

# Virginia Triple ANVIL Triathlon

**Race                      Category**

**Bike = 60 Laps Total**

**Run = 45 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish		
147	Team Bay Rats	<b>3:21:00</b>	0:20:54	<b>17:40:04</b>	<b>3:41:54</b>	60	21:21:58	0:02:07	<b>11:26:26</b>	21:24:05	45	32:50:31	<b>32:50:31</b>	1	1
146	Tim Robert	<b>4:16:00</b>	0:35:09	<b>20:44:23</b>	<b>4:51:09</b>	60	25:35:32	0:45:36	<b>20:36:31</b>	26:21:08	45	46:57:39	<b>46:57:39</b>	2	1
143	Joey Lichter	<b>5:08:00</b>	0:39:03	<b>27:22:04</b>	<b>5:47:03</b>	60	33:09:07	0:26:30	<b>21:57:06</b>	33:35:37	45	55:32:43	<b>55:32:43</b>	3	2
140	Cole Braun	<b>4:30:00</b>	0:32:59	<b>27:41:01</b>	<b>5:02:59</b>	60	32:44:00	0:32:58	<b>24:12:28</b>	33:16:58	45	57:29:26	<b>57:29:26</b>	4	3
142	Josh Hageman	<b>4:51:00</b>	0:47:18	<b>25:51:24</b>	<b>5:38:18</b>	60	31:29:42	0:41:37	<b>26:17:35</b>	32:11:19	45	58:28:54	<b>58:28:54</b>	5	4
139	Laura Knoblach	<b>5:19:00</b>	0:37:02	<b>27:40:01</b>	5:56:02	60	33:36:03	0:24:26	<b>25:36:17</b>	34:00:29	45	59:36:46	<b>59:36:46</b>	6	1
141	Dan Duran	<b>5:03:00</b>	0:45:00	<b>27:57:24</b>	<b>5:48:00</b>	60	33:45:24	0:25:06	<b>25:38:22</b>	34:10:30	45	59:48:52	<b>59:48:52</b>	7	5
144	Michael Ortiz	<b>6:13:00</b>	0:53:39	<b>33:49:01</b>	<b>7:06:39</b>	60	40:55:40	0:01:29	<b>21:11:51</b>	40:57:09	45	62:09:00	<b>62:09:00</b>	8	6
145	Peter Priolo	<b>3:41:00</b>	0:39:17	<b>3:58:48</b>	<b>4:20:17</b>	10	8:19:05						<b>DNF</b>	9	7

Team Bay Rats - John Jenkins & Eric Schrading

# Virginia Double ANVIL Triathlon

Updated: 2100 15 October 2016

**Race                      Category**

**Bike = 40 Laps Total**

**Run = 30 Laps Total**

Race #	Competitor	Bike = 40 Laps Total						Run = 30 Laps Total					Overall	Placement	
		Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish			Finish
557	<b>Debbie Kampman</b>	<b>3:06:00</b>	0:29:47	<b>16:12:00</b>	3:35:47	40	19:47:47	0:28:46	<b>14:44:39</b>	20:16:33	30	35:01:12	<b>35:01:12</b>	<b>8</b>	<b>3</b>
568	<b>Ruth Sleeter</b>	<b>2:58:00</b>	0:31:36	<b>15:03:28</b>	3:29:36	40	18:33:04	0:37:20	<b>15:47:47</b>	19:10:24	30	34:58:11	<b>34:58:11</b>	<b>7</b>	<b>2</b>
569	<b>Lisa Wei-Haas</b>	<b>2:38:00</b>	0:27:53	<b>15:38:58</b>	3:05:53	40	18:44:51	0:15:00	<b>15:04:26</b>	18:59:51	30	34:04:17	<b>34:04:17</b>	<b>4</b>	<b>1</b>
570	<b>Paul Bedard</b>	<b>2:38:00</b>	0:31:40	<b>13:59:30</b>	3:09:40	40	17:09:10	0:16:04	<b>12:17:18</b>	17:25:14	30	29:42:32	<b>29:42:32</b>	<b>1</b>	<b>1</b>
571	<b>Chip Gerber</b>	<b>2:59:00</b>	0:33:50	<b>16:32:36</b>	3:32:50	40	20:05:26	1:01:41	<b>13:22:34</b>	21:07:07	30	34:29:41	<b>34:29:41</b>	<b>5</b>	<b>3</b>
572	<b>Roni Gidekel</b>	<b>3:08:00</b>	0:28:06	<b>17:26:43</b>	3:36:06	40	21:02:49	0:38:01	<b>13:14:17</b>	21:40:50	30	34:55:07	<b>34:55:07</b>	<b>6</b>	<b>4</b>
573	<b>Tim Hardin</b>	<b>3:04:00</b>	0:32:14	<b>15:40:20</b>	3:36:14	40	19:16:34	0:31:43	<b>13:01:24</b>	19:48:17	30	32:49:41	<b>32:49:41</b>	<b>3</b>	<b>2</b>
575	<b>Gus Zupka</b>	<b>3:44:00</b>	0:37:39	<b>10:57:42</b>	4:21:39	21	15:19:21	<b>DNF</b>					<b>DNF</b>	<b>9</b>	<b>5</b>

# Virginia ANVIL and Half ANVIL Triathlon

Updated: 1100 15 October 2016

ANVIL Distance		Bike = 20 Laps Total						Run = 15 Laps Total					
Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
98	Serhot Ozturk Day 4	<b>1:39:00</b>	0:30:18	<b>8:36:04</b>	2:09:18	20	10:45:22	0:16:44	<b>7:46:11</b>	11:02:06	15	18:48:17	<b>18:48:17</b>
98	Serhot Ozturk Day 5	<b>2:07:00</b>	0:51:00	<b>12:51:53</b>	2:58:00	20	15:49:53	#####	<b>23:11:00</b>		15	23:11:00	<b>23:11:00</b>
98	Michelle Smith Day 1	<b>2:20:00</b>	0:42:59	<b>10:19:22</b>	3:02:59	20	13:22:21	0:17:38	<b>10:08:07</b>	13:39:59	15	23:48:06	<b>23:48:06</b>
99	Caroline Brosius Day 2	<b>1:22:00</b>	0:27:32	<b>7:02:13</b>	1:49:32	20	8:51:45	0:11:15	<b>5:44:37</b>	9:03:00	15	14:47:37	<b>14:47:37</b>
100	Vasilis Toxavidis Day 5	<b>1:44:00</b>	0:28:13	<b>7:43:06</b>	2:12:13	20	9:55:19	0:16:19	<b>9:49:38</b>	10:11:38	15	20:01:16	<b>20:01:16</b>

Half ANVIL Distance		Bike = 11.25 Laps Total						Run = 6.5 Laps Total					
Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>
			0:00:00	<b>0:00:00</b>				0:00:00	<b>0:00:00</b>				<b>0:00:00</b>

# Virginia 1x5 Quintuple ANVIL Triathlon Overall Results

Updated: 2100 15 October 2016

	Day 1	Day 2	Day 3	Day 4	Day 5	Overall	Placement	Category
24 Christine Couldrey	13:58:03	15:25:24	15:30:53	15:35:11	15:27:24	75:56:55	2	1
25 Leslie Holton	14:09:49	DNS	DNS	DNS	DNS	14:09:49	6	3
26 Kathy Roche Wallace	14:14:56	16:01:43	16:01:23	15:51:32	16:27:18	78:36:52	3	2
27 Steve Hendricks	13:11:42	14:43:00	17:24:59	20:25:13	DNS	65:44:54	5	3
28 Dolph Hoch IV	14:59:21	15:39:23	15:03:58	14:25:04	14:46:31	74:54:17	1	1
30 Jay Lonsway	14:46:09	15:36:09	15:29:52	15:51:35	16:27:21	78:11:06	4	2

Race #	Competitor	Swim	Trans	Bike	Trans	Run	
24	<b>Christine Couldrey</b>	6:14:00	2:07:43	35:45:48	1:52:41	29:56:43	75:56:55
25	<b>Leslie Holton</b>						Did not finish day 1 or start the other days
26	<b>Kathy Roche Wallace</b>	7:05:00	3:07:41	38:15:50	0:43:14	29:25:07	78:36:52

Race #	Competitor	Swim	Trans	Bike	Trans	Run	
27	<b>Steve Hendricks</b>	5:49:00	2:12:26	29:48:37	0:35:04	27:19:47	65:44:54
28	<b>Dolph Hoch IV</b>	8:08:00	2:33:53	36:32:58	0:37:42	27:01:44	74:54:17
30	<b>Jay Lonsway</b>	7:20:00	3:15:36	34:22:39	1:41:45	31:31:06	78:11:06

Did not start Day 5

# Virginia 1x5 Quintuple ANVIL Triathlon Day One

Updated: 1200 6 October 2016

Race

Category

Bike = 20 Laps Total

Run = 15 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
24	Christine Couldrey	<b>1:12:00</b>	0:22:57	<b>6:41:22</b>	1:34:57	20	8:16:19	0:06:10	<b>5:35:34</b>	8:22:29	15	13:58:03	<b>13:58:03</b>
25	Leslie Holton	<b>1:46:00</b>	0:24:42	<b>7:46:02</b>	2:10:42	20	9:56:44	0:39:22	<b>3:33:43</b>	10:36:06	7	14:09:49	<b>14:09:49</b>
26	Kathy Roche Wallace	<b>1:18:00</b>	0:26:13	<b>6:59:43</b>	1:44:13	20	8:43:56	0:03:45	<b>5:27:15</b>	8:47:41	15	14:14:56	<b>14:14:56</b>
27	Steve Hendricks	<b>1:18:00</b>	0:25:01	<b>6:15:06</b>	1:43:01	20	7:58:07	0:09:38	<b>5:03:57</b>	8:07:45	15	13:11:42	<b>13:11:42</b>
28	Dolph Hoch IV	<b>1:32:00</b>	0:26:12	<b>7:02:54</b>	1:58:12	20	9:01:06	0:05:35	<b>5:52:40</b>	9:06:41	15	14:59:21	<b>14:59:21</b>
30	Jay Lonsway	<b>1:21:00</b>	0:34:12	<b>6:27:09</b>	1:55:12	20	8:22:21	0:17:09	<b>6:06:39</b>	8:39:30	15	14:46:09	<b>14:46:09</b>

# Virginia 1x5 Quintuple ANVIL Triathlon Day Two

Updated: 1200 6 October 2016

**Race**

**Category**

**Bike = 20 Laps Total**

**Run = 15 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
24	<b>Christine Couldrey</b>	<b>1:18:00</b>	0:26:00	<b>7:21:25</b>	1:44:00	20	9:05:25	0:08:40	<b>6:11:19</b>	9:14:05	15	15:25:24	<b>15:25:24</b>
25	<b>Leslie Holton</b>												<b>DNS</b>
26	<b>Kathy Roche Wallace</b>	<b>1:29:00</b>	0:43:52	<b>7:57:45</b>	2:12:52	20	10:10:37	0:05:03	<b>5:46:03</b>	10:15:40	15	16:01:43	<b>16:01:43</b>
27	<b>Steve Hendricks</b>	<b>1:25:00</b>	0:28:48	<b>6:53:27</b>	1:53:48	20	8:47:15	0:06:57	<b>5:48:48</b>	8:54:12	15	14:43:00	<b>14:43:00</b>
28	<b>Dolph Hoch IV</b>	<b>1:41:00</b>	0:31:59	<b>7:57:00</b>	2:12:59	20	10:09:59	0:03:55	<b>5:25:29</b>	10:13:54	15	15:39:23	<b>15:39:23</b>
30	<b>Jay Lonsway</b>	<b>1:29:00</b>	0:41:40	<b>6:55:53</b>	2:10:40	20	9:06:33	0:18:12	<b>6:11:24</b>	9:24:45	15	15:36:09	<b>15:36:09</b>

# Virginia 1x5 Quintuple ANVIL Triathlon Day Three

Updated: 1200 6 October 2016

**Race**

**Category**

**Bike = 20 Laps Total**

**Run = 15 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
24	Christine Couldrey	<b>1:16:00</b>	0:23:30	<b>7:20:18</b>	1:39:30	20	8:59:48	0:18:53	<b>6:12:12</b>	9:18:41	15	15:30:53	<b>15:30:53</b>
25	Leslie Holton												<b>DNS</b>
26	Kathy Roche Wallace	<b>1:24:00</b>	0:29:26	<b>7:50:43</b>	1:53:26	20	9:44:09	0:10:03	<b>6:07:11</b>	9:54:12	15	16:01:23	<b>16:01:23</b>
27	Steve Hendricks	<b>1:25:00</b>	0:29:01	<b>7:38:53</b>	1:54:01	20	9:32:54	0:07:31	<b>7:44:34</b>	9:40:25	15	17:24:59	<b>17:24:59</b>
28	Dolph Hoch IV	<b>1:41:00</b>	0:27:34	<b>7:26:05</b>	2:08:34	20	9:34:39	0:08:29	<b>5:20:50</b>	9:43:08	15	15:03:58	<b>15:03:58</b>
30	Jay Lonsway	<b>1:31:00</b>	0:37:39	<b>6:53:44</b>	2:08:39	20	9:02:23	0:22:31	<b>6:04:58</b>	9:24:54	15	15:29:52	<b>15:29:52</b>

# Virginia 1x5 Quintuple ANVIL Triathlon Day Four

Updated: 1200 6 October 2016

Race

Category

Bike = 20 Laps Total

Run = 15 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
24	Christine Couldrey	<b>1:15:00</b>	0:30:15	<b>7:00:33</b>	1:45:15	20	8:45:48	1:10:19	<b>5:39:04</b>	9:56:07	15	15:35:11	<b>15:35:11</b>
25	Leslie Holton												<b>DNS</b>
26	Kathy Roche Wallace	<b>1:30:00</b>	0:42:47	<b>7:30:09</b>	2:12:47	20	9:42:56	0:13:11	<b>5:55:25</b>	9:56:07	15	15:51:32	<b>15:51:32</b>
27	Steve Hendricks	<b>1:41:00</b>	0:49:36	<b>9:01:11</b>	2:30:36	20	11:31:47	0:10:58	<b>8:42:28</b>	11:42:45	15	20:25:13	<b>20:25:13</b>
28	Dolph Hoch IV	<b>1:39:00</b>	0:33:46	<b>7:08:18</b>	2:12:46	20	9:21:04	0:09:57	<b>4:54:03</b>	9:31:01	15	14:25:04	<b>14:25:04</b>
30	Jay Lonsway	<b>1:31:00</b>	0:40:23	<b>6:31:09</b>	2:11:23	20	8:42:32	0:19:56	<b>6:49:07</b>	9:02:28	15	15:51:35	<b>15:51:35</b>



# Virginia 1x5 Quintuple ANVIL Triathlon Day Five

Updated: 1200 6 October 2016

**Race**

**Category**

**Bike = 20 Laps Total**

**Run = 15 Laps Total**

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
24	Christine Couldrey	<b>1:13:00</b>	0:25:01	<b>7:22:10</b>	1:38:01	20	9:00:11	0:08:39	<b>6:18:34</b>	9:08:50	15	15:27:24	<b>15:27:24</b>
25	Leslie Holton												<b>DNS</b>
26	Kathy Roche Wallace	<b>1:24:00</b>	0:45:23	<b>7:57:30</b>	2:09:23	20	10:06:53	0:11:12	<b>6:09:13</b>	10:18:05		16:27:18	<b>16:27:18</b>
27	Steve Hendricks												<b>DNS</b>
28	Dolph Hoch IV	<b>1:35:00</b>	0:34:22	<b>6:58:41</b>	2:09:22	20	9:08:03	0:09:46	<b>5:28:42</b>	9:17:49	15	14:46:31	<b>14:46:31</b>
30	Jay Lonsway	<b>1:28:00</b>	0:41:42	<b>7:34:44</b>	2:09:42	20	9:44:26	0:23:57	<b>6:18:58</b>	10:08:23		16:27:21	<b>16:27:21</b>