

General Smallwood Oympic and Sprint Triathlon 2025

Race Date

April 26, 2025

Overall Results

Place	Name	Bib No	----- Swim -----			T1	----- Bike -----			T2	----- Run -----			Total
			Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	Michelle Christine	110	2	13:21.6	1:47	2:41.0	1	43:54.6	21.9	0:54.6	1	20:23.9	6:34	1:21:15.8
2	Amy Gardner	160	3	13:56.5	1:52	3:41.6	2	49:27.5	19.4	1:25.4	4	22:41.0	7:18	1:31:12.2
3	Marciane Foote	2	12	17:45.5	2:22	4:18.5	3	51:10.7	18.8	1:44.5	9	25:08.1	8:05	1:40:07.5
4	Carolyn Classen	6	7	15:18.5	2:02	4:46.1	4	53:21.6	18.0	2:22.3	15	26:57.8	8:41	1:42:46.5
5	Claire Sabin	143	33	20:38.9	2:45	4:22.5	6	54:09.8	17.7	1:40.9	3	22:11.9	7:09	1:43:04.3
6	Tess Prutow	72	1	12:58.0	1:44	3:57.6	23	1:01:38.8	15.6	1:44.5	5	22:59.4	7:24	1:43:18.5
7	Anna Homsey	129	17	18:09.6	2:25	3:59.6	12	58:27.1	16.4	1:34.8	6	23:34.3	7:35	1:45:45.7
8	Emily Kahn-Perry	63	6	14:50.3	1:59	4:46.9	10	57:25.3	16.7	2:21.5	14	26:37.2	8:34	1:46:01.4
9	Rachel Thompson	22	34	20:46.6	2:46	4:28.0	8	55:49.9	17.2	1:27.9	7	24:32.6	7:54	1:47:05.3
10	Madeline Wang	107	5	14:38.1	1:57	4:41.1	17	1:00:52.6	15.8	1:32.0	11	25:24.0	8:11	1:47:07.9
11	Rebecca Dicosola	62	4	14:15.2	1:54	4:43.5	26	1:02:40.4	15.3	1:42.4	8	24:53.5	8:01	1:48:15.3
12	Natalie Gandhi	45	21	18:42.7	2:30	4:21.2	15	58:50.5	16.3	1:43.5	12	25:25.1	8:11	1:49:03.1
13	Elizabeth Calabro	55	28	19:59.0	2:40	4:38.6	5	53:50.3	17.8	1:27.4	26	30:07.0	9:42	1:50:02.5
14	Aleshka McPretl	78	37	21:18.9	2:51	4:53.3	25	1:02:36.3	15.3	1:34.5	2	21:32.4	6:56	1:51:55.6
15	April Hartsook	75	26	19:38.5	2:37	3:51.4	7	54:25.2	17.6	1:24.4	35	33:06.4	10:39	1:52:26.0
16	Anne Ellyse Kania	169	13	17:53.3	2:23	5:46.0	11	58:17.1	16.5	3:04.9	16	27:31.2	8:51	1:52:32.7
17	Emma Kim	94	24	19:07.4	2:33	5:24.5	22	1:01:38.2	15.6	1:19.6	13	26:08.8	8:25	1:53:38.7
18	Elizabeth Pruchnicki	76	8	15:45.1	2:06	7:09.0	9	57:09.9	16.8	2:50.5	28	30:51.2	9:56	1:53:45.9
19	Lindsay Herra	120	18	18:11.5	2:26	4:14.6	16	1:00:29.2	15.9	2:50.7	22	29:03.7	9:21	1:54:49.9
20	Evelyn Baldwin	67	29	20:03.6	2:40	4:26.4	18	1:01:01.7	15.7	1:54.1	25	29:30.8	9:30	1:56:56.7
21	Lilah Pittman	172	35	20:59.3	2:48	4:50.4	20	1:01:24.3	15.6	2:15.0	19	27:51.9	8:58	1:57:21.1
22	Laura Wixon	117	39	21:54.7	2:55	4:41.8	24	1:02:32.7	15.3	0:50.7	24	29:09.7	9:23	1:59:09.7
23	Jocelyn Roberts	43	36	21:15.7	2:50	4:22.7	14	58:38.9	16.4	1:17.0	37	33:38.7	10:50	1:59:13.1
24	Samantha Sagen	37	31	20:14.0	2:42	5:55.9	34	1:06:18.3	14.5	1:39.0	10	25:13.0	8:07	1:59:20.3
25	Lajeanne Smith	130	27	19:45.7	2:38	5:25.9	32	1:05:12.5	14.7	1:58.6	21	28:57.8	9:19	2:01:20.8
26	Jennie Simms	8	47	22:56.3	3:04	7:11.9	21	1:01:31.0	15.6	2:42.4	23	29:04.3	9:21	2:03:26.1
27	Sophie Grigg	35	15	17:59.4	2:24	6:40.3	36	1:10:18.6	13.7	2:00.5	17	27:48.6	8:57	2:04:47.6
28	Emma Haseley	119	45	22:24.2	2:59	5:22.2	19	1:01:18.1	15.7	1:34.6	39	34:17.0	11:02	2:04:56.3
29	Margaret Harlow	83	9	16:16.2	2:10	5:20.3	29	1:04:02.5	15.0	3:44.6	42	35:44.9	11:30	2:05:08.6
30	Jeanie Kim	139	30	20:11.6	2:42	6:37.2	28	1:03:13.1	15.2	2:21.4	34	33:04.2	10:39	2:05:27.6
31	Mariah Shriner	141	23	19:04.7	2:33	6:06.3	33	1:06:09.3	14.5	2:25.7	31	31:43.4	10:13	2:05:29.7
32	Virginia Carrnick	170	43	22:18.6	2:58	6:29.9	35	1:07:05.3	14.3	2:23.9	27	30:34.8	9:51	2:08:52.8
33	Lindsey Sandford	104	20	18:29.4	2:28	9:58.2	30	1:04:12.2	15.0	5:16.9	33	32:37.9	10:30	2:10:34.7

*Overall place within gender

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<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>----- Swim -----</u>			<u>T1</u>	<u>----- Bike -----</u>			<u>T2</u>	<u>----- Run -----</u>			<u>Total</u>
			<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
34	Debra Stroiney	163	32	20:18.4	2:42	6:47.8	31	1:04:57.4	14.8	3:22.9	41	35:29.8	11:26	2:10:56.4
35	Courtney Mahon	58	16	18:09.4	2:25	6:17.9	46	1:18:09.4	12.3	1:10.2	18	27:51.1	8:58	2:11:38.2
36	Jessica Marone	60	10	16:19.4	2:11	7:39.5	37	1:11:25.9	13.4	1:43.5	51	39:51.2	12:50	2:16:59.8
37	Allison Arnold	165	52	26:23.8	3:31	7:20.0	13	58:38.6	16.4	2:20.7	55	43:24.9	13:58	2:18:08.2
38	Heather Randall	97	40	21:56.3	2:56	7:23.9	27	1:02:42.6	15.3	5:35.3	52	40:42.2	13:06	2:18:20.5
39	Emily Kelly	15	14	17:58.4	2:24	12:24.8	38	1:12:09.2	13.3	5:31.6	30	31:37.8	10:11	2:19:42.0
40	Elyse Braner	101	48	24:14.6	3:14	6:40.1	42	1:15:44.3	12.7	3:04.8	36	33:23.9	10:45	2:23:07.9
41	Christina Porras	114	51	25:02.1	3:20	4:54.0	48	1:18:53.6	12.2	2:25.2	32	32:03.9	10:19	2:23:19.0
42	Gracie Dogramaci	66				27:58.2	45	1:18:05.8	12.3	1:12.6	45	36:42.3	11:49	2:23:59.2
43	Pooja Keranahalli	171	42	22:05.2	2:57	5:36.4	44	1:17:06.5	12.4	1:41.6	47	38:10.2	12:17	2:24:40.1
44	Elizabeth Borja	81	44	22:19.0	2:59	5:51.0	43	1:15:47.5	12.7	2:53.5	49	38:53.9	12:31	2:25:45.2
45	Angelique Payne	34	38	21:44.6	2:54	5:46.9	52	1:27:58.2	10.9	1:33.1	29	31:19.3	10:05	2:28:22.2
46	Paola Howard	89	49	24:33.2	3:16	6:33.3	50	1:20:33.7	11.9	3:06.6	38	34:00.0	10:57	2:28:47.1
47	Marie Collins	167	22	18:53.3	2:31	7:05.1	47	1:18:13.8	12.3	2:08.6	54	42:42.4	13:45	2:29:03.4
48	Angelina Calis	57	25	19:34.6	2:37	5:54.2	57	1:34:11.9	10.2	1:17.7	20	28:52.5	9:18	2:29:51.1
49	Amber Turner	159	55	30:05.3	4:01	8:00.1	41	1:14:50.1	12.8	2:45.4	40	34:37.2	11:09	2:30:18.4
50	Carolyn Wooster	21	41	22:04.3	2:57	8:05.8	49	1:20:24.6	11.9	3:39.7	50	38:59.7	12:33	2:33:14.2
51	Emily Flanagan	73	50	25:01.1	3:20	6:48.3	40	1:13:29.7	13.1	2:41.6	56	47:22.4	15:15	2:35:23.2
52	Ariana Burge	162	11	17:39.1	2:21	4:21.5	56	1:33:46.6	10.2	3:06.1	44	36:34.6	11:46	2:35:28.0
53	Emma Smith	16	53	26:50.5	3:35	9:23.0	51	1:23:09.6	11.5	2:24.0	46	36:50.8	11:52	2:38:38.0
54	Karen Matthes	3	46	22:29.6	3:00	7:18.0	55	1:31:49.7	10.5	3:16.3	53	42:11.2	13:35	2:47:05.0
55	Ariana Kelly	135	54	30:01.8	4:00	8:26.9	54	1:31:11.0	10.5	2:04.9	48	38:35.8	12:25	2:50:20.6
56	Yocheved Kopel	176	56	33:42.3	4:30	9:59.7	53	1:30:28.8	10.6	3:25.9	57	51:51.6	16:42	3:09:28.5

*Overall place within gender