

2010 WHOLE PERSON INDOOR TRIATHLON

OVERALL RESULTS

PLACE	NAME	AGE GROUP	SWIM	TRANSITION	BIKE	RUN	TOTAL TIME
1	BRADFORD GILDON	25-29	0:06:44	0:01:09	0:21:58	0:13:57	0:43:48
2	BRYAN JOURNEY	16-24	0:07:26	0:00:39	0:23:00	0:13:20	0:44:25
3	CHRISTOPHER DOW	25-29	0:06:56	0:01:29	0:23:10	0:13:00	0:44:35
4	TERRY HOSSACK	44-49	0:07:22	0:01:04	0:21:32	0:15:00	0:44:58
5	PAIGE ALBRIGHT	25-29	0:06:32	0:01:02	0:23:13	0:14:12	0:44:59
6	MARC MILSTEN	45-49	0:07:12	0:00:55	0:22:47	0:15:06	0:46:00
7	ADAM GUTHMANN	30-35	0:07:10	0:00:55	0:23:40	0:14:32	0:46:17
8	JONATHAN JONES	30-35	0:07:11	0:01:23	0:22:31	0:15:46	0:46:51
9	ANDY SISSONS	40-44	0:07:32	0:01:27	0:22:42	0:15:52	0:47:33
10	GRANT HALL	50 & Up	0:07:16	0:01:08	0:24:08	0:15:15	0:47:47
11	BESS LIVINGSTON	50 & Up	0:08:12	0:01:07	0:24:47	0:15:32	0:49:38
12	CRAIG JACKSON	50 & Up	0:09:37	0:01:29	0:24:19	0:14:43	0:50:08
13	DOUG DECKER	30-35	0:09:30	0:01:36	0:23:28	0:15:46	0:50:20
14	JORDAN FLEMING	16-24	0:07:04	0:01:49	0:23:48	0:17:48	0:50:29
15	KYLE JONES	30-35	0:08:09	0:01:31	0:25:04	0:16:20	0:51:04
16	LANCE PITTS	50 & Up	0:07:37	0:01:58	0:22:40	0:19:08	0:51:23
17	KELSEY ORRED	16-24	0:06:05	0:01:32	0:25:54	0:18:20	0:51:51
18	MATTHEW MCAFFEE	16-24	0:10:19	0:01:59	0:23:44	0:17:01	0:53:03
19	KAREN SISSONS	45-49	0:06:32	0:01:22	0:27:00	0:18:38	0:53:32
20	HAILEY MILSTEN	10-15	0:07:39	0:02:08	0:26:38	0:17:21	0:53:46
21	ROGER STACY	50 & Up	0:09:15	0:01:23	0:25:55	0:18:21	0:54:54
22	ARRYN STACY	16-24	0:09:13	0:01:27	0:28:47	0:16:58	0:56:25
23	KAREN SHINN	45-49	0:08:31	0:01:40	0:27:49	0:18:43	0:56:43
24	ROD YANCY	25-29	0:10:46	0:02:11	0:25:58	0:18:14	0:57:09
25	DANIEL GAUDREAU	16-24	0:09:48	0:02:17	0:26:38	0:18:35	0:57:18
26	HOLLI BRANDT	45-49	0:11:01	0:01:59	0:25:25	0:20:06	0:58:31
27	BRITNI SCHAEUBLE	16-24	0:09:06	0:02:13	0:28:17	0:19:11	0:58:47
28	BRAD VERNON	30-35	0:10:24	0:02:26	0:23:13	0:22:49	0:58:52
29	LANCE HURSH	40-44	0:09:05	0:01:46	0:25:24	0:23:18	0:59:33
30	SHERRI COOK	45-49	0:11:29	0:02:04	0:25:10	0:22:58	1:01:41
31	RACHEL SMITH	16-24	0:09:39	0:02:02	0:35:16	0:16:38	1:03:35
32	JAMIE SUMMERTON	25-29	0:08:48	0:02:50	0:31:16	0:23:40	1:06:34
33	AMBER ALLISON	25-29	0:13:11	0:03:08	0:27:21	0:23:44	1:07:24
34	GARY BROUGHER	35-39	0:14:56	0:01:32	0:29:35	0:22:35	1:08:38

OVERALL		AGE GROUP	SWIM	TRANSITION	BIKE	RUN	TOTAL TIME
BEST MALE	BRADFORD GILDON	25-29	0:06:44	0:01:09	0:21:58	0:13:57	0:43:48
BEST FEMALE	PAIGE ALBRIGHT	25-29	0:06:32	0:01:02	0:23:13	0:14:12	0:44:59
BEST SWIM	KELSEY ORRED	16-24	0:06:05	0:01:32	0:25:54	0:18:20	0:51:51
BEST TRAN	BRYAN JOURNEY	16-24	0:07:26	0:00:39	0:23:00	0:13:20	0:44:25
BEST BIKE	TERRY HOSSACK	40-44	0:07:22	0:01:04	0:21:32	0:15:00	0:44:58
BEST RUN	CHRISTOPHER DOW	25-29	0:06:56	0:01:29	0:23:10	0:13:00	0:44:35

THANKS AGAIN TO SPONSORS & FRIENDS WHO HELPED MAKE A SUCCESSFUL EVENT:

PERSONAL BEST ATHLETICS
3D ELITE STUDENT ATHLETES
TULSA RUNNER
SKY FITNESS & WELLBEING
FLEET FEET

SODEXO
FOLLETT CAMPUS BOOKSTORE
FIRST CHOICE FITNESS
ST JOHN SIEGFRIED HEALTH CLUB
TULSA AREA TRIATHLETES

2010 WHOLE PERSON INDOOR TRIATHLON

AGE GROUP RESULTS

GROUP	NAME	AGE GROUP	SWIM	TRANSITION	BIKE	RUN	TOTAL TIME
F 10 - 15	HAILEY MILSTEN	10-15	0:07:39	0:02:08	0:26:38	0:17:21	0:53:46
F 16 - 24	KELSEY ORRED	16-24	0:06:05	0:01:32	0:25:54	0:18:20	0:51:51
	ARRYN STACY	16-24	0:09:13	0:01:27	0:28:47	0:16:58	0:56:25
	BRITNI SCHAEUBLE	16-24	0:09:06	0:02:13	0:28:17	0:19:11	0:58:47
	RACHEL SMITH	16-24	0:09:39	0:02:02	0:35:16	0:16:38	1:03:35
M 16 - 24	BRYAN JOURNEY	16-24	0:07:26	0:00:39	0:23:00	0:13:20	0:44:25
	JORDAN FLEMING	16-24	0:07:04	0:01:49	0:23:48	0:17:48	0:50:29
	MATTHEW MCAFEE	16-24	0:10:19	0:01:59	0:23:44	0:17:01	0:53:03
	DANIEL GAUDREAU	16-24	0:09:48	0:02:17	0:26:38	0:18:35	0:57:18
F 25 - 29	PAIGE ALBRIGHT	25-29	0:06:32	0:01:02	0:23:13	0:14:12	0:44:59
	JAMIE SUMMERTON	25-29	0:08:48	0:02:50	0:31:16	0:23:40	1:06:34
	AMBER ALLISON	25-29	0:13:11	0:03:08	0:27:21	0:23:44	1:07:24
M 25 - 29	BRADFORD GILDON	25-29	0:06:44	0:01:09	0:21:58	0:13:57	0:43:48
	CHRISTOPHER DOW	25-29	0:06:56	0:01:29	0:23:10	0:13:00	0:44:35
	ROD YANCY	25-29	0:10:46	0:02:11	0:25:58	0:18:14	0:57:09
M 30 - 34	ADAM GUTHMANN	30-34	0:07:10	0:00:55	0:23:40	0:14:32	0:46:17
	JONATHAN JONES	30-34	0:07:11	0:01:23	0:22:31	0:15:46	0:46:51
	DOUG DECKER	30-34	0:09:30	0:01:36	0:23:28	0:15:46	0:50:20
	KYLE JONES	30-34	0:08:09	0:01:31	0:25:04	0:16:20	0:51:04
	BRAD VERNON	30-34	0:10:24	0:02:26	0:23:13	0:22:49	0:58:52
M 35 - 39	GARY BROUGHER	35-39	0:14:56	0:01:32	0:29:35	0:22:35	1:08:38
M 40 - 44	TERRY HOSSACK	40-44	0:07:22	0:01:04	0:21:32	0:15:00	0:44:58
	ANDY SISSONS	40-44	0:07:32	0:01:27	0:22:42	0:15:52	0:47:33
	LANCE HURSH	40-44	0:09:05	0:01:46	0:25:24	0:23:18	0:59:33
F 45 - 49	KAREN SISSONS	45-49	0:06:32	0:01:22	0:27:00	0:18:38	0:53:32
	KAREN SHINN	45-49	0:08:31	0:01:40	0:27:49	0:18:43	0:56:43
	HOLLI BRANDT	45-49	0:11:01	0:01:59	0:25:25	0:20:06	0:58:31
	SHERRI COOK	45-49	0:11:29	0:02:04	0:25:10	0:22:58	1:01:41
M 45 - 49	MARC MILSTEN	45-49	0:07:12	0:00:55	0:22:47	0:15:06	0:46:00
F 50 & Up	BESS LIVINGSTON	50 & Up	0:08:12	0:01:07	0:24:47	0:15:32	0:49:38
M 50 & Up	GRANT HALL	50 & Up	0:07:16	0:01:08	0:24:08	0:15:15	0:47:47
	CRAIG JACKSON	50 & Up	0:09:37	0:01:29	0:24:19	0:14:43	0:50:08
	LANCE PITTS	50 & Up	0:07:37	0:01:58	0:22:40	0:19:08	0:51:23
	ROGER STACY	50 & Up	0:09:15	0:01:23	0:25:55	0:18:21	0:54:54

SPECIAL THANKS TO THE **TULSA AREA TRIATHLETES & ST JOHN HEALTH CLUB** FOR HELPING TO ORGANIZE AND ADVERTISE.