



Triathlon Practice (Lake Wolfpak)
August 2, 2008

ATHLETE	SWIM	BIKE	RUN	TOTAL
Lance	9:24	18:37	08:14	36:15.0
Kyle B.	9:25	18:30	09:03	36:58.0
Chewy	10:34	19:23	08:36	38:33.0
Aaron	11:34	18:50	09:18	39:42.0
Kyle D.	10:59	20:25	08:36	40:00.0
Derek D.	11:24	20:04	09:16	40:44.0
Cobbie	11:28	20:30	09:22	41:20.0
Dustin	10:40	19:12	11:59	41:51.0
Adam			07:53	42:17.0
Kyle A.	11:46	22:44	10:52	45:22.0
Fred D.	15:14	20:14	10:32	46:00.0
Rick	15:30	20:57	09:52	46:19.0
Norm	14:20	21:02	11:57	47:19.0
Olivia	14:01	23:03	10:16	47:20.0
Amber	14:03	21:52	12:47	48:42.0
Heidi	15:30	23:17	12:29	51:16.0
DM	15:30	23:49	15:28	54:47.0

Times were recorded as follows:

Swim - when athlete mounted bike

Bike - at the beginning of the Run (White Mailbox first house)

Run - Finish (White Mailbox first house)

For those with modified swims - swim time set at 15:30 and difference between clocked swim time and set time was added to all times