

November 17, 2013

Caribbean Classic Olympic Triathlon
 1500 meter swim, 25 mile bike, 5.8 mile run
 Cramer's Park, St. Croix

breezy, beautiful

MEN		TOTAL TIME	1500 1500m swim /100m	24.83 T1+bike mph	5.8 T2+run min/mile	OVERALL
	Under 20					
	1 Lukata Samuel	3:13:34	0:36:17 0:02:25	1:36:06 15.50	1:01:11 0:10:33	10
	20-29					
	1 John Salo	2:29:11	0:25:17 0:01:41	1:15:46 19.66	0:48:08 0:08:18	2
	40-49					
	1 Chris Howell	2:54:50	0:25:12 0:01:41	1:34:40 15.74	0:54:58 0:09:29	7
	2 Mike Klein	2:58:26	0:32:22 0:02:09	1:32:57 16.03	0:53:07 0:09:09	8
	3 Smokey Odom	3:37:49	0:29:54 0:02:00	1:43:34 14.38	1:24:21 0:14:33	11
	50-59					
	1 Wayne Nichols	2:24:50	0:26:16 0:01:45	1:16:36 19.45	0:41:58 0:07:14	1
	2 Troy Holloway	2:29:45	0:29:35 0:01:58	1:14:11 20.08	0:45:59 0:07:56	3
	3 Scott Fricks	2:34:25	0:29:24 0:01:58	1:16:21 19.51	0:48:40 0:08:23	4
	60+					
	1 Roger Hatfield	3:05:07	0:29:53 0:02:00	1:28:28 16.84	1:06:46 0:11:31	9
WOMEN	30-39					
	1 Bridget Campbell	2:39:19	0:26:16 0:01:45	1:26:44 17.18	0:46:19 0:07:59	5
	2 Julie Sommer	2:41:44	0:29:31 0:01:58	1:22:54 17.97	0:49:19 0:08:30	6
RELAYS						
	1 Hayden, Morales, Luikens	2:20:46	0:21:41 0:01:27	1:19:34 18.72	0:39:31 0:06:49	1
	2 Lewit, Keys, Harper	2:26:34	0:19:34 0:01:18	1:21:49 18.21	0:45:11 0:07:47	2
	3 Washshah, Massiah, Motta	2:28:19	0:21:40 0:01:27	1:16:49 19.39	0:49:50 0:08:36	3
	4 Kuipers, Kennedy, Nadler	2:38:03	0:26:27 0:01:46	1:27:45 16.98	0:43:51 0:07:34	4
SPRINT			750 750/m swim /100m	12.50 T1+bike	2.9 T2+run min/mile	
	750mt swim/12.5m bike/5k run					
	1 Joe Kantowski	1:36:54	0:19:46 0:02:38	0:47:06	0:30:02 0:10:21	1
	2 Laverne Fredericksen	1:48:02	0:21:30 0:02:52	0:51:14	0:35:18 0:12:10	2
Try-a-Tri			250yd swim	T1+bike	T2+run min/mile	
	250yd swim/6.5m bike/1.5m run					
	1 Dominic Pugliese	0:58:16	0:11:09	0:34:08	0:12:59 0:08:39	1
	2 Antonio Lewit	1:06:13	0:10:34	0:42:15	0:13:24 0:08:56	2
	3 Ros Turner	1:06:39	0:14:26	0:39:18	0:12:55 0:08:36	3