

Women's Triathlon Club -- 2004 Results



2004		S	B	R	Age-Grp	Overall	FINISH TIME			SWIM	100/y	%	A	O	T1	%	BIKE	MPH	%	A	O	T2	%	RUN	MPH	M/M	%	A	O
		yards	miles	miles																									
Amanda Ramirez	City of Gold Tri	880	12	3.1	-30 22	40	01	48	13	19.31	2.13	18.0%	25	49			58.07	12.39	53.7%	26	48			30.35	6.08	9.52	28.3%	18	37
Amy King	TriForFun #1	1050	14	3.1	40-44 20	103	01	49	34																				
	LUNA Bar Women's Tri	880	16	3	40-44 16	96	01	53	14	21.37	2.27	19.1%					56.11	17.09	49.6%					35.26	5.08	11.49	31.3%		
	Golden State Tri	880	15	3.1	40-44 12	79	01	53	57	24.36	2.48	21.6%	11	91			54.36	16.48	47.9%	6	34			34.45	5.35	11.13	30.5%	16	120
Ann Hayes	Tinman Triathlon	740	10	4.5	45-49 9		01	45	33																				
Anna Presley	Wildflower Tri	1650	24.9	6.2	30-34 10	48	02	46	54	27.39	1.41	16.6%			132	1.32%	84.43	17.60	50.8%			95	0.95%	50.45	7.33	8.11	30.4%		
	City of Gold Tri	880	12	3.1	31- 1	2	01	22	27	14.10	1.37	17.2%	2	8			42.33	16.92	51.6%	1	2			25.44	7.23	8.18	31.2%	4	9
	TriForFun #1	1050	14	3.1	Elite 3	5	01	21	04																				
	Hagg Lake Tri	1650	24.8	6.2	30-34 8	14	02	39	03	27.00	1.38	17.0%	6	18	130	1.36%	79.25	18.74	49.9%	8	15	59	0.62%	49.29	7.52	7.59	31.1%	6	17
	Donner Lake Tri	1650	24.9	6.53	30-34 4	31	02	58	24	30.16	1.50	17.0%	9	49	110	1.03%	90.05	16.55	50.5%	7	37	45	0.42%	55.28	7.06	8.30	31.1%	6	45
	Barb's Race	2090	56	13.1	30-34 1	2	05	16	11	34.48	1.40	11.0%			143	0.75%	168.47	19.91	53.4%	1	2	68	0.36%	109.05	7.21	8.20	34.5%		6
	Tinman Triathlon	740	10	4.5	30-34 1	2	01	21	37																				
	Santa Cruz Sentinel Tri	1650	25	6.2	30-34 7	15	02	24	28	26.30	1.36	18.3%			189	2.18%	68.03	22.04	47.1%			75	0.87%	45.31	8.17	7.20	31.5%		
	Golden State Tri	880	15	3.1	Elite 2	3	01	27	59	20.01	2.16	22.8%	2	32			45.54	19.61	52.2%	2	2			22.04	8.43	7.07	25.1%	2	10
Beth Colwell	TriForFun #1	1050	14	3.1	30-34 12	47	01	38	37																				
Cheryl Woodville	Tinman Triathlon	740	10	4.5	45-49 11		01	52	09																				
Christie Fox	Golden State Tri	880	15	3.1	50-54 5	134	02	22	29	32.42	3.43	23.0%	4	134			76.58	11.69	54.0%	5	135			32.49	5.67	10.35	23.0%	3	113
Cristina R-Dully	City of Gold Tri	880	12	3.1	31- 17	36	01	45	57	17.25	1.59	16.4%	14	29			57.58	12.42	54.7%	21	46			30.34	6.09	9.52	28.9%	19	36
	TriForFun #1	1050	14	3.1	40-44 10	48	01	38	04																				
Darlene Henderson	Folsom Intl. Tri	1650	24.8	6.2	50-54 10	203	03	22	12	42.14	2.34	20.9%	9		161	1.33%	89.21	16.65	44.2%	9		92	0.76%	66.24	5.60	10.43	32.8%	10	
Dede Ferris	TriForFun #1	1050	14	3.1	50-54 7	171	02	11	45																				
Elizabeth Brent	City of Gold Tri	880	12	3.1	31- 8	18	01	35	29	17.50	2.02	18.7%	18	33			48.12	14.94	50.5%	6	13			29.27	6.32	9.30	30.8%	15	31
	TriForFun #1	1050	14	3.1	45-49 1	22	01	32	00																				
	Donner Lake Tri	1650	24.9	6.53	45-49 2	84	03	17	11	38.04	2.18	19.3%	8	138	208	1.76%	93.36	15.93	47.5%	2	53	46	0.39%	61.17	6.39	9.23	31.1%	3	91
	Folsom Intl. Tri	1650	24.8	6.2	45-49 7	95	02	47	16	34.35	2.06	20.7%	17		187	1.86%	77.02	19.32	46.1%	6		97	0.97%	50.55	7.31	8.13	30.4%	6	
	Tinman Triathlon	740	10	4.5	45-49 3	11	01	30	45																				
	Golden State Tri	880	15	3.1	45-49 5	22	01	44	31	24.29	2.47	23.4%	6	87			55.03	16.35	52.7%	5	40			24.59	7.44	8.04	23.9%	5	36
Erica Martini	City of Gold Tri	880	12	3.1	-30 17	30	01	41	34	15.31	1.46	15.3%	9	11			54.00	13.33	53.2%	17	29			32.03	5.80	10.20	31.6%	23	45
	LUNA Bar Women's Tri	880	16	3	25-29 21	76	01	50	49	17.51	2.02	16.1%	14	44			62.11	15.44	56.1%	26	94			30.47	5.85	10.16	27.8%	26	108
Heidi Clavey	Golden State Tri	880	15	3.1	35-39 5	56	01	46	44	24.18	2.46	22.8%	10	79			55.59	16.08	52.5%	6	48			26.27	7.03	8.32	24.8%	6	45
Helen Wheeler	Folsom Intl. Tri	1650	24.8	6.2	40-44 23	133	02	56	55	30.39	1.51	17.3%	21		200	1.88%	84.24	17.63	47.7%	23		120	1.13%	56.32	6.58	9.07	32.0%	23	
	Tinman Triathlon	740	10	4.5	40-44 3	15	01	34	42																				
Jamie Batha	Folsom Intl. Tri	1650	24.8	6.2	45-49 4	82	02	44	32	33.18	2.01	20.2%	12		163	1.65%	76.49	19.37	46.7%	5		98	0.99%	50.04	7.43	8.05	30.4%	3	
	Tinman Triathlon	740	10	4.5	45-49 2	7	01	27	18																				
	Golden State Tri	880	15	3.1	45-49 2	14	01	34	55	19.50	2.15	20.9%	3	27			52.19	17.20	55.1%	2	21			22.46	8.17	7.21	24.0%	2	16



