

Week 8 May 27, 2009

| <u>First</u> | <u>LastName</u> | <u>Classification</u> | <u>Age</u> | <u>Course</u> | <u>Location</u> | <u>Total Time</u> | <u>AVG MPH</u> | <u>AVG Watts</u> | <u>Watts/KG</u> | <u>Weight</u> |
|--------------|-----------------|-----------------------|------------|-----------------|-----------------|-------------------|----------------|------------------|-----------------|---------------|
| Robert | Kendrick | Mens A 40+ | | 2000 Tri worlds | Pineville | 20.34.60 | 23.48 | 321.6 | 4.53 | 156/70.90 |
| Rick | Hoffarth | Mens A 40+ | 51 | 2002 Tri worlds | Pineville | 21.31.4 | 22.44 | 295.2 | 3.98 | 163/74.09 |
| Don | Macintyre | Mens A 40+ | | 2017 Tri worlds | Pineville | 21.53.36 | 22.06 | 277.99 | 4 | 155/70 |
| Rich | Gerardi | Mens A 40+ | 53 | 2013 Tri worlds | Pineville | 22.45.31 | 21.23 | 255 | 2.7 | 152/69.09 |
| John | Marshall | Mens B 40+ | 63 | 2011 Tri worlds | Pineville | 23.40.68 | 20 | 237 | 3.5 | 173/79 |
| Scott | Olson | Mens B | | 2005 Tri worlds | Pineville | 23.44.26 | 20.35 | 246.17 | 3.19 | 169/77 |
| Jim | Keffer | Mens A 40+ | 43 | 2004 Tri worlds | Pineville | 24.31.0 | 19.7 | 228.1 | 3.13 | 160/72.72 |
| Randy | Whitt | Mens B 40+ | 63 | 2010 Tri worlds | Pineville | 24.35.23 | 21.23 | 221.63 | 2.94 | 165/75 |
| Melissa | McDonald | Womens B 40+ | 50 | 2006 Tri worlds | Pineville | 24.43.74 | 22.04 | 206.73 | 3.3 | 147/66 |
| Len | Fumi | Mens A 40+ | 59 | 2012 Tri worlds | Pineville | 25.42.69 | 18.79 | 197.4 | 3 | 154/70 |
| Ken | Conti | Mens B 40+ | 53 | 2015 Tri worlds | Pineville | 26.26.29 | 18.27 | 198.87 | 2.51 | 172/78.18 |
| Melinda | Presson | Womens A 40+ | 44 | 2014 Tri worlds | Pineville | 26.48.43 | 18.14 | 182.4 | 2.53 | 150/68 |
| Lilli | Gerardi | Womens B 40+ | | 2016 Tri worlds | Pineville | 27.00.00 | 18 | 143 | 2.51 | 125/56.81 |

Age Group

Mens A

| <u>FirstName</u> | <u>LastName</u> | <u>Classification</u> | <u>Age</u> | <u>Course</u> | <u>Location</u> | <u>Total Time</u> | <u>AVG MPH</u> | <u>AVG Watts</u> | <u>Watts/KG</u> | <u>Weight</u> |
|--------------------------|-----------------|-----------------------|------------|-----------------|-----------------|-------------------|----------------|------------------|-----------------|---------------|
| <u>Mens A 40+</u> | | | | | | | | | | |
| <u>FirstName</u> | <u>LastName</u> | <u>Classification</u> | <u>Age</u> | <u>Course</u> | <u>Location</u> | <u>Total Time</u> | <u>AVG MPH</u> | <u>AVG Watts</u> | <u>Watts/KG</u> | <u>Weight</u> |
| Robert | Kendrick | Mens A 40+ | | 2000 Tri worlds | Pineville | 20.34.60 | 23.48 | 321.6 | 4.53 | 156/70.90 |
| Rick | Hoffarth | Mens A 40+ | 51 | 2002 Tri worlds | Pineville | 21.31.4 | 22.44 | 295.2 | 3.98 | 163/74.09 |
| Don | Macintyre | Mens A 40+ | | 2017 Tri worlds | Pineville | 21.53.36 | 22.06 | 277.99 | 4 | 155/70 |
| Rich | Gerardi | Mens A 40+ | 53 | 2013 Tri worlds | Pineville | 22.45.31 | 21.23 | 255 | 2.7 | 152/69.09 |
| Jim | Keffer | Mens A 40+ | 43 | 2004 Tri worlds | Pineville | 24.31.0 | 19.7 | 228.1 | 3.13 | 160/72.72 |
| Len | Fumi | Mens A 40+ | 59 | 2012 Tri worlds | Pineville | 25.42.69 | 18.79 | 197.4 | 3 | 154/70 |

Mens B

| | | | | | | | | | | |
|-------|-------|--------|--|-----------------|-----------|----------|-------|--------|------|--------|
| Scott | Olson | Mens B | | 2005 Tri worlds | Pineville | 23.44.26 | 20.35 | 246.17 | 3.19 | 169/77 |
|-------|-------|--------|--|-----------------|-----------|----------|-------|--------|------|--------|

Mens B 40+

| <u>FirstName</u> | <u>LastName</u> | <u>Classification</u> | <u>Age</u> | <u>Course</u> | <u>Location</u> | <u>Total Time</u> | <u>AVG MPH</u> | <u>AVG Watts</u> | <u>Watts/KG</u> | <u>Weight</u> |
|------------------|-----------------|-----------------------|------------|-----------------|-----------------|-------------------|----------------|------------------|-----------------|---------------|
| John | Marshall | Mens B 40+ | 63 | 2011 Tri worlds | Pineville | 23.40.68 | 20 | 237 | 3.5 | 173/79 |
| Randy | Whitt | Mens B 40+ | 63 | 2010 Tri worlds | Pineville | 24.35.23 | 21.23 | 221.63 | 2.94 | 165/75 |
| Ken | Conti | Mens B 40+ | 53 | 2015 Tri worlds | Pineville | 26.26.29 | 18.27 | 198.87 | 2.51 | 172/78.18 |

Womens A

| <u>FirstName</u> | <u>LastName</u> | <u>Classification</u> | <u>Age</u> | <u>Course</u> | <u>Location</u> | <u>Total Time</u> | <u>AVG MPH</u> | <u>AVG Watts</u> | <u>Watts/KG</u> | <u>Weight</u> |
|------------------|-----------------|-----------------------|------------|---------------|-----------------|-------------------|----------------|------------------|-----------------|---------------|
|------------------|-----------------|-----------------------|------------|---------------|-----------------|-------------------|----------------|------------------|-----------------|---------------|

Womens A 40+

| <u>FirstName</u> | <u>LastName</u> | <u>Classification</u> | <u>Age</u> | <u>Course</u> | <u>Location</u> | <u>Total Time</u> | <u>AVG MPH</u> | <u>AVG Watts</u> | <u>Watts/KG</u> | <u>Weight</u> |
|------------------|-----------------|-----------------------|------------|-----------------|-----------------|-------------------|----------------|------------------|-----------------|---------------|
| Melinda | Presson | Womens A 40+ | 44 | 2014 Tri worlds | Pineville | 26.48.43 | 18.14 | 182.4 | 2.53 | 150/68 |

Womens B 40+

| <u>FirstName</u> | <u>LastName</u> | <u>Classification</u> | <u>Age</u> | <u>Course</u> | <u>Location</u> | <u>Total Time</u> | <u>AVG MPH</u> | <u>AVG Watts</u> | <u>Watts/KG</u> | <u>Weight</u> |
|------------------|-----------------|-----------------------|------------|-----------------|-----------------|-------------------|----------------|------------------|-----------------|---------------|
| Melissa | McDonald | Womens B 40+ | 50 | 2006 Tri worlds | Pineville | 24.43.74 | 22.04 | 206.73 | 3.3 | 147/66 |
| Lilli | Gerardi | Womens B 40+ | | 2016 Tri worlds | Pineville | 27.00.00 | 18 | 143 | 2.51 | 125/56.81 |