

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
1	1	1	V1	Ramirez, Jon Paul	M	35 35 to 39	Seattle	22	550	0.313	12.19	24.38	77	3,850	2.19	06:51	14.69
2	1	2	O1	Toland, Jack	M	19 18 to 19	Seattle	32	800	0.455	11.27	22.54	75	3,750	2.13	07:02	13.86
3	1	3	W7	St.Clair, Tom	M	49 45 to 49	Seattle	29	725	0.412	10.59	21.18	76	3,800	2.16	06:57	13.16
4	1	4	X3	Esipov, Andrey	M	28 25 to 29	Seattle	25	625	0.355	10.75	21.50	71	3,550	2.02	07:26	13.12
5	1	5	O8	Stanbury, Francis	M	31 30 to 34	Seattle	25	625	0.355	10.34	20.68	76	3,800	2.16	06:57	12.85
6	1	6	V10	Wade, Steven	M	57 55 to 59	Seattle	26	650	0.369	10.09	20.18	69	3,450	1.96	07:39	12.42
7	2	7	X7	Manion, Todd	M	37 35 to 39	Seattle	26	650	0.369	9.88	19.76	66	3,300	1.88	08:00	12.12
8	1	8	X10	Olivares, Joel	M	42 40 to 44	Seattle	22	550	0.313	9.89	19.78	62	3,100	1.76	08:31	11.96
9	1	9	U7	Engledow, Ryan	M	17 16 to 17	Seattle	34	850	0.483	9.36	18.72	71	3,550	2.02	07:26	11.86
10	1	1	S6	Lezcano, Amanda	F	31 30 to 34	Seattle	30	750	0.426	9.57	19.14	65	3,250	1.85	08:07	11.84
11	2	10	O6	Brooks, Jason	M	33 30 to 34	Seattle	13	325	0.185	9.91	19.82	61	3,050	1.73	08:39	11.83
12	3	11	W9	Jordan, Daniel	M	32 30 to 34	Seattle	27	675	0.384	9.58	19.16	65	3,250	1.85	08:07	11.81
13	2	12	W3	Yam, Garrett	M	44 40 to 44	Seattle	29	725	0.412	9.46	18.92	63	3,150	1.79	08:23	11.66
14	1	13	P6	Clark, Jay	M	52 50 to 54	Seattle	24	600	0.341	9.43	18.86	66	3,300	1.88	08:00	11.65
15	4	14	X2	Fontes, Nathan	M	34 30 to 34	Seattle	25	625	0.355	9.21	18.42	64	3,200	1.82	08:15	11.38
16	2	15	S1	Mone, Marc	M	56 55 to 59	Seattle	29	725	0.412	8.92	17.84	68	3,400	1.93	07:46	11.26
17	2	16	S2	Elmore, Kevin	M	53 50 to 54	Seattle	21	525	0.298	9.17	18.34	63	3,150	1.79	08:23	11.26
18	3	17	X4	Pence, Bruce	M	55 55 to 59	Seattle	20	500	0.284	9.27	18.54	55	2,750	1.56	09:36	11.12
19	1	2	Y10	Roberts, Sara	F	42 40 to 44	Seattle	16	400	0.227	8.87	17.74	65	3,250	1.85	08:07	10.94
20	2	3	T10	Kasper, Brenda	F	42 40 to 44	Seattle	17	425	0.241	8.96	17.92	60	3,000	1.70	08:48	10.91
21	3	18	Q8	Meyer, Robert	M	52 50 to 54	Seattle	20	500	0.284	8.63	17.26	67	3,350	1.90	07:53	10.82
22	1	19	S8	Holloway, Richard	M	67 65 to 69	Seattle	22	550	0.313	8.78	17.56	57	2,850	1.62	09:16	10.71
23	3	20	V8	Jones, Matt	M	37 35 to 39	Seattle	29	725	0.412	8.37	16.74	66	3,300	1.88	08:00	10.66
24	1	4	V4	House, Becca	F	24 20 to 24	Seattle	28	700	0.398	8.34	16.68	65	3,250	1.85	08:07	10.58
25	2	21	T5	Boyd, Tyler	M	27 25 to 29	Seattle	28	700	0.398	8.26	16.52	67	3,350	1.90	07:53	10.56
26	2	22	T4	Anderson, Jerry	M	65 65 to 69	Seattle	19	475	0.270	8.98	17.96	43	2,150	1.22	12:17	10.47
27	4	23	S7	Slater, John	M	53 50 to 54	Seattle	16	400	0.227	8.37	16.74	63	3,150	1.79	08:23	10.39
28	1	5	O2	Hassel, Dawn	F	47 45 to 49	Seattle	20	500	0.284	8.53	17.06	55	2,750	1.56	09:36	10.38
29	5	24	O10	Lee, William	M	31 30 to 34	Seattle	22	550	0.313	8.01	16.02	71	3,550	2.02	07:26	10.34
30	1	25	X5	Perry, Erik	M	21 20 to 24	Seattle	28	700	0.398	8.31	16.62	57	2,850	1.62	09:16	10.33
31	3	6	V6	Villalobos, Aide	F	41 40 to 44	Seattle	21	525	0.298	8.31	16.62	59	2,950	1.68	08:57	10.28
32	1	7	V3	Wiegand, Mary	F	56 55 to 59	Seattle	16	400	0.227	8.41	16.82	57	2,850	1.62	09:16	10.26
33	2	8	Y8	Mackay, Sarah	F	45 45 to 49	Seattle	20	500	0.284	8.18	16.36	63	3,150	1.79	08:23	10.25
34	2	9	Y7	Perez, Ayshalynn	F	24 20 to 24	Seattle	23	575	0.327	8.05	16.10	64	3,200	1.82	08:15	10.19
35	3	26	R4	Everill, Peter	M	25 25 to 29	Seattle	18	450	0.256	8.22	16.44	59	2,950	1.68	08:57	10.15
36	4	27	X9	Buckhorn, Bryan	M	38 35 to 39	Seattle	22	550	0.313	8.02	16.04	59	2,950	1.68	08:57	10.01
37	4	28	W2	Gonzales, George	M	55 55 to 59	Seattle	22	550	0.313	7.75	15.50	68	3,400	1.93	07:46	9.99
38	6	29	S5	Hui, Ron	M	31 30 to 34	Seattle	16	400	0.227	7.90	15.80	65	3,250	1.85	08:07	9.97
39	2	30	V7	Goodman, Jonathar	M	48 45 to 49	Seattle	20	500	0.284	8.01	16.02	57	2,850	1.62	09:16	9.91
40	1	10	T6	Gruner, Sheila	F	52 50 to 54	Seattle	22	550	0.313	7.93	15.86	57	2,850	1.62	09:16	9.86
41	3	31	R6	Sprenger, Pete	M	43 40 to 44	Seattle	20	500	0.284	8.01	16.02	54	2,700	1.53	09:47	9.83
42	5	32	Y6	Jordan, Curtis	M	52 50 to 54	Seattle	22	550	0.313	7.45	14.90	70	3,500	1.99	07:33	9.75
43	4	11	V2	Powers, Sheila	F	44 40 to 44	Seattle	19	475	0.270	7.91	15.82	54	2,700	1.53	09:47	9.71
44	4	33	T3	Jedrzysek, Jakub	M	26 25 to 29	Seattle	20	500	0.284	8.11	16.22	45	2,250	1.28	11:44	9.67
45	1	12	T7	Van Dyk, Jessa	F	35 35 to 39	Seattle	28	700	0.398	7.60	15.20	58	2,900	1.65	09:06	9.65
46	5	34	Y11	Griesmer, James	M	28 25 to 29	Seattle	9	225	0.128	7.98	15.96	51	2,550	1.45	10:21	9.56
47	5	13	Q9	Martin, Laura	F	44 40 to 44	Seattle	20	500	0.284	7.87	15.74	40	2,000	1.14	13:12	9.29
48	2	35	X1	Shryock, Matthew	M	23 20 to 24	Seattle	17	425	0.241	7.17	14.34	65	3,250	1.85	08:07	9.26
49	2	14	O9	Whited, Crystal	F	33 30 to 34	Seattle	16	400	0.227	7.25	14.50	53	2,650	1.51	09:58	8.98
50	1	15	R3	Martin, Megan	F	29 25 to 29	Seattle	18	450	0.256	7.26	14.52	49	2,450	1.39	10:47	8.91
51	5	36	W5	Villasenor, Victor	M	37 35 to 39	Seattle	16	400	0.227	6.83	13.66	65	3,250	1.85	08:07	8.90
52	1	37	W6	Plymate, Stepgen	M	72 70 to 74	Seattle	12	300	0.170	7.22	14.44	53	2,650	1.51	09:58	8.90
53	2	16	O7	Lackey, Nicole	F	29 25 to 29	Seattle	16	400	0.227	7.15	14.30	51	2,550	1.45	10:21	8.83
54	2	17	T2	Oversvee-Choi, Kari	F	35 35 to 39	Seattle	18	450	0.256	6.77	13.54	60	3,000	1.70	08:48	8.73
55	7	38	T8	Byrd, David	M	32 30 to 34	Seattle	23	575	0.327	6.42	12.84	59	2,950	1.68	08:57	8.42
56	3	18	R7	Seitz, Natalie	F	33 30 to 34	Seattle	22	550	0.313	6.64	13.28	50	2,500	1.42	10:34	8.37
57	3	19	R2	Russell, Melanie	F	24 20 to 24	Seattle	17	425	0.241	6.52	13.04	55	2,750	1.56	09:36	8.32
58	3	20	Y4	Frederking, Lisa	F	46 45 to 49	Seattle	18	450	0.256	6.64	13.28	50	2,500	1.42	10:34	8.32
59	3	21	Q1	Henderson, Shelly	F	38 35 to 39	Seattle	17	425	0.241	6.74	13.48	45	2,250	1.28	11:44	8.26
60	4	22	W4	Villasenor, Estrellita	F	36 35 to 39	Seattle	18	450	0.256	6.12	12.24	64	3,200	1.82	08:15	8.19
61	3	23	P1	De Brito, Belisa	F	27 25 to 29	Seattle	17	425	0.241	6.21	12.42	61	3,050	1.73	08:39	8.18
62	6	24	R5	Sprenger, Cindy	F	42 40 to 44	Seattle	28	700	0.398	6.35	12.70	45	2,250	1.28	11:44	8.03
63	7	25	U4	Henderson, Raina	F	41 40 to 44	Seattle	10	250	0.142	6.48	12.96	47	2,350	1.34	11:14	7.96
64	4	26	Y9	Paolone, Nicole	F	30 30 to 34	Seattle	17	425	0.241	6.01	12.02	59	2,950	1.68	08:57	7.93
65	8	39	U10	Lackey, Matt	M	30 30 to 34	Seattle	12	300	0.170	6.18	12.36	55	2,750	1.56	09:36	7.91
66	5	27	V5	Doyle, Kelly	F	38 35 to 39	Seattle	13	325	0.185	6.25	12.50	52	2,600	1.48	10:09	7.91
67	2	28	X8	Pugh, Lucianne	F	56 55 to 59	Seattle	17	425	0.241	6.49	12.98	41	2,050	1.16	12:53	7.90
68	5	29	Y5	Freeman, Jennifer	F	30 30 to 34	Seattle	13	325	0.185	6.07	12.14	50	2,500	1.42	10:34	7.68

2015 ITUSA: Seattle Overall: Male

Updated as of 02/22/2015

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1	1	1	V1	Ramirez, Jon Paul	M	35	35 to 39	Seattle	22	550	0.313	12.19	24.38	77	3,850	2.19	06:51	14.69
2	1	2	O1	Toland, Jack	M	19	18 to 19	Seattle	32	800	0.455	11.27	22.54	75	3,750	2.13	07:02	13.86
3	1	3	W7	St.Clair, Tom	M	49	45 to 49	Seattle	29	725	0.412	10.59	21.18	76	3,800	2.16	06:57	13.16
4	1	4	X3	Esipov, Andrey	M	28	25 to 29	Seattle	25	625	0.355	10.75	21.50	71	3,550	2.02	07:26	13.12
5	1	5	O8	Stanbury, Francis	M	31	30 to 34	Seattle	25	625	0.355	10.34	20.68	76	3,800	2.16	06:57	12.85
6	1	6	V10	Wade, Steven	M	57	55 to 59	Seattle	26	650	0.369	10.09	20.18	69	3,450	1.96	07:39	12.42
7	2	7	X7	Manion, Todd	M	37	35 to 39	Seattle	26	650	0.369	9.88	19.76	66	3,300	1.88	08:00	12.12
8	1	8	X10	Olivares, Joel	M	42	40 to 44	Seattle	22	550	0.313	9.89	19.78	62	3,100	1.76	08:31	11.96
9	1	9	U7	Engledow, Ryan	M	17	16 to 17	Seattle	34	850	0.483	9.36	18.72	71	3,550	2.02	07:26	11.86
11	2	10	O6	Brooks, Jason	M	33	30 to 34	Seattle	13	325	0.185	9.91	19.82	61	3,050	1.73	08:39	11.83
12	3	11	W9	Jordan, Daniel	M	32	30 to 34	Seattle	27	675	0.384	9.58	19.16	65	3,250	1.85	08:07	11.81
13	2	12	W3	Yam, Garrett	M	44	40 to 44	Seattle	29	725	0.412	9.46	18.92	63	3,150	1.79	08:23	11.66
14	1	13	P6	Clark, Jay	M	52	50 to 54	Seattle	24	600	0.341	9.43	18.86	66	3,300	1.88	08:00	11.65
15	4	14	X2	Fontes, Nathan	M	34	30 to 34	Seattle	25	625	0.355	9.21	18.42	64	3,200	1.82	08:15	11.38
16	2	15	S1	Mone, Marc	M	56	55 to 59	Seattle	29	725	0.412	8.92	17.84	68	3,400	1.93	07:46	11.26
17	2	16	S2	Elmore, Kevin	M	53	50 to 54	Seattle	21	525	0.298	9.17	18.34	63	3,150	1.79	08:23	11.26
18	3	17	X4	Pence, Bruce	M	55	55 to 59	Seattle	20	500	0.284	9.27	18.54	55	2,750	1.56	09:36	11.12
21	3	18	Q8	Meyer, Robert	M	52	50 to 54	Seattle	20	500	0.284	8.63	17.26	67	3,350	1.90	07:53	10.82
22	1	19	S8	Holloway, Richard	M	67	65 to 69	Seattle	22	550	0.313	8.78	17.56	57	2,850	1.62	09:16	10.71
23	3	20	V8	Jones, Matt	M	37	35 to 39	Seattle	29	725	0.412	8.37	16.74	66	3,300	1.88	08:00	10.66
25	2	21	T5	Boyd, Tyler	M	27	25 to 29	Seattle	28	700	0.398	8.26	16.52	67	3,350	1.90	07:53	10.56
26	2	22	T4	Anderson, Jerry	M	65	65 to 69	Seattle	19	475	0.270	8.98	17.96	43	2,150	1.22	12:17	10.47
27	4	23	S7	Slater, John	M	53	50 to 54	Seattle	16	400	0.227	8.37	16.74	63	3,150	1.79	08:23	10.39
29	5	24	O10	Lee, William	M	31	30 to 34	Seattle	22	550	0.313	8.01	16.02	71	3,550	2.02	07:26	10.34
30	1	25	X5	Perry, Erik	M	21	20 to 24	Seattle	28	700	0.398	8.31	16.62	57	2,850	1.62	09:16	10.33
35	3	26	R4	Everill, Peter	M	25	25 to 29	Seattle	18	450	0.256	8.22	16.44	59	2,950	1.68	08:57	10.15
36	4	27	X9	Buckhorn, Bryan	M	38	35 to 39	Seattle	22	550	0.313	8.02	16.04	59	2,950	1.68	08:57	10.01
37	4	28	W2	Gonzales, George	M	55	55 to 59	Seattle	22	550	0.313	7.75	15.50	68	3,400	1.93	07:46	9.99
38	6	29	S5	Hui, Ron	M	31	30 to 34	Seattle	16	400	0.227	7.90	15.80	65	3,250	1.85	08:07	9.97
39	2	30	V7	Goodman, Jonathar	M	48	45 to 49	Seattle	20	500	0.284	8.01	16.02	57	2,850	1.62	09:16	9.91
41	3	31	R6	Sprenger, Pete	M	43	40 to 44	Seattle	20	500	0.284	8.01	16.02	54	2,700	1.53	09:47	9.83
42	5	32	Y6	Jordan, Curtis	M	52	50 to 54	Seattle	22	550	0.313	7.45	14.90	70	3,500	1.99	07:33	9.75
44	4	33	T3	Jedryszek, Jakub	M	26	25 to 29	Seattle	20	500	0.284	8.11	16.22	45	2,250	1.28	11:44	9.67
46	5	34	Y11	Griesmer, James	M	28	25 to 29	Seattle	9	225	0.128	7.98	15.96	51	2,550	1.45	10:21	9.56
48	2	35	X1	Shryock, Matthew	M	23	20 to 24	Seattle	17	425	0.241	7.17	14.34	65	3,250	1.85	08:07	9.26
51	5	36	W5	Villasenor, Victor	M	37	35 to 39	Seattle	16	400	0.227	6.83	13.66	65	3,250	1.85	08:07	8.90
52	1	37	W6	Plymate, Stepgen	M	72	70 to 74	Seattle	12	300	0.170	7.22	14.44	53	2,650	1.51	09:58	8.90
55	7	38	T8	Byrd, David	M	32	30 to 34	Seattle	23	575	0.327	6.42	12.84	59	2,950	1.68	08:57	8.42
65	8	39	U10	Lackey, Matt	M	30	30 to 34	Seattle	12	300	0.170	6.18	12.36	55	2,750	1.56	09:36	7.91
71	9	40	W1	Horrox, Robert	M	31	30 to 34	Seattle	12	300	0.170	5.96	11.92	50	2,500	1.42	10:34	7.55
81	2	41	V9	Strack, Robert	M	74	70 to 74	Seattle	6	150	0.085	5.02	10.04	33	1,650	0.94	16:00	6.04
87	6	42	R8	Kleinwort, Brandon	M	39	35 to 39	Seattle	11	275	0.156	2.00	4.00	53	2,650	1.51	09:58	3.66

2015 ITUSA: Seattle Overall: Female

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10	1	1	S6	Lezcano, Amanda	F	31	30 to 34	Seattle	30	750	0.426	9.57	19.14	65	3,250	1.85	08:07	11.84
19	1	2	Y10	Roberts, Sara	F	42	40 to 44	Seattle	16	400	0.227	8.87	17.74	65	3,250	1.85	08:07	10.94
20	2	3	T10	Kasper, Brenda	F	42	40 to 44	Seattle	17	425	0.241	8.96	17.92	60	3,000	1.70	08:48	10.91
24	1	4	V4	House, Becca	F	24	20 to 24	Seattle	28	700	0.398	8.34	16.68	65	3,250	1.85	08:07	10.58
28	1	5	O2	Hassel, Dawn	F	47	45 to 49	Seattle	20	500	0.284	8.53	17.06	55	2,750	1.56	09:36	10.38
31	3	6	V6	Villalobos, Aide	F	41	40 to 44	Seattle	21	525	0.298	8.31	16.62	59	2,950	1.68	08:57	10.28
32	1	7	V3	Wiegand, Mary	F	56	55 to 59	Seattle	16	400	0.227	8.41	16.82	57	2,850	1.62	09:16	10.26
33	2	8	Y8	Mackay, Sarah	F	45	45 to 49	Seattle	20	500	0.284	8.18	16.36	63	3,150	1.79	08:23	10.25
34	2	9	Y7	Perez, Ayshalynn	F	24	20 to 24	Seattle	23	575	0.327	8.05	16.10	64	3,200	1.82	08:15	10.19
40	1	10	T6	Gruner, Sheila	F	52	50 to 54	Seattle	22	550	0.313	7.93	15.86	57	2,850	1.62	09:16	9.86
43	4	11	V2	Powers, Sheila	F	44	40 to 44	Seattle	19	475	0.270	7.91	15.82	54	2,700	1.53	09:47	9.71
45	1	12	T7	Van Dyk, Jessa	F	35	35 to 39	Seattle	28	700	0.398	7.60	15.20	58	2,900	1.65	09:06	9.65
47	5	13	Q9	Martin, Laura	F	44	40 to 44	Seattle	20	500	0.284	7.87	15.74	40	2,000	1.14	13:12	9.29
49	2	14	O9	Whited, Crystal	F	33	30 to 34	Seattle	16	400	0.227	7.25	14.50	53	2,650	1.51	09:58	8.98
50	1	15	R3	Martin, Megan	F	29	25 to 29	Seattle	18	450	0.256	7.26	14.52	49	2,450	1.39	10:47	8.91
53	2	16	O7	Lackey, Nicole	F	29	25 to 29	Seattle	16	400	0.227	7.15	14.30	51	2,550	1.45	10:21	8.83
54	2	17	T2	Oversvee-Choi, Kari	F	35	35 to 39	Seattle	18	450	0.256	6.77	13.54	60	3,000	1.70	08:48	8.73
56	3	18	R7	Seitz, Natalie	F	33	30 to 34	Seattle	22	550	0.313	6.64	13.28	50	2,500	1.42	10:34	8.37
57	3	19	R2	Russell, Melanie	F	24	20 to 24	Seattle	17	425	0.241	6.52	13.04	55	2,750	1.56	09:36	8.32
58	3	20	Y4	Frederking, Lisa	F	46	45 to 49	Seattle	18	450	0.256	6.64	13.28	50	2,500	1.42	10:34	8.32
59	3	21	Q1	Henderson, Shelly	F	38	35 to 39	Seattle	17	425	0.241	6.74	13.48	45	2,250	1.28	11:44	8.26
60	4	22	W4	Villasenor, Estrellita	F	36	35 to 39	Seattle	18	450	0.256	6.12	12.24	64	3,200	1.82	08:15	8.19
61	3	23	P1	De Brito, Belisa	F	27	25 to 29	Seattle	17	425	0.241	6.21	12.42	61	3,050	1.73	08:39	8.18
62	6	24	R5	Sprenger, Cindy	F	42	40 to 44	Seattle	28	700	0.398	6.35	12.70	45	2,250	1.28	11:44	8.03
63	7	25	U4	Henderson, Raina	F	41	40 to 44	Seattle	10	250	0.142	6.48	12.96	47	2,350	1.34	11:14	7.96
64	4	26	Y9	Paolone, Nicole	F	30	30 to 34	Seattle	17	425	0.241	6.01	12.02	59	2,950	1.68	08:57	7.93
66	5	27	V5	Doyle, Kelly	F	38	35 to 39	Seattle	13	325	0.185	6.25	12.50	52	2,600	1.48	10:09	7.91
67	2	28	X8	Pugh, Lucianne	F	56	55 to 59	Seattle	17	425	0.241	6.49	12.98	41	2,050	1.16	12:53	7.90
68	5	29	Y5	Freeman, Jennifer	F	30	30 to 34	Seattle	13	325	0.185	6.07	12.14	50	2,500	1.42	10:34	7.68
69	2	30	S10	Miller, Jean Carolyn	F	54	50 to 54	Seattle	17	425	0.241	5.86	11.72	54	2,700	1.53	09:47	7.64
70	6	31	P7	ouniaoglou, Christi	F	37	35 to 39	Seattle	16	400	0.227	5.80	11.60	55	2,750	1.56	09:36	7.59
72	7	32	U8	Salgado, Marlana	F	37	35 to 39	Seattle	20	500	0.284	5.62	11.24	43	2,150	1.22	12:17	7.13
73	3	33	U5	Smith, Ellen	F	54	50 to 54	Seattle	14	350	0.199	5.52	11.04	49	2,450	1.39	10:47	7.11
74	6	34	R1	Spencer, Samantha	F	33	30 to 34	Seattle	16	400	0.227	5.51	11.02	48	2,400	1.36	11:00	7.10
75	4	35	U2	Cihak, Amy	F	48	45 to 49	Seattle	9	225	0.128	5.49	10.98	45	2,250	1.28	11:44	6.90
76	4	36	U3	Muoio, Piper	F	52	50 to 54	Seattle	20	500	0.284	5.05	10.10	49	2,450	1.39	10:47	6.73
77	7	37	Q3	Lapsansky, Beth	F	32	30 to 34	Seattle	11	275	0.156	5.09	10.18	48	2,400	1.36	11:00	6.61
78	8	38	P9	Martin, Misty	F	37	35 to 39	Seattle	23	575	0.327	4.43	8.86	53	2,650	1.51	09:58	6.26
79	8	39	T9	ewandowski, Lindse	F	31	30 to 34	Seattle	26	650	0.369	3.98	7.96	67	3,350	1.90	07:53	6.25
80	8	40	U6	Dodds, Renee	F	40	40 to 44	Seattle	11	275	0.156	4.54	9.08	49	2,450	1.39	10:47	6.09
82	4	41	X6	andermeer, Caitlyr	F	23	20 to 24	Seattle	23	575	0.327	4.78	9.56	27	1,350	0.77	19:33	5.87
83	9	42	Q4	henderson, Deboral	F	42	40 to 44	Seattle	11	275	0.156	4.41	8.82	30	1,500	0.85	17:36	5.42
84	9	43	Q2	Steffen, Jamie	F	34	30 to 34	Seattle	11	275	0.156	3.29	6.58	41	2,050	1.16	12:53	4.61
85	10	44	Y3	Ibsen, Kira	F	42	40 to 44	Seattle	17	425	0.241	3.17	6.34	32	1,600	0.91	16:30	4.32
86	5	45	P8	Howry, Kari	F	49	45 to 49	Seattle	15	375	0.213	3.07	6.14	24	1,200	0.68	22:00	3.96



2015 ITUSA: Seattle Age Group 16-17: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
9	1	9	U7	Engledow, Ryan	M	17	16 to 17	Seattle	34	850	0.483	9.36	18.72	71	3,550	2.02	07:26	11.86



2015 ITUSA: Seattle Age Group 18-19: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
2	1	2	01	Toland, Jack	M	19	18 to 19	Seattle	32	800	0.455	11.27	22.54	75	3,750	2.13	07:02	13.86



2015 ITUSA: Seattle Age Group 20-24: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
30	1	25	X5	Perry, Erik	M	21	20 to 24	Seattle	28	700	0.398	8.31	16.62	57	2,850	1.62	09:16	10.33
48	2	35	X1	Shryock, Matthew	M	23	20 to 24	Seattle	17	425	0.241	7.17	14.34	65	3,250	1.85	08:07	9.26



2015 ITUSA: Seattle Age Group 20-24: Female

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
24	1	4	V4	House, Becca	F	24	20 to 24	Seattle	28	700	0.398	8.34	16.68	65	3,250	1.85	08:07	10.58
34	2	9	Y7	Perez, Ayshalynn	F	24	20 to 24	Seattle	23	575	0.327	8.05	16.10	64	3,200	1.82	08:15	10.19
57	3	19	R2	Russell, Melanie	F	24	20 to 24	Seattle	17	425	0.241	6.52	13.04	55	2,750	1.56	09:36	8.32
82	4	41	X6	Vandermeer, Caitlyn	F	23	20 to 24	Seattle	23	575	0.327	4.78	9.56	27	1,350	0.77	19:33	5.87



2015 ITUSA: Seattle Age Group 25-29: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
4	1	4	X3	Esipov, Andrey	M	28	25 to 29	Seattle	25	625	0.355	10.75	21.50	71	3,550	2.02	07:26	13.12
25	2	21	T5	Boyd, Tyler	M	27	25 to 29	Seattle	28	700	0.398	8.26	16.52	67	3,350	1.90	07:53	10.56
35	3	26	R4	Everill, Peter	M	25	25 to 29	Seattle	18	450	0.256	8.22	16.44	59	2,950	1.68	08:57	10.15
44	4	33	T3	Jedryszek, Jakub	M	26	25 to 29	Seattle	20	500	0.284	8.11	16.22	45	2,250	1.28	11:44	9.67
46	5	34	Y11	Griesmer, James	M	28	25 to 29	Seattle	9	225	0.128	7.98	15.96	51	2,550	1.45	10:21	9.56



2015 ITUSA: Seattle Age Group 25-29: Female

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
50	1	15	R3	Martin, Megan	F	29	25 to 29	Seattle	18	450	0.256	7.26	14.52	49	2,450	1.39	10:47	8.91
53	2	16	O7	Lackey, Nicole	F	29	25 to 29	Seattle	16	400	0.227	7.15	14.30	51	2,550	1.45	10:21	8.83
61	3	23	P1	De Brito, Belisa	F	27	25 to 29	Seattle	17	425	0.241	6.21	12.42	61	3,050	1.73	08:39	8.18

2015 ITUSA: Seattle Age Group 30-34: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
5	1	5	O8	Stanbury, Francis	M	31	30 to 34	Seattle	25	625	0.355	10.34	20.68	76	3,800	2.16	06:57	12.85
11	2	10	O6	Brooks, Jason	M	33	30 to 34	Seattle	13	325	0.185	9.91	19.82	61	3,050	1.73	08:39	11.83
12	3	11	W9	Jordan, Daniel	M	32	30 to 34	Seattle	27	675	0.384	9.58	19.16	65	3,250	1.85	08:07	11.81
15	4	14	X2	Fontes, Nathan	M	34	30 to 34	Seattle	25	625	0.355	9.21	18.42	64	3,200	1.82	08:15	11.38
29	5	24	O10	Lee, William	M	31	30 to 34	Seattle	22	550	0.313	8.01	16.02	71	3,550	2.02	07:26	10.34
38	6	29	S5	Hui, Ron	M	31	30 to 34	Seattle	16	400	0.227	7.90	15.80	65	3,250	1.85	08:07	9.97
55	7	38	T8	Byrd, David	M	32	30 to 34	Seattle	23	575	0.327	6.42	12.84	59	2,950	1.68	08:57	8.42
65	8	39	U10	Lackey, Matt	M	30	30 to 34	Seattle	12	300	0.170	6.18	12.36	55	2,750	1.56	09:36	7.91
71	9	40	W1	Horrox, Robert	M	31	30 to 34	Seattle	12	300	0.170	5.96	11.92	50	2,500	1.42	10:34	7.55

2015 ITUSA: Seattle Age Group 30-34: Female

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
10	1	1	S6	Lezcano, Amanda	F	31	30 to 34	Seattle	30	750	0.426	9.57	19.14	65	3,250	1.85	08:07	11.84
49	2	14	O9	Whited, Crystal	F	33	30 to 34	Seattle	16	400	0.227	7.25	14.50	53	2,650	1.51	09:58	8.98
56	3	18	R7	Seitz, Natalie	F	33	30 to 34	Seattle	22	550	0.313	6.64	13.28	50	2,500	1.42	10:34	8.37
64	4	26	Y9	Paolone, Nicole	F	30	30 to 34	Seattle	17	425	0.241	6.01	12.02	59	2,950	1.68	08:57	7.93
68	5	29	Y5	Freeman, Jennifer	F	30	30 to 34	Seattle	13	325	0.185	6.07	12.14	50	2,500	1.42	10:34	7.68
74	6	34	R1	Spencer, Samantha	F	33	30 to 34	Seattle	16	400	0.227	5.51	11.02	48	2,400	1.36	11:00	7.10
77	7	37	Q3	Lapsansky, Beth	F	32	30 to 34	Seattle	11	275	0.156	5.09	10.18	48	2,400	1.36	11:00	6.61
79	8	39	T9	Lewandowski, Lindsey	F	31	30 to 34	Seattle	26	650	0.369	3.98	7.96	67	3,350	1.90	07:53	6.25
84	9	43	Q2	Steffen, Jamie	F	34	30 to 34	Seattle	11	275	0.156	3.29	6.58	41	2,050	1.16	12:53	4.61

2015 ITUSA: Seattle Age Group 35-39: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
1	1	1	V1	Ramirez, Jon Paul	M	35	35 to 39	Seattle	22	550	0.313	12.19	24.38	77	3,850	2.19	06:51	14.69
7	2	7	X7	Manion, Todd	M	37	35 to 39	Seattle	26	650	0.369	9.88	19.76	66	3,300	1.88	08:00	12.12
23	3	20	V8	Jones, Matt	M	37	35 to 39	Seattle	29	725	0.412	8.37	16.74	66	3,300	1.88	08:00	10.66
36	4	27	X9	Buckhorn, Bryan	M	38	35 to 39	Seattle	22	550	0.313	8.02	16.04	59	2,950	1.68	08:57	10.01
51	5	36	W5	Villasenor, Victor	M	37	35 to 39	Seattle	16	400	0.227	6.83	13.66	65	3,250	1.85	08:07	8.90
87	6	42	R8	Kleinwort, Brandon	M	39	35 to 39	Seattle	11	275	0.156	2.00	4.00	53	2,650	1.51	09:58	3.66



2015 ITUSA: Seattle Age Group 35-39: Female

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
45	1	12	T7	Van Dyk, Jessa	F	35	35 to 39	Seattle	28	700	0.398	7.60	15.20	58	2,900	1.65	09:06	9.65
54	2	17	T2	Oversvee-Choi, Kari	F	35	35 to 39	Seattle	18	450	0.256	6.77	13.54	60	3,000	1.70	08:48	8.73
59	3	21	Q1	Henderson, Shelly	F	38	35 to 39	Seattle	17	425	0.241	6.74	13.48	45	2,250	1.28	11:44	8.26
60	4	22	W4	Villasenor, Estrellita	F	36	35 to 39	Seattle	18	450	0.256	6.12	12.24	64	3,200	1.82	08:15	8.19
66	5	27	V5	Doyle, Kelly	F	38	35 to 39	Seattle	13	325	0.185	6.25	12.50	52	2,600	1.48	10:09	7.91
70	6	31	P7	Itouniaoglou, Christin	F	37	35 to 39	Seattle	16	400	0.227	5.80	11.60	55	2,750	1.56	09:36	7.59
72	7	32	U8	Salgado, Marlana	F	37	35 to 39	Seattle	20	500	0.284	5.62	11.24	43	2,150	1.22	12:17	7.13
78	8	38	P9	Martin, Misty	F	37	35 to 39	Seattle	23	575	0.327	4.43	8.86	53	2,650	1.51	09:58	6.26



2015 ITUSA: Seattle Age Group 40-44: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
8	1	8	X10	Olivares, Joel	M	42	40 to 44	Seattle	22	550	0.313	9.89	19.78	62	3,100	1.76	08:31	11.96
13	2	12	W3	Yam, Garrett	M	44	40 to 44	Seattle	29	725	0.412	9.46	18.92	63	3,150	1.79	08:23	11.66
41	3	31	R6	Sprenger, Pete	M	43	40 to 44	Seattle	20	500	0.284	8.01	16.02	54	2,700	1.53	09:47	9.83



2015 ITUSA: Seattle Age Group 40-44: Female

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
19	1	2	Y10	Roberts, Sara	F	42	40 to 44	Seattle	16	400	0.227	8.87	17.74	65	3,250	1.85	08:07	10.94
20	2	3	T10	Kasper, Brenda	F	42	40 to 44	Seattle	17	425	0.241	8.96	17.92	60	3,000	1.70	08:48	10.91
31	3	6	V6	Villalobos, Aide	F	41	40 to 44	Seattle	21	525	0.298	8.31	16.62	59	2,950	1.68	08:57	10.28
43	4	11	V2	Powers, Sheila	F	44	40 to 44	Seattle	19	475	0.270	7.91	15.82	54	2,700	1.53	09:47	9.71
47	5	13	Q9	Martin, Laura	F	44	40 to 44	Seattle	20	500	0.284	7.87	15.74	40	2,000	1.14	13:12	9.29
62	6	24	R5	Sprenger, Cindy	F	42	40 to 44	Seattle	28	700	0.398	6.35	12.70	45	2,250	1.28	11:44	8.03
63	7	25	U4	Henderson, Raina	F	41	40 to 44	Seattle	10	250	0.142	6.48	12.96	47	2,350	1.34	11:14	7.96
80	8	40	U6	Dodds, Renee	F	40	40 to 44	Seattle	11	275	0.156	4.54	9.08	49	2,450	1.39	10:47	6.09
83	9	42	Q4	Henderson, Deborah	F	42	40 to 44	Seattle	11	275	0.156	4.41	8.82	30	1,500	0.85	17:36	5.42
85	10	44	Y3	Ibsen, Kira	F	42	40 to 44	Seattle	17	425	0.241	3.17	6.34	32	1,600	0.91	16:30	4.32



2015 ITUSA: Seattle Age Group 45-49: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
3	1	3	W7	St.Clair, Tom	M	49	45 to 49	Seattle	29	725	0.412	10.59	21.18	76	3,800	2.16	06:57	13.16
39	2	30	V7	Goodman, Jonathan	M	48	45 to 49	Seattle	20	500	0.284	8.01	16.02	57	2,850	1.62	09:16	9.91



2015 ITUSA: Seattle Age Group 45-49: Female

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
28	1	5	O2	Hassel, Dawn	F	47	45 to 49	Seattle	20	500	0.284	8.53	17.06	55	2,750	1.56	09:36	10.38
33	2	8	Y8	Mackay, Sarah	F	45	45 to 49	Seattle	20	500	0.284	8.18	16.36	63	3,150	1.79	08:23	10.25
58	3	20	Y4	Frederking, Lisa	F	46	45 to 49	Seattle	18	450	0.256	6.64	13.28	50	2,500	1.42	10:34	8.32
75	4	35	U2	Cihak, Amy	F	48	45 to 49	Seattle	9	225	0.128	5.49	10.98	45	2,250	1.28	11:44	6.90
86	5	45	P8	Howry, Kari	F	49	45 to 49	Seattle	15	375	0.213	3.07	6.14	24	1,200	0.68	22:00	3.96



2015 ITUSA: Seattle Age Group 50-54: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace
14	1	13	P6	Clark, Jay	M	52	50 to 54	Seattle	24	600	0.341	9.43	18.86	66	3,300	1.88	08:00
17	2	16	S2	Elmore, Kevin	M	53	50 to 54	Seattle	21	525	0.298	9.17	18.34	63	3,150	1.79	08:23
21	3	18	Q8	Meyer, Robert	M	52	50 to 54	Seattle	20	500	0.284	8.63	17.26	67	3,350	1.90	07:53
27	4	23	S7	Slater, John	M	53	50 to 54	Seattle	16	400	0.227	8.37	16.74	63	3,150	1.79	08:23
42	5	32	Y6	Jordan, Curtis	M	52	50 to 54	Seattle	22	550	0.313	7.45	14.90	70	3,500	1.99	07:33



2015 ITUSA: Seattle Age Group 50-54: Female

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
40	1	10	T6	Gruner, Sheila	F	52	50 to 54	Seattle	22	550	0.313	7.93	15.86	57	2,850	1.62	09:16	9.86
69	2	30	S10	Miller, Jean Carolyn	F	54	50 to 54	Seattle	17	425	0.241	5.86	11.72	54	2,700	1.53	09:47	7.64
73	3	33	U5	Smith, Ellen	F	54	50 to 54	Seattle	14	350	0.199	5.52	11.04	49	2,450	1.39	10:47	7.11
76	4	36	U3	Muoio, Piper	F	52	50 to 54	Seattle	20	500	0.284	5.05	10.10	49	2,450	1.39	10:47	6.73



2015 ITUSA: Seattle Age Group 55-59: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
6	1	6	V10	Wade, Steven	M	57	55 to 59	Seattle	26	650	0.369	10.09	20.18	69	3,450	1.96	07:39	12.42
16	2	15	S1	Mone, Marc	M	56	55 to 59	Seattle	29	725	0.412	8.92	17.84	68	3,400	1.93	07:46	11.26
18	3	17	X4	Pence, Bruce	M	55	55 to 59	Seattle	20	500	0.284	9.27	18.54	55	2,750	1.56	09:36	11.12
37	4	28	W2	Gonzales, George	M	55	55 to 59	Seattle	22	550	0.313	7.75	15.50	68	3,400	1.93	07:46	9.99



2015 ITUSA: Seattle Age Group 55-59: Female

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
32	1	7	V3	Wiegand, Mary	F	56	55 to 59	Seattle	16	400	0.227	8.41	16.82	57	2,850	1.62	09:16	10.26
67	2	28	X8	Pugh, Lucianne	F	56	55 to 59	Seattle	17	425	0.241	6.49	12.98	41	2,050	1.16	12:53	7.90



2015 ITUSA: Seattle Age Group 65-69: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
22	1	19	S8	Holloway, Richard	M	67	65 to 69	Seattle	22	550	0.313	8.78	17.56	57	2,850	1.62	09:16	10.71
26	2	22	T4	Anderson, Jerry	M	65	65 to 69	Seattle	19	475	0.270	8.98	17.96	43	2,150	1.22	12:17	10.47



2015 ITUSA: Seattle Age Group 70-74: Male

Updated as of 02/22/2015

Overall Rank	Age Rank	Gender Rank	Bib #	Last, First (Name)	Gender	Age	Age Group	Event	Swim Lengths	Yards Swam	Miles Swam	Miles Biked	Avg MPH	Run Lengths	Yards Ran	Miles Ran	Run Pace	Total Mileage
52	1	37	W6	Plymate, Steppen	M	72	70 to 74	Seattle	12	300	0.170	7.22	14.44	53	2,650	1.51	09:58	8.90
81	2	41	V9	Strack, Robert	M	74	70 to 74	Seattle	6	150	0.085	5.02	10.04	33	1,650	0.94	16:00	6.04