

# Y Turkey Tri Indoor Triathlon

28-Nov-19

Hamilton YMCA

10 Min Swim/30 Min Bike/20 Min Run

## Scoring Rules

Swim: Each completed length earns 1 point.  
 Bike: Record total miles and multiply by 4.  
 Run: Record total mileage and multiply by 10.  
 Add up Swim, Bike, and Run points.

## Course Records:

	Male	Distance	Year	Female	Distance	Year
Swim	DAVID DYER	24.00	Nov 2019	BEKAH LIST	31.00	Nov 2019
Bike	ROSS PORTER	10.50	Nov 2019	BEKAH LIST	12.90	Nov 2019
Run	CHUCK DENHAM	2.81	Nov 2019	BEKAH LIST	2.93	Nov 2019
Overall	CHUCK DENHAM	91.30	Nov 2019	BEKAH LIST	111.90	Nov 2019

Weather Conditions: Perfect, it was indoors :)

First	Last	M/F	Place	Age Group	Start Time	Swim				T1	Bike				T2	Run				Total Points	
						Lengths	Yards	Time	Per 100/M		Lengths*1	Miles	Time	MPH		Mileage * 4	Miles	Time	Pace		Mileage * 10
Bekah	List	F	1st Overall	30-34	7:55AM	31	775	0:10:00	0:01:25	31.00	0:10:00	12.90	0:30:00	25.80	51.60	0:10:00	2.93	0:20:00	06:50	29.30	111.90
Lisa	Becht	F	2nd Overall	35-39	8:30AM	22	550	0:10:00	0:01:59	22.00	0:10:00	10.60	0:30:00	21.20	42.40	0:10:00	2.91	0:20:00	06:52	29.10	93.50
Bonny	List	F	3rd Overall	60-64	7:55AM	30	750	0:10:00	0:01:27	30.00	0:10:00	9.40	0:30:00	18.80	37.60	0:10:00	2.11	0:20:00	09:29	21.10	88.70
Chuck	Denham	M	1st Overall	55-59	6:45AM	22	550	0:10:00	0:01:59	22.00	0:10:00	10.30	0:30:00	20.60	41.20	0:10:00	2.81	0:20:00	07:07	28.10	91.30
David	Dyer	M	2nd Overall	45-49	8:30AM	24	600	0:10:00	0:01:49	24.00	0:10:00	9.90	0:30:00	19.80	39.60	0:10:00	2.06	0:20:00	09:43	20.60	84.20
David	Hartman	M	3rd Overall	50-54	7:20AM	14	350	0:10:00	0:03:07	14.00	0:10:00	10.20	0:30:00	20.40	40.80	0:10:00	2.81	0:20:00	07:07	28.10	82.90
Ella Jane	May	F	1st	under 14	9:05AM	11	275	0:10:00	0:03:59	11.00	0:10:00	6.10	0:30:00	12.20	24.40	0:10:00	1.25	0:20:00	16:00	12.50	47.90
AJ	Newman	F	1st	20-24	8:30AM	23	575	0:10:00	0:01:54	23.00	0:10:00	6.30	0:30:00	12.60	25.20	0:10:00	1.77	0:20:00	11:18	17.70	65.90
Sarah	List	F	1st	25-29	7:55AM	30	750	0:10:00	0:01:27	30.00	0:10:00	8.50	0:30:00	17.00	34.00	0:10:00	2.25	0:20:00	08:53	22.50	86.50
Dani	Fugate	F	1st	30-34	6:45AM	17	425	0:10:00	0:02:34	17.00	0:10:00	7.70	0:30:00	15.40	30.80	0:10:00	1.54	0:20:00	12:59	15.40	63.20
Brandy	Shadwick	F	2nd	30-34	8:30AM	16	400	0:10:00	0:02:44	16.00	0:10:00	7.20	0:30:00	14.40	28.80	0:10:00	1.45	0:20:00	13:48	14.50	59.30
Leslie	Gentry	F	1st	35-39	8:30AM	20	500	0:10:00	0:02:11	20.00	0:10:00	9.40	0:30:00	18.80	37.60	0:10:00	2.91	0:20:00	06:52	29.10	86.70
Christina	Barnes	F	2nd	35-39	8:30AM	22	550	0:10:00	0:01:59	22.00	0:10:00	7.70	0:30:00	15.40	30.80	0:10:00	2.01	0:20:00	09:57	20.10	72.90
Rebekah	Gilman	F	3rd	35-39	7:55AM	21	525	0:10:00	0:02:05	21.00	0:10:00	8.80	0:30:00	17.60	35.20	0:10:00	1.34	0:20:00	14:56	13.40	69.60
Mac	Blackhart	F	4rd	35-39	5:00am	13	325	0:10:00	0:03:22	13.00	0:10:00	8.10	0:30:00	16.20	32.40	0:10:00	2.05	0:20:00	09:45	20.50	65.90
Jenny	Wright	F	1st	40-44	9:05AM	15	375	0:10:00	0:02:55	15.00	0:10:00	10.90	0:30:00	21.80	43.60	0:10:00	2.36	0:20:00	08:28	23.60	82.20
Anna	Massey	F	2nd	40-44	9:40AM	19	475	0:10:00	0:02:18	19.00	0:10:00	8.00	0:30:00	16.00	32.00	0:10:00	2.05	0:20:00	09:45	20.50	71.50
Jennifer	May	F	3rd	40-44	9:05AM	13	325	0:10:00	0:03:22	13.00	0:10:00	8.20	0:30:00	16.40	32.80	0:10:00	2.00	0:20:00	10:00	20.00	65.80
Tara	Moore	F	1st	45-49	5:00am	23	575	0:10:00	0:01:54	23.00	0:10:00	8.20	0:30:00	16.40	32.80	0:10:00	1.77	0:20:00	11:18	17.70	73.50
Joan	Wagner	F	1st	50-54	7:20AM	21	525	0:10:00	0:02:05	21.00	0:10:00	9.00	0:30:00	18.00	36.00	0:10:00	2.00	0:20:00	10:00	20.00	77.00
Angie	Ogle	F	2nd	50-54	5:00am	10	250	0:10:00	0:04:22	10.00	0:10:00	9.50	0:30:00	19.00	38.00	0:10:00	1.83	0:20:00	10:56	18.30	66.30
Stacy	Hines	F	3rd	50-54	7:55AM	11	275	0:10:00	0:03:59	11.00	0:10:00	7.80	0:30:00	15.60	31.20	0:10:00	1.52	0:20:00	13:09	15.20	57.40
Lauri	Slade	F	1st	55-59	7:20AM	12	300	0:10:00	0:03:39	12.00	0:10:00	12.20	0:30:00	24.40	48.80	0:10:00	1.91	0:20:00	10:28	19.10	79.90
Jonah	May	M	1st	under 14	9:05AM	10	250	0:10:00	0:04:22	10.00	0:10:00	6.00	0:30:00	12.00	24.00	0:10:00	1.33	0:20:00	15:02	13.30	47.30
Jackson	May	M	2nd	under 14	9:05AM	13	325	0:10:00	0:03:22	13.00	0:10:00	5.00	0:30:00	10.00	20.00	0:10:00	1.11	0:20:00	18:01	11.10	44.10
Levi	Wright	M	1st	14-19	9:05AM	15	375	0:10:00	0:02:55	15.00	0:10:00	9.10	0:30:00	18.20	36.40	0:10:00	2.61	0:20:00	07:40	26.10	77.50
Joe	Jansen	M	1st	30-34	8:30AM	14	350	0:10:00	0:03:07	14.00	0:10:00	8.70	0:30:00	17.40	34.80	0:10:00	2.03	0:20:00	09:51	20.30	69.10
Eric	Anderson	M	1st	35-39	7:20AM	19	475	0:10:00	0:02:18	19.00	0:10:00	8.00	0:30:00	16.00	32.00	0:10:00	2.67	0:20:00	07:29	26.70	77.70
Terry	May	M	1st	40-44	9:05AM	14	350	0:10:00	0:03:07	14.00	0:10:00	9.60	0:30:00	19.20	38.40	0:10:00	2.21	0:20:00	09:03	22.10	74.50
Richard	Thompson	M	1st	45-49	6:10AM	20	500	0:10:00	0:02:11	20.00	0:10:00	10.20	0:30:00	20.40	40.80	0:10:00	1.76	0:20:00	11:22	17.60	78.40
Ross	Porter	M	1st	50-54	5:00am	12	300	0:10:00	0:03:39	12.00	0:10:00	10.50	0:30:00	21.00	42.00	0:10:00	2.39	0:20:00	08:22	23.90	77.90
John	Kell	M	2nd	50-54	6:10AM	18	450	0:10:00	0:02:26	18.00	0:10:00	8.30	0:30:00	16.60	33.20	0:10:00	1.98	0:20:00	10:06	19.80	71.00
Steve	Tompkins	M	1st	55-59	8:30AM	23	575	0:10:00	0:01:54	23.00	0:10:00	8.10	0:30:00	16.20	32.40	0:10:00	2.00	0:20:00	10:00	20.00	75.40