



NRC 19th ANNUAL BEGINNER'S INDOOR TRIATHLON

Nampa Rec Center - October 13, 2018

Men	Swim Time	Bike Time	Time after Bike	Finish Time
Kirk Jenkins	3:25	11:23	16:39	27:56:00
Tyson Cook	3:40	10:27	16:58	29:38:00
Kevin Lakey	4:12	12:12	18:26	29:50:00
Michael Lee	3:57	11:19	17:55	29:55:00
Michael Fenner	3:59		17:57	31:57:00
Bob Lemme	4:45	12:56	21:43	38:54:00

Women	Swim Time	Bike Time	Time after Bike	Finish Time
Jordan Mendoza	4:02	12:49	18:40	30:37:00
Carissa Summers	4:27	13:26	19:12	33:25:00
Donevin Lakey	3:21	15:33	21:30	36:34:00
Rachel Cook	5:10	13:50	21:25	36:51:00
Stephanie Heimberg	6:30	15:56	24:16:00	39:51:00
Kim Roth	4:48	16:52	23:47	42:39:00
Jennifer Coburn	5:40	13:40	22:14	42:39:00
Kelli Crocker	5:15	17:21	26:49:00	45:12:00

Team	Swim Time	Bike Time	Time after Bike	Finish Time
Chrystal Hayes	5:23			
Ron Herr		13:09	20:05	40:07:00