

Honolulu Triathlon
 Sunday, 17 May 2009 6:00 a.m. Start
 Island of Oahu
 5k Run, 40K Bike, 10K Run

***** AWARDS LIST *****

FEMALE INDIVIDUAL AGE GROUP: 11 - 12

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	KATIE RAINBERGER	1	11:41	3:47	1:18	1	26:50	55.9	1:07	1	21:48	3:31	1:02:43	

MALE INDIVIDUAL AGE GROUP: 11 - 12

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	JAKOB DEWALD	1	10:41	3:27	1:07	3	22:29	66.7	1:03	1	17:25	2:49	52:44	
2	JARRELL HIBLER	2	10:46	3:29	1:05	2	22:28	66.8	0:51	2	19:09	3:06	54:18	
3	GARRETT USREY	4	10:52	3:31	1:04	1	22:23	67.0	1:02	3	19:15	3:07	54:34	
4	TREVOR OGDEN	3	10:50	3:30	0:59	4	22:30	66.7	0:59	4	19:51	3:13	55:07	
5	JOHN CASEY	5	11:05	3:35	0:54	5	27:25	54.7	0:51	5	21:02	3:24	1:01:15	

FEMALE INDIVIDUAL AGE GROUP: 13 - 14

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	ASHLEY GAGNON	2	16:24	5:18	1:07	1	29:37	50.6	1:02	1	21:19	3:27	1:09:28	
2	OLIVIA JOHNSON	1	6:58	2:15	1:17	2	48:49	30.7	1:20	2	24:47	4:00	1:23:09	

MALE INDIVIDUAL AGE GROUP: 13 - 14

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	JUSTYN RAYMOND	1	5:26	1:46	0:52	1	20:53	71.8	1:00	2	17:36	2:51	45:46	
2	RYAN KOSS	2	5:29	1:46	0:58	2	23:31	63.8	0:58	3	18:52	3:03	49:46	
3	TREVOR CARLYLE	3	5:54	1:54	1:04	5	36:13	41.4	0:54	1	17:10	2:46	1:01:11	
4	KATOA AHAU	4	5:59	1:56	1:06	6	40:59	36.6	0:46	4	22:43	3:40	1:11:31	
5	PAULO LEMUS	5	16:56	5:28	1:15	3	28:40	52.3	1:12	5	25:21	4:06	1:13:22	

MALE INDIVIDUAL AGE GROUP: 15 - 19

Place	Name	Rank	Run1	Pace	T1	Rank	Bike	MPH	T2	Rank	Run	Pace	Time	Penalty
1	CODY SPRAKER	1	5:27	1:46	0:50	1	19:39	76.3	0:51	2	23:47	3:51	50:32	
2	ZACK VANN	2	6:02	1:57	0:53	2	36:19	41.3	0:45	1	20:16	3:17	1:04:13	