



08.03.13
Official Results



Rank	Bib.	Name	City	State	Swim Rank	Bike Rank	Speed	Run Rank	Time	Gap
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Women 19 and Under

1	2	Guadalupi Anne	Augusta	ME	5:28.4 (1)	40:05.0 (1)	16.46	21:41.7 (1)	1h07:15.1	
2	1	Guadalupi Cecilia	Augusta	ME	6:17.5 (2)	47:42.1 (2)	13.83	23:46.3 (2)	1h17:45.9	10:30.8

Women 20-29

1	5	Walden Melissa	Augusta	ME	8:22.8 (1)	44:38.7 (1)	14.78	28:48.0 (1)	1h21:49.5	
2	60	Hastings Alexandra	Potomac	MD	10:18.5 (2)	50:46.3 (2)	12.99	29:39.4 (2)	1h30:44.2	8:54.7
3	4	Bolster Aryn	Winthrop	ME	11:24.5 (3)	58:50.7 (3)	11.21	46:23.2 (3)	1h56:38.4	34:48.9

Men 20-29

1	8	Lajoie Matt	Readfield	ME	8:11.2 (1)	40:33.2 (1)	16.27	22:38.0 (1)	1h11:22.4	
2	7	Kalagher John	Madison	ME	8:27.1 (2)	41:04.7 (2)	16.06	25:42.3 (2)	1h15:14.1	3:51.7

Women 30-39

1	14	Rodrigue Erika	Augusta	ME	7:29.9 (2)	33:25.8 (1)	19.74	22:44.2 (1)	1h03:39.9	
2	15	Lambert Cheryl	Augusta	ME	7:34.2 (3)	39:38.3 (5)	16.65	23:51.9 (2)	1h11:04.4	7:24.5
3	12	Cushman Nicole	North Reading	MA	7:24.1 (1)	38:53.6 (4)	16.96	25:03.1 (3)	1h11:20.8	7:40.9
4	21	Richardson Allison	Maynard	MA	9:33.0 (7)	37:20.1 (2)	17.67	25:11.7 (4)	1h12:04.8	8:24.9
5	16	Dzurec-Dunton Kate	Farmingdale	ME	8:59.6 (5)	38:26.6 (3)	17.16	25:21.5 (5)	1h12:47.7	9:07.8
6	23	Livingston Gretchen	Augusta	ME	7:48.8 (4)	40:00.7 (6)	16.49	25:23.2 (6)	1h13:12.7	9:32.8
7	11	Best Caitlin	Augusta	ME	10:55.8 (9)	40:19.3 (7)	16.36	25:50.3 (7)	1h17:05.4	13:25.5
8	59	Conklin Erika	Winthrop	ME	9:28.1 (6)	42:40.8 (9)	15.46	26:35.1 (8)	1h18:44.0	15:04.1
9	24	Kelsey-Holmes Juliett	Hallowell	ME	12:03.0 (10)	41:34.8 (8)	15.87	26:47.9 (9)	1h20:25.7	16:45.8
10	17	Delisle Michelle	Manchester	ME	10:07.9 (8)	45:02.7 (10)	14.65	27:26.6 (10)	1h22:37.2	18:57.3

Men 30-39

1	22	Malinowski Andrew	Hallowell	ME	8:13.0 (1)	35:30.6 (1)	18.58	23:31.8 (1)	1h07:15.4	
2	19	Ross Christopher	Winthrop	ME	13:28.4 (2)	44:32.7 (2)	14.81	25:28.3 (2)	1h23:29.4	16:14.0

Women 40-49

1	44	Dougherty Lisa	Bradenton	FL	8:24.5 (2)	39:06.0 (2)	16.87	26:27.9 (1)	1h13:58.4	
2	36	Hulbert Britt	Bar Harbor	ME	6:50.0 (1)	40:48.0 (3)	16.17	28:01.2 (2)	1h15:39.2	1:40.8
3	58	Fleury Kathy	Winslow	ME	9:52.6 (6)	36:44.9 (1)	17.95	30:14.6 (5)	1h16:52.1	2:53.7
4	41	Harwood Linda	Augusta	ME	8:51.4 (4)	41:28.9 (4)	15.91	29:56.6 (4)	1h20:16.9	6:18.5
5	27	Krawczyk Jennifer	Pittston	ME	11:17.3 (8)	43:17.2 (5)	15.24	28:47.9 (3)	1h23:22.4	9:24.0
6	29	Raymond Jennifer	Augusta	ME	14:59.0 (12)	44:30.3 (6)	14.82	33:14.4 (7)	1h32:43.7	18:45.3



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7	40	Delisle Sally	Quakertown	PA	8:55.6 (5)	50:17.8 (10)	13.12	33:34.1 (8)	1h32:47.5	18:49.1
8	32	Andre Laurie			12:49.5 (11)	48:18.3 (8)	13.66	32:03.9 (6)	1h33:11.7	19:13.3
9	25	Edwards Wendy	Litchfield	ME	10:59.9 (7)	48:17.5 (7)	13.66	37:20.8 (9)	1h36:38.2	22:39.8
10	38	Hutchins Teresa	Litchfield	ME	12:24.4 (10)	52:43.7 (11)	12.51	37:37.5 (10)	1h42:45.6	28:47.2
11	43	Lane Beth	Chelsea	ME	11:34.8 (9)	54:45.5 (12)	12.05	38:53.2 (11)	1h45:13.5	31:15.1
12	28	Pendergrass Cassandra	Dresden	ME	8:42.6 (3)	50:02.0 (9)	13.19	51:18.8 (13)	1h50:03.4	36:05.0
13	42	Gibbs Angela	Winslow	ME	16:10.6 (13)	1h00:34.3 (13)	10.89	48:27.4 (12)	2h05:12.3	51:13.9

Men 40-49

1	45	Richardson Walter	Maynard	MA	7:41.5 (2)	33:56.3 (1)	19.44	27:00.3 (5)	1h08:38.1	
2	34	Noyes Matt	Gardiner	ME	7:55.0 (3)	36:55.5 (2)	17.87	25:47.5 (3)	1h10:38.0	1:59.9
3	39	Delisle Steve	Quakertown	PA	10:19.9 (6)	40:00.0 (5)	16.50	25:02.6 (2)	1h15:22.5	6:44.4
4	37	Andreasen Christian	Freeport	ME	6:53.5 (1)	39:31.5 (3)	16.69	29:00.5 (7)	1h15:25.5	6:47.4
5	57	England John	Casco	ME	9:15.6 (4)	40:53.3 (6)	16.14	26:12.7 (4)	1h16:21.6	7:43.5
6	30	Nichols Ethan	Boothbay Harbor	ME	9:43.4 (5)	39:53.1 (4)	16.54	27:05.4 (6)	1h16:41.9	8:03.8
7	35	Delisle Jeff	Manchester	ME	12:38.6 (8)	41:16.5 (7)	15.99	23:41.1 (1)	1h17:36.2	8:58.1
8	26	Holmes Justin	Hallowell	ME	10:27.8 (7)	46:24.5 (8)	14.22	34:47.7 (8)	1h31:40.0	23:01.9

Women 50-59

1	50	Sylvester Liz	Winthrop	ME	9:31.1 (3)	38:59.2 (2)	16.92	25:19.5 (1)	1h13:49.8	
2	49	Lingenfelter Elizabeth	Hampden	ME	10:00.9 (4)	38:13.5 (1)	17.26	27:08.9 (2)	1h15:23.3	1:33.5
3	47	Fromm Laurie	Augusta	ME	8:16.4 (2)	47:00.2 (4)	14.04	27:15.4 (3)	1h22:32.0	8:42.2
4	3	Harwood Joe	Augusta	ME	6:47.9 (1)	45:12.4 (3)	14.59	30:47.7 (4)	1h22:48.0	8:58.2
5	61	Hastings Diane	Potomac	MD	16:28.6 (5)	55:51.7 (5)	11.81	38:17.2 (5)	1h50:37.5	36:47.7

Men 50-59

1	51	Harwood Greg	Winthrop	ME	7:07.8 (2)	34:36.1 (2)	19.07	27:17.1 (2)	1h09:01.0	
2	54	Berube Mike	Readfield	ME	9:45.6 (4)	33:37.6 (1)	19.62	28:44.6 (4)	1h12:07.8	3:06.8
3	52	Boyd Greg	Waterville	ME	10:56.1 (5)	38:30.7 (3)	17.13	27:54.5 (3)	1h17:21.3	8:20.3
4	48	Johnson Patrick	New Harbor	ME	7:37.9 (3)	52:12.7 (6)	12.64	25:17.4 (1)	1h25:08.0	16:07.0
5	53	Dougherty Tom	Bradenton	FL	7:03.8 (1)	47:42.3 (4)	13.83	33:44.6 (6)	1h28:30.7	19:29.7
6	62	Panopoulos Frank	Potomac	MD	11:03.9 (6)	50:58.8 (5)	12.94	33:40.6 (5)	1h35:43.3	26:42.3