



nrc 20th annual beginner's indoor triathlon

October 12, 2019

Male	Swim Time	Actual Bike Time	Time After Bike	Time after Run
Tyson Cook	3:31	10:27	15:42	28:10:00
Robison Martin	3:42	11:38	17:53	30:24:00
Michael Lee	3:52	11:09	17:53	31:05:00
Michael Fenner	4:10	11:58	18:11	32:23:00
Seth Cook	6:00	10:35	19:32	33:20:00
Kyle Green	5:33	12:54	21:31	34:02:00
Jared Raymond	5:42	12:03	20:54	34:14:00
Grant Gundersen	4:58		20:43	34:26:00
William Roberts	7:08	13:43	23:45	39:10:00

Female	Swim Time	Actual Bike Time	Time After Bike	Time after Run
Haylee Adams	4:31	12:32	19:24	29:58:00
Natalie Johnson	4:08	11:42	18:50	31:59:00
Joy Raymond	4:04	13:20	19:54	32:29:00
Rachel Cook	5:07	13:28	20:27	34:10:00
Sarah Martin	5:22	13:30	21:16	36:26:00
Madson Helfrich	3:26	14:44	21:00	36:37:00
Mary Ann Gundersen	3:28		20:27	36:56:00
Krista Cortez	4:32	13:26	20:20	38:18:00
Jennifer Vanderpool	7:08	13:06	23:28	39:57:00
Vangie Oregon	6:28	12:39	20:48	40:48:00
Kelli Crocker	5:17	16:11	24:21:00	42:27:00
Jessica Christensen	7:09	14:27	25:28:00	44:32:00

