

Smith Mountain Lake Sprint Triathlon 2025

Race Date

May 03, 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	Jacquelyn Foley	53	1	10:10.3	1:21	11:57.8	4	47:48.0	20.8	48:41.5	3	1:09:26.4	6:41	1:09:26.4
2	Inge Nystrom	257	9	13:39.0	1:49	15:41.9	3	51:25.5	20.9	52:21.4	5	1:15:02.4	7:18	1:15:02.4
3	Cortney Martin	186	10	13:53.0	1:51	15:58.6	5	52:20.1	20.5	53:18.7	10	1:16:33.5	7:29	1:16:33.5
4	Meghan Milkowski	35	19	14:37.4	1:57	17:10.7	1	52:06.7	21.3	53:38.7	9	1:16:49.2	7:28	1:16:49.2
5	Cornbread Lily Hester	122	26	15:30.3	2:04	18:08.4	6	56:45.4	19.3	57:55.5	1	1:18:14.9	6:32	1:18:14.9
6	Caroline Saouma	137	24	15:03.7	2:01	17:01.8	2	52:08.6	21.2	53:31.5	27	1:20:54.0	8:49	1:20:54.0
7	Mackenzie Gabler	179	29	15:36.8	2:05	18:28.2	8	58:22.2	18.7	59:36.1	6	1:22:23.0	7:20	1:22:23.0
8	Joanna Friesen	249	34	16:07.4	2:09	18:29.1	9	58:24.4	18.7	59:41.0	7	1:22:29.3	7:20	1:22:29.3
9	Rachel Phillips	102	5	12:21.0	1:39	15:17.4	15	57:24.6	17.7	58:36.7	12	1:22:40.6	7:45	1:22:40.6
10	Monika Schneider	163	50	18:00.1	2:24	22:01.3	7	1:01:47.5	18.7	1:02:47.8	2	1:23:12.8	6:34	1:23:12.8
11	Julie Kidd	176	17	14:24.6	1:55	17:31.1	12	58:16.1	18.3	59:52.1	11	1:23:52.9	7:44	1:23:52.9
12	Jordan Gold	42	2	11:34.3	1:33	14:05.0	47	1:01:34.2	15.7	1:02:12.1	4	1:24:45.3	7:16	1:24:45.3
13	Dana Rodriguez	37	18	14:36.5	1:57	17:05.8	14	58:51.8	17.9	1:00:20.2	25	1:26:52.8	8:33	1:26:52.8
14	Jennifer Csapo	196	7	13:19.2	1:47	16:04.9	18	59:15.4	17.3	1:00:43.1	23	1:27:02.1	8:28	1:27:02.1
15	Carey Bradley	183	20	14:41.4	1:58	18:09.7	10	58:22.3	18.5	59:55.5	33	1:28:12.0	9:06	1:28:12.0
16	Andrea Armstrong	56	57	18:36.9	2:29	21:04.6	11	1:01:38.5	18.4	1:02:48.1	17	1:28:16.0	8:12	1:28:16.0
17	Natalie Dinkins	291	3	12:05.1	1:37	15:22.4	59	1:05:02.6	15.0	1:05:54.1	13	1:30:14.0	7:50	1:30:14.0
18	Parisa Farhi	287	37	16:27.2	2:12	19:16.7	32	1:04:56.9	16.3	1:05:55.0	16	1:31:02.0	8:05	1:31:02.0
19	Jaime Kurtz	48	21	14:42.5	1:58	17:54.4	37	1:03:52.1	16.2	1:05:13.4	21	1:31:18.1	8:24	1:31:18.1
20	Dana Hogg	166	8	13:32.6	1:48	16:57.5	16	59:07.2	17.7	1:00:28.3	46	1:31:20.0	9:56	1:31:20.0
21	Anna Van Horn	109	35	16:10.9	2:09	19:28.1	35	1:05:17.3	16.3	1:06:46.7	15	1:31:42.8	8:02	1:31:42.8
22	Charlotte Bader	280	44	17:01.7	2:16	20:03.3	24	1:04:44.3	16.7	1:06:08.0	20	1:31:55.8	8:18	1:31:55.8
23	Sarah Rodgers	169	41	16:52.4	2:15	21:05.8	40	1:07:22.8	16.1	1:09:18.7	8	1:32:14.3	7:23	1:32:14.3
24	Laura McGregor	202	31	15:46.0	2:06	18:37.4	30	1:04:08.6	16.4	1:04:57.3	30	1:32:43.7	8:56	1:32:43.7
25	Stacy Crawford	282	28	15:31.4	2:04	19:10.0	13	1:00:04.8	18.2	1:01:45.3	50	1:32:55.0	10:02	1:32:55.0
26	Ashley Maness	243	6	12:33.0	1:40	15:26.8	60	1:05:16.7	15.0	1:06:12.8	28	1:33:47.1	8:52	1:33:47.1
27	Julia Brodsky	124	43	16:53.9	2:15	20:08.9	17	1:03:02.8	17.4	1:05:44.3	32	1:33:52.5	9:03	1:33:52.5
28	Alyssa Estell	66	13	14:08.1	1:53	18:05.5	58	1:07:39.4	15.0	1:08:35.5	19	1:34:16.8	8:16	1:34:16.8
29	Leigh Ramsey	38	40	16:41.3	2:14	20:47.4	22	1:05:03.0	16.8	1:06:48.2	29	1:34:26.4	8:54	1:34:26.4
30	Taylor Holder	68	15	14:13.3	1:54	18:33.8	36	1:04:24.8	16.3	1:06:03.7	35	1:34:41.6	9:13	1:34:41.6
31	Audrey Steier	3	33	15:54.3	2:07	20:53.7	31	1:06:33.2	16.3	1:09:08.8	18	1:34:49.2	8:16	1:34:49.2
32	Mindy Yarberry	65	22	14:45.2	1:58	17:57.4	25	1:02:56.3	16.6	1:04:22.2	44	1:34:57.0	9:51	1:34:57.0
33	Whitney Davis	226	27	15:31.2	2:04	18:44.4	19	1:02:29.1	17.0	1:04:16.1	48	1:35:14.6	9:58	1:35:14.6

*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	Katie Walker	278	23	15:02.5	2:00	18:32.8	43	1:05:44.0	15.8	1:06:57.2	36	1:36:03.5	9:22	1:36:03.5
35	Jenna Friedberg	93	58	18:41.9	2:30	22:03.0	46	1:09:27.2	15.7	1:10:55.7	26	1:37:47.6	8:39	1:37:47.6
36	Stacey Kesel	145	63	19:27.1	2:36	24:37.1	29	1:10:05.9	16.4	1:12:03.1	22	1:38:13.5	8:25	1:38:13.5
37	Madelyn Mauck	113	54	18:21.9	2:27	20:37.2	56	1:09:56.7	15.1	1:11:45.3	24	1:38:16.6	8:32	1:38:16.6
38	Alyssa Huntington	224	51	18:07.3	2:25	21:28.8	41	1:07:46.3	16.1	1:10:09.6	34	1:38:40.2	9:11	1:38:40.2
39	Jennie Simms	15	65	19:41.7	2:38	24:10.9	21	1:08:13.2	16.9	1:10:31.0	37	1:40:03.0	9:30	1:40:03.0
40	Melissa Fussell	174	61	19:17.6	2:34	23:22.0	26	1:08:27.7	16.5	1:10:22.5	40	1:40:39.0	9:45	1:40:39.0
41	Chelsea So	77	30	15:41.1	2:05	19:13.3	52	1:07:37.6	15.4	1:08:54.1	55	1:41:06.0	10:22	1:41:06.0
42	Marcie Dawson	64	56	18:35.0	2:29	22:53.2	39	1:08:56.0	16.2	1:10:40.1	41	1:41:07.2	9:48	1:41:07.2
43	Jax Gottwald	178	46	17:19.2	2:19	22:06.3	55	1:11:10.4	15.2	1:13:42.7	31	1:41:49.9	9:03	1:41:49.9
44	Angelina Olivero	90	53	18:08.8	2:25	22:22.6	44	1:09:34.6	15.8	1:11:06.9	47	1:42:01.7	9:57	1:42:01.7
45	Dawn Parris	7	69	19:48.2	2:38	24:01.2	42	1:10:32.2	16.0	1:11:53.8	43	1:42:28.0	9:50	1:42:28.0
46	Drew Pelkey	99	45	17:07.6	2:17	20:37.0	50	1:08:20.5	15.6	1:10:20.1	57	1:42:53.9	10:29	1:42:53.9
47	Yvonne Wiedle	231	12	14:03.8	1:53	18:48.3	65	1:10:10.0	14.5	1:12:00.0	49	1:42:59.4	9:58	1:42:59.4
48	Tara Mason	251	47	17:23.6	2:19	21:34.4	51	1:09:30.7	15.6	1:11:07.1	52	1:43:01.9	10:16	1:43:01.9
49	Jennifer Rohler	82	25	15:17.4	2:02	19:29.1	57	1:08:59.6	15.1	1:10:31.2	58	1:43:10.1	10:31	1:43:10.1
50	Emily Gilbert	120	32	15:48.9	2:07	18:51.1	73	1:11:48.4	14.1	1:13:26.2	39	1:43:31.0	9:41	1:43:31.0
51	Sarah Comeau	233	82	23:05.7	3:05	27:12.7	63	1:17:50.1	14.7	1:19:07.1	14	1:43:52.9	7:58	1:43:52.9
52	Beth Brant	185	36	16:13.7	2:10	20:17.6	23	1:04:51.9	16.7	1:07:38.2	78	1:44:16.4	11:48	1:44:16.4
53	Lindsay Hanks	155	4	12:09.9	1:37	15:08.9	78	1:09:11.2	13.8	1:10:18.1	68	1:44:29.3	11:00	1:44:29.3
54	Kristen Willett	108	78	22:24.8	2:59	25:58.4	20	1:09:48.5	17.0	1:12:26.4	65	1:46:09.9	10:51	1:46:09.9
55	Grace Weaver	70	11	14:01.8	1:52	17:35.3	68	1:09:41.9	14.3	1:12:25.3	66	1:46:22.9	10:56	1:46:22.9
56	Maria Denunzio	187	75	21:43.6	2:54	26:52.9	28	1:12:20.8	16.4	1:14:28.1	56	1:46:40.0	10:22	1:46:40.0
57	Carly Csapo	195	14	14:08.3	1:53	18:50.0	75	1:12:00.1	14.0	1:13:06.4	70	1:47:36.0	11:06	1:47:36.0
58	Margaret Madsen	17	68	19:47.4	2:38	23:52.9	61	1:14:01.8	14.9	1:14:51.8	62	1:47:56.1	10:39	1:47:56.1
59	Jill Johnson-York	75	38	16:33.6	2:12	20:48.8	77	1:14:16.9	13.9	1:16:04.5	61	1:48:56.4	10:35	1:48:56.4
60	Sheana Hensley	173	16	14:19.7	1:55	18:36.2	54	1:07:28.8	15.3	1:09:36.9	86	1:49:28.0	12:50	1:49:28.0
61	Erin Willett	106	60	19:07.9	2:33	23:19.5	27	1:08:42.9	16.4	1:12:11.9	79	1:49:32.5	12:01	1:49:32.5
62	Stacy Dawson	63	42	16:52.4	2:15	20:58.6	81	1:16:12.3	13.5	1:17:32.7	54	1:49:40.0	10:20	1:49:40.0
63	Erica Sauer	110	49	17:58.5	2:24	21:30.5	69	1:13:51.5	14.2	1:15:57.9	71	1:50:31.8	11:08	1:50:31.8
64	Kylah Gilbert	119	70	20:07.7	2:41	23:15.0	83	1:19:07.1	13.3	1:20:32.4	38	1:50:32.0	9:39	1:50:32.0
65	Kim Fitzgerald	57	89	24:54.2	3:19	29:27.8	38	1:15:27.0	16.2	1:17:55.2	59	1:50:37.9	10:32	1:50:37.9
66	Ava Lorton	73	71	20:36.2	2:45	24:34.9	53	1:13:25.8	15.3	1:15:09.2	76	1:51:39.5	11:45	1:51:39.5

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			<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>
67	Carly Field	89	67	19:45.5	2:38	24:05.8	74	1:17:14.0	14.0	1:18:39.1	64	1:52:15.2	10:49	1:52:15.2
68	Michelle Bushrow	28	72	20:38.3	2:45	24:17.3	82	1:19:51.6	13.4	1:22:05.4	45	1:52:53.9	9:55	1:52:53.9
69	Jacqueline Gooden	182	52	18:08.6	2:25	22:22.0	67	1:14:11.9	14.4	1:15:42.7	82	1:54:10.0	12:23	1:54:10.0
70	Krista Knowles	212	64	19:28.8	2:36	26:33.5	48	1:14:04.7	15.7	1:17:52.4	77	1:54:28.1	11:47	1:54:28.1
71	Holly Jenkins	114	76	21:44.2	2:54	27:14.5	64	1:18:24.3	14.6	1:20:00.0	72	1:54:43.4	11:11	1:54:43.4
72	Jessica Weaver	199	79	22:32.9	3:00	26:57.7	66	1:18:22.6	14.5	1:20:46.2	69	1:55:09.3	11:04	1:55:09.3
73	Jessica Clubb	228	91	25:06.6	3:21	33:17.8	49	1:21:00.3	15.6	1:23:58.4	53	1:56:02.2	10:19	1:56:02.2
74	Toni Berning	246	66	19:44.7	2:38	28:53.7	62	1:19:10.3	14.8	1:23:41.3	67	1:57:44.3	10:58	1:57:44.3
75	Whitney Rutkowski	247	95	29:00.7	3:52	33:02.5	72	1:25:59.6	14.1	1:27:15.4	42	1:57:45.3	9:49	1:57:45.3
76	Jennifer Forrister	171	92	25:08.2	3:21	33:47.1	34	1:19:34.7	16.3	1:23:32.9	73	1:58:25.8	11:14	1:58:25.8
77	Erika Solberg	150	90	25:03.6	3:20	30:40.9	84	1:26:47.8	13.3	1:28:19.6	51	2:00:07.5	10:14	2:00:07.5
78	Allison Arnold	297	83	23:06.8	3:05	27:47.4	33	1:13:29.9	16.3	1:15:31.6	92	2:00:19.8	14:25	2:00:19.8
79	Jennifer Ballard	10	94	26:36.8	3:33	33:14.9	45	1:20:34.3	15.8	1:22:20.5	83	2:01:13.1	12:31	2:01:13.1
80	Paola Capocasa	13	93	25:23.4	3:23	31:13.9	80	1:25:59.0	13.6	1:28:51.2	60	2:01:38.9	10:33	2:01:38.9
81	Emily Havrilla	181	55	18:34.1	2:29	26:29.1	89	1:27:01.2	12.3	1:28:32.7	63	2:01:57.9	10:45	2:01:57.9
82	Melanie Taylor	104	62	19:17.8	2:34	25:09.6	86	1:23:35.8	12.8	1:27:13.7	74	2:03:05.1	11:32	2:03:05.1
83	Jose Delp	12	86	23:33.8	3:09	29:21.9	76	1:22:42.1	14.0	1:24:59.4	81	2:03:20.1	12:21	2:03:20.1
84	Emily Mevers	139	81	22:50.2	3:03	26:36.5	85	1:23:48.8	13.0	1:26:02.8	80	2:03:47.1	12:09	2:03:47.1
85	Laura Vukson	213	88	23:37.4	3:09	30:07.4	70	1:22:39.1	14.2	1:25:40.4	88	2:05:59.8	12:59	2:05:59.8
86	Elizabeth Williams	288	85	23:27.6	3:08	28:23.5	79	1:22:31.0	13.8	1:25:01.6	90	2:06:36.5	13:23	2:06:36.5
87	Laura Ruth	39	84	23:12.8	3:06	27:01.0	88	1:26:06.6	12.6	1:27:26.3	84	2:06:37.4	12:37	2:06:37.4
88	Piper Cook	238	59	18:54.4	2:31	23:19.3	91	1:27:41.0	11.6	1:29:20.2	85	2:08:58.7	12:46	2:08:58.7
89	Michelle Duffy	275	87	23:36.6	3:09	29:45.6	87	1:28:26.1	12.7	1:30:39.2	89	2:11:29.6	13:09	2:11:29.6
90	Ashley Trievel	80	77	22:16.9	2:58	26:58.0	93	1:34:09.8	11.1	1:35:26.7	75	2:11:49.0	11:42	2:11:49.0
91	Rebekah Knaus	111	39	16:33.7	2:13	21:04.4	94	1:31:02.5	10.7	1:32:16.0	87	2:12:10.6	12:51	2:12:10.6
92	Regghan Cutler	87	48	17:28.3	2:20	22:38.4	90	1:26:38.7	11.6	1:29:06.5	95	2:16:57.8	15:24	2:16:57.8
93	Anna Knaus	112	80	22:48.6	3:02	27:30.4	92	1:32:33.2	11.5	1:34:37.4	94	2:21:16.2	15:01	2:21:16.2
94	Betty Harrington	76	96	37:26.0	4:59	44:51.0	71	1:37:35.3	14.1	1:43:30.3	91	2:26:03.1	13:42	2:26:03.1
95	Kate Martin	20	74	21:41.3	2:54	29:50.8	95	1:45:22.2	9.87	1:46:30.0	93	2:32:47.8	14:54	2:32:47.8
96	Mikayla Grimsley	25	73	20:39.1	2:45	25:15.8	96	1:46:12.5	9.21	1:48:24.2	96	2:39:56.5	16:35	2:39:56.5

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