

**YMCA of METRO NORTH
Indoor Triathlon 2016**

#	AGE	GEN	NAME	PLACE	LENGTHS	YARDS	SWIM	BIKE	RUN	TOTAL	WAVE	TYPE
1	42	F	Kristi Bach		17	425	0.241477	9.5	2.14	11.8815	Wave 1 - 9:30am	Individual
10	38	F	Christa Ayer		26	650	0.369317	8.6	2.79	11.7593	Wave 2 - 9:45am	Individual
20	49	F	Kathleen Walsh		21	525	0.298295	8.7	2.47	11.4683	Wave 3 - 10:00am	Individual
4	43	F	KERRY PEGORARO		25	625	0.355113	9.2	1.83	11.3851	Wave 1 - 9:30am	Individual
19	52	F	Clare Madden		22	550	0.312499	8.8	2.18	11.2925	Wave 3 - 10:00am	Individual
44	45	F	Holly Allison		16	400	0.227272	8.5	2.5	11.2273	Wave 8 - 11:15am	Individual
16	16	F	Cynthia Walsh		18	450	0.255681	8.1	2.45	10.8057	Wave 2 - 9:45am	Individual
48	50	F	Jennifer Traversy		15	375	0.213068	9	1.58	10.7931	Wave 9 - 11:30am	Individual
49	23	F	Hailey Buxton		28	700	0.397726	8	2.26	10.6577	Wave 10 - 11:45am	Individual
7	39	F	ALLISON LEONARD		16	400	0.227272	8.7	1.72	10.6473	Wave 1 - 9:30am	Individual
9	30	F	Danielle Duquette		18	450	0.255681	8.3	2.09	10.6457	Wave 2 - 9:45am	Individual
17	60	F	Diane Macdonald		14	350	0.198863	8.4	1.98	10.5789	Wave 3 - 10:00am	Individual
40	56	F	Penny Matel		21	525	0.298295	8	2.23	10.5283	Wave 6 - 10:45am	Individual
27	47	F	Costello Ann Marie		15	375	0.213068	8.3	1.78	10.2931	Wave 4 - 10:15am	Individual
8	50	F	Denise Gaffey		16	400	0.227272	7.4	1.83	9.4573	Wave 1 - 9:30am	Individual
5	39	F	JEANNE WILSON		17	425	0.241477	7.8	1.38	9.4215	Wave 1 - 9:30am	Individual
43	36	F	Shannon Stamegna		11	275	0.15625	7.2	1.86	9.2162	Wave 7 - 11:00am	Individual
26	17	F	Costello Amy		15	375	0.213068	6.8	2.04	9.0531	Wave 4 - 10:15am	Individual
6	56	F	MICHELLE PORCHE		16	400	0.227272	6.9	1.78	8.9073	Wave 1 - 9:30am	Individual
21	53	F	Beth Rosenblatt		7	175	0.099432	6.7	2.05	8.8494	Wave 3 - 10:00am	Individual
14	43	F	Rina Mullen		9	225	0.127841	7.2	1.47	8.7978	Wave 2 - 9:45am	Individual
30	30	F	Katherine Souza		10	250	0.142045	6.3	1.57	8.0120	Wave 4 - 10:15am	Individual
42	26	F	Paige Tobin		0	0	0	0	0	0.0000	Wave 7 - 11:00am	Individual
47	46	M	Scott Conway		21	525	0.298295	10.9	2.4	13.5983	Wave 9 - 11:30am	Individual
3	48	M	JAAP OVERGAAG		17	425	0.241477	10.5	2.84	13.5815	Wave 1 - 9:30am	Individual
2	41	M	John Emmett		20	500	0.28409	10	2.6	12.8841	Wave 1 - 9:30am	Individual
50	32	M	Jameson Bull		24	600	0.340908	10.3	2.23	12.8709	Wave 10 - 11:45am	Individual
46	31	M	Michael Parrott		22	550	0.312499	9.8	2.72	12.8325	Wave 9 - 11:30am	Individual
36	37	M	Joshua Palen		24	600	0.340908	10.2	2.27	12.8109	Wave 5 - 10:30am	Individual
34	47	M	Michael Abbruzzese		22	550	0.312499	9.8	2.63	12.7425	Wave 5 - 10:30am	Individual
45	32	M	Joseph Deering		23	575	0.326704	9.7	2.46	12.4867	Wave 8 - 11:15am	Individual
38	31	M	Craig Lampert		23	575	0.326704	9	3.09	12.4167	Wave 5 - 10:30am	Individual
52		M	Brian Nelson		24	600	0.340908	8.9	2.84	12.0809		
15	35	M	Vinnie Raponi		24	600	0.340908	9.1	2.63	12.0709	Wave 2 - 9:45am	Individual
25	17	M	Angelo Bellia		18	450	0.255681	9.1	2.52	11.8757	Wave 4 - 10:15am	Individual
37	37	M	Sean Coleman		13	325	0.184659	9.3	2.28	11.7647	Wave 5 - 10:30am	Individual
28	49	M	Anthony Bellia		17	425	0.241477	8.9	2.59	11.7315	Wave 4 - 10:15am	Individual
23	48	M	Andrew Mullen		19	475	0.269886	9.1	2	11.3699	Wave 3 - 10:00am	Individual
13	14	M	Spencer Mullen		12	300	0.170454	9	2.11	11.2805	Wave 2 - 9:45am	Individual
22	56	M	Chuck Rodrigues		20	500	0.28409	8.2	2.57	11.0541	Wave 3 - 10:00am	Individual
31	25	M	Dulu Gaye		5	125	0.071023	8.4	2.47	10.9410	Wave 4 - 10:15am	Individual
32	25	M	Ian Duncan		14	350	0.198863	8.9	1.73	10.8289	Wave 4 - 10:15am	Individual
33	53	M	Michael McDonough		14	350	0.198863	8.5	2.07	10.7689	Wave 5 - 10:30am	Individual
18	37	M	Derek Chiang		21	525	0.298295	8	2.28	10.5783	Wave 3 - 10:00am	Individual
51		M	Robert Steeves		18	450	0.255681	8	2.02	10.2757		
39	41	M	Michael Berrian		26	650	0.369317	6.7	3	10.0693	Wave 6 - 10:45am	Individual
24	15	M	Charles Mullen		13	325	0.184659	7.2	2.49	9.8747	Wave 3 - 10:00am	Individual
29	30	M	Heber Souza		14	350	0.198863	7.3	1.89	9.3889	Wave 4 - 10:15am	Individual
11	39	M	Lloyd Ayer		0	0	0	0	0	0.0000	Wave 2 - 9:45am	Individual
12	54	M	Mark Murphy		0	0	0	0	0	0.0000	Wave 2 - 9:45am	Individual
35	65	M	Bob Perry		0	0	0	0	0	0.0000	Wave 5 - 10:30am	Individual
41	59	M	Jeff Ahrens		0	0	0	0	0	0.0000	Wave 7 - 11:00am	Individual

#	AGE	GEN	NAME	TEAM	LENGTHS	YARDS	SWIM	BIKE	RUN	TOTAL	WAVE	TYPE
1	38	M	Luis Santiago-Sierra	TEAM SIERRA	0		0		2.47	10.7535	Wave 5 - 10:30am	Team
	38	F	Nadine Martinez		0		0	7.9			Wave 5 - 10:30am	Team
	15	F	Aryanna Sierra		27	675	0.383522				Wave 5 - 10:30am	Team

2	57	F	Cate Arkins	THE A TEAM	0		0	7.6		10.7951	Wave 5 - 10:30am	Team
	26	M	Brendan Arkins		0		0		2.84		Wave 5 - 10:30am	Team
	20	F	Anna Arkins		25	625	0.355113				Wave 5 - 10:30am	Team