22:23
3	23	Stephanie	O'rouke	Apex	NC	37	00:15:29	1.7	00:03:20	00:37:11	16.9 m/hr	00:01:05	00:29:02	9:22 min/m	01:26:08
6	89	Tracy	Ahrens	Apex	NC	37	00:17:05	2.5	00:03:43	00:37:25	16.8 m/hr	00:00:51	00:32:41	10:32 min/m	01:31:46
7	56	Geeta	Bhat	Fuquay Varina	NC	37	00:14:42	2.0	00:04:48	00:46:24	13.6 m/hr	00:02:34	00:38:02	12:16 min/m	01:46:32



## 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

### Category Results

#### Male Ages 40 - 44

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	39	Steve	Lewis	Wilmington	NC	41	00:12:38	1.6	00:01:49	00:29:08	21.6 m/hr	00:00:31	00:20:53	6:44 min/m	01:05:00
2	45	Louis	Holdstock	Cary	NC	40	00:12:20	1.7	00:02:28	00:29:37	21.3 m/hr	00:00:38	00:21:13	6:50 min/m	01:06:18
3	15	Dan	Decker	Wilson	NC	42	00:14:46	1.5	00:01:36	00:30:58	20.3 m/hr	00:00:28	00:23:41	7:38 min/m	01:11:31
4	74	Tom	Spencer	Raleigh	NC	42	00:16:58	2.4	00:04:30	00:30:49	20.4 m/hr	00:00:55	00:21:51	7:03 min/m	01:15:05
6	93	Daniel	Westbrook	Raleigh	NC	44	00:13:27	2.3	00:03:05	00:33:12	19.0 m/hr	00:00:46	00:25:12	8:07 min/m	01:15:43
9	116	Sergi	Roura	Raleigh	NC	44	00:18:15	2.9	00:03:24	00:33:44	18.7 m/hr	00:00:49	00:23:31	7:35 min/m	01:19:44
7	80	Julio	Bahamon	Raleigh	NC	40	00:15:55	2.3	00:01:59	00:34:37	18.2 m/hr	00:00:56	00:27:26	8:51 min/m	01:20:55
5	165	Javier	Sueiras	Raleigh	NC	44	00:15:33	2.8	00:03:41	00:35:21	17.8 m/hr	743:54:26	00:33:40	10:51 min/m	01:22:42
10	85	Robert	Krupica	Holly Springs	NC	44	00:14:07	2.2	00:03:45	00:35:14	17.9 m/hr	00:02:26	00:30:48	9:56 min/m	01:26:22
11	115	Jeremy	Knapp	Holly Springs	NC	41	00:18:41	2.9	00:06:01	00:35:23	17.8 m/hr	00:01:16	00:31:44	10:14 min/m	01:33:06
8	3	Terry	Casstevens	Apex	NC	42	00:19:17	1.7	00:05:39	00:39:57	15.8 m/hr	00:00:52	00:27:59	9:01 min/m	01:33:46
13	145	Cale	Herndon	Cary	NC	41	00:23:37	3.7	00:06:09	00:44:59	14.0 m/hr	00:01:57	00:29:26	9:29 min/m	01:46:10
12	5	Jeffrey	Hall	Raleigh	NC	42	00:20:00	1.7	00:07:22	00:47:37	13.2 m/hr	00:01:08	00:37:12	12:00 min/m	01:53:19

#### Female Ages 40 - 44

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	117	Roxanne	Purvis	Bunnlevel	NC	40	00:16:52	2.8	00:02:08	00:33:58	18.5 m/hr	00:00:47	00:27:29	8:52 min/m	01:21:15
3	121	Michelle	Hickerson	Chapel Hill	NC	43	00:20:40	3.2	00:02:57	00:35:32	17.7 m/hr	00:00:38	00:26:58	8:42 min/m	01:26:47
2	53	Susanne	Morais	Raleigh	NC	41	00:25:36	2.8	00:02:54	00:35:40	17.7 m/hr	00:00:55	00:25:49	8:19 min/m	01:30:57
4	132	Laura	Golding	Raleigh	NC	40	00:23:30	3.5	00:04:58	00:39:59	15.8 m/hr	00:01:55	00:27:12	8:46 min/m	01:37:36



## 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

### Category Results

#### Male Ages 45 - 49

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	52	Patrick	Wright	Chapel Hill	NC	45	00:12:46	1.8	00:02:22	00:27:31	22.9 m/hr	00:00:38	00:21:15	6:51 min/m	01:04:33
7	168	Myles	Nelligan	Raleigh	NC	47	00:13:45	3.2	00:02:02	00:29:35	21.3 m/hr	00:00:33	00:22:04	7:07 min/m	01:08:00
2	54	Burke	Hutcheson	Durham	NC	45	00:12:52	1.8	00:02:57	00:29:13	21.6 m/hr	00:00:56	00:24:20	7:51 min/m	01:10:19
3	61	Michael	Wells	Raleigh	NC	47	00:15:27	2.1	00:02:24	00:31:53	19.8 m/hr	00:00:53	00:24:07	7:46 min/m	01:14:44
4	64	T.r.	Hash	Winston Salem	NC	49	00:14:02	2.0	00:02:39	00:32:49	19.2 m/hr	00:00:44	00:25:19	8:10 min/m	01:15:34
6	110	Randy	Mcgowan	Winterville	NC	49	00:15:05	2.6	00:02:53	00:32:17	19.5 m/hr	00:01:09	00:24:30	7:54 min/m	01:15:55
9	114	Andrew	Werden	Chapel Hill	NC	46	00:17:01	2.8	00:03:47	00:31:28	20.0 m/hr	00:01:16	00:25:38	8:16 min/m	01:19:12
8	100	Jon	Barlow	Fuquay-Varina	NC	48	00:14:41	2.5	00:03:39	00:34:02	18.5 m/hr	00:01:10	00:26:39	8:35 min/m	01:20:12
10	141	Jerry	Canterbury	Holly Springs	NC	49	00:17:50	3.2	00:03:18	00:32:24	19.4 m/hr	00:00:47	00:25:55	8:21 min/m	01:20:15
5	65	David	Motsinger	Raleigh	NC	45	00:14:46	2.1	00:04:26	00:32:46	19.2 m/hr	00:01:51	00:26:43	8:37 min/m	01:20:35
12	148	Lance	Vonah	Fort Bragg	NC	47	00:21:04	3.5	00:04:19	00:35:20	17.8 m/hr	00:00:58	00:26:59	8:42 min/m	01:28:42
11	120	Neal	Fox	Winterville	NC	49	00:21:34	3.2	00:03:56	00:36:59	17.0 m/hr	00:02:15	00:27:43	8:56 min/m	01:32:28
13	150	James	Hall	Fayetteville	NC	45	00:33:54	4.6	00:05:26	00:47:25	13.3 m/hr	00:02:22	00:40:55	13:12 min/m	02:10:05

#### Female Ages 45 - 49

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	20	Linda	Hughes	Cary	NC	47	00:12:03	1.4	00:03:00	00:35:11	17.9 m/hr	00:00:55	00:24:32	7:54 min/m	01:15:42
2	156	Nona	Young	Raleigh	NC	47	00:22:58	3.8	00:04:51	00:42:25	14.9 m/hr	00:01:38	00:37:26	12:04 min/m	01:49:20

#### Male Ages 50 - 54

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	49	Ronnie	Horne	Raleigh	NC	51	00:13:48	1.8	00:02:19	00:28:32	22.1 m/hr	00:00:31	00:21:06	6:48 min/m	01:06:17





## 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

### Category Results

3	82	Craig	Hagood	Apex	NC	50	00:13:20	2.1	00:02:47	00:30:06	20.9 m/hr	00:00:40	00:22:02	7:06 min/m	01:08:57
2	43	John	Beck	Winston-Salem	NC	52	00:11:26	1.6	00:02:39	00:32:57	19.1 m/hr	00:00:41	00:24:36	7:56 min/m	01:12:22
4	88	Darrell	Swing	Winterville	NC	51	00:15:04	2.4	00:03:07	00:31:17	20.1 m/hr	00:01:19	00:23:57	7:43 min/m	01:14:46
5	130	John	Garrity	Cary	NC	54	00:18:36	3.1	00:03:03	00:46:54	13.4 m/hr	00:01:03	00:25:30	8:13 min/m	01:35:09

### Female Ages 50 - 54

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
2	131	Lisa	Garrity	Apex	NC	53	00:18:52	3.1	00:02:55	00:34:22	18.3 m/hr	00:00:54	00:24:48	8:00 min/m	01:21:53
1	59	Dana	Lebo	Chapel Hill	NC	52	00:18:11	2.3	00:03:15	00:35:32	17.7 m/hr	00:01:11	00:23:47	7:40 min/m	01:21:58
3	144	Tabitha	Zane	Raleigh	NC	53	00:17:51	3.2	00:02:52	00:35:43	17.6 m/hr	00:00:58	00:29:19	9:27 min/m	01:26:46
4	134	Linda	Macrae	Apex	NC	54	00:18:31	3.1	00:06:13	00:42:33	14.8 m/hr	00:01:37	00:36:33	11:47 min/m	01:45:29

### Male Ages 55 - 59

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	35	David	Alsager	Mt. Pleasant	MI	59	00:13:11	1.6	00:03:52	00:31:47	19.8 m/hr	00:01:49	00:28:29	9:11 min/m	01:19:10
2	101	Carlton	Cooper	Raleigh	NC	56	00:15:57	2.6	00:03:40	00:34:42	18.1 m/hr	00:01:06	00:26:07	8:25 min/m	01:21:34
3	78	Stan	Cox	Cary	NC	57	00:14:46	2.2	00:05:01	00:35:37	17.7 m/hr	00:01:13	00:32:49	10:35 min/m	01:29:28
4	137	John	Murphy	Cary	NC	59	00:17:42	3.1	00:07:30	00:44:08	14.3 m/hr	00:02:28	00:32:16	10:24 min/m	01:44:06

### Female Ages 55 - 59

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	143	Joanne	Piscitelli	Durham	NC	56	00:18:23	3.2	00:03:39	00:38:14	16.5 m/hr	00:01:27	00:28:03	9:03 min/m	01:29:49



## 2012 TOA Centennial Sprint Triathlon

29/04/2012

8:00 am

750

10.5

3.1

### Category Results

#### Male Ages 60 - 64

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	44	John	Bevier	Raleigh	NC	61	00:15:51	1.9	00:03:01	00:31:05	20.3 m/hr	00:01:17	00:27:13	8:46 min/m	01:18:28
2	67	Frederick	Lowe	Falmouth	MA	64	00:13:56	2.1	00:02:54	00:35:16	17.9 m/hr	00:01:53	00:27:45	8:57 min/m	01:21:45
3	86	Steve	Pate	Fayetteville	NC	61	00:16:30	2.4	00:03:12	00:37:00	17.0 m/hr	00:01:03	00:31:16	10:05 min/m	01:29:01
4	99	Sam	Spicer	Wilmington	NC	62	743:50:05	0.5	00:30:25	00:37:50	16.6 m/hr	00:00:59	00:30:34	9:51 min/m	01:29:55
5	72	Ted	Oliver	Chapel Hill	NC	60	00:16:25	2.3	00:04:28	00:38:26	16.4 m/hr	00:02:02	00:35:48	11:33 min/m	01:37:11

#### Male Ages 65 - 69

Pos	Bib	First Name	Last Name	City	ST	Age	Swim	Swim Pace	T1	Bike	Bike Pace	T2	Run	Run Pace	Time
1	173	Tito	Craige	Chapel Hill	NC	65	00:12:11	1.5	00:02:55	00:32:55	19.1 m/hr	00:00:53	00:26:36	8:35 min/m	01:15:32
2	102	Iva	Anderson	Raleigh	NC	65	00:18:54	2.8	00:05:41	00:37:53	16.6 m/hr	00:01:16	00:25:10	8:07 min/m	01:28:55