

Diamond in the Rough Sprint & Olympic Tri 2025

Sprint Triathlon Overall Women

Race Date

July 12, 2025

Place	Name	Bib No	AG Place	----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time
1	Michelle Christine	169	TF :F SOA	5	14:44.3	1:58	1:57.4	1	22:08.0	21.7	1:02.4	1	21:18.0	6:51	1:01:10.1
2	Jocelyn Saunders	217	TF :F SOA	2	14:25.9	1:55	2:06.2	3	25:49.0	18.6	1:46.4	5	24:24.5	7:51	1:08:32.1
3	Esther Collinetti	80	TF :F SOA	7	14:49.9	1:59	2:49.8	2	25:36.8	18.7	1:23.9	4	24:11.1	7:47	1:08:51.7
4	Emily Holcroft	2	TF :F SMOA	9	15:52.2	2:07	2:38.7	4	26:23.0	18.2	1:34.7	6	24:59.6	8:03	1:11:28.5
5	Cassandra Vorgang	145	TF :F SMOA	3	14:26.1	1:55	2:37.5	10	27:55.1	17.2	1:28.8	11	26:32.5	8:33	1:13:00.2
6	Zoe Buzzelli	180	1:F 15-19	1	11:37.1	1:33	1:55.1	27	29:50.2	16.1	1:05.1	23	28:42.2	9:14	1:13:09.9
7	Cynthia Li	166	1:F 30-34	14	17:21.2	2:19	3:25.1	17	28:41.1	16.7	1:13.0	3	23:59.0	7:43	1:14:39.6
8	Kathleen MacGregor	9	1:F 35-39	10	15:58.5	2:08	3:24.2	18	28:48.9	16.7	1:29.1	8	25:42.7	8:17	1:15:23.6
9	Jacey Sheckells	69	2:F 30-34	12	17:12.4	2:18	3:03.7	13	28:18.1	17.0	1:24.5	9	25:50.0	8:19	1:15:48.9
10	Bonnie Stoeckl	203	TF :F SMOA	48	22:13.3	2:58	2:38.5	6	27:01.4	17.8	1:28.1	7	25:11.9	8:07	1:18:33.4
11	Rachel Miller	152	1:F 45-49	22	19:23.8	2:35	3:09.9	9	27:49.0	17.3	1:41.9	12	26:37.8	8:34	1:18:42.5
12	Juliet Jones	60	2:F 45-49	36	20:59.5	2:48	2:35.8	7	27:07.3	17.7	1:42.3	10	26:24.2	8:30	1:18:49.2
13	Juli Ingram	164	1:F 60-64	19	18:48.7	2:31	3:59.8	5	26:28.5	18.1	2:10.4	18	27:59.7	9:01	1:19:27.3
14	Kim McDonough	195	1:F 50-54	30	20:29.7	2:44	2:45.1	19	28:51.1	16.6	1:29.1	14	26:46.6	8:37	1:20:21.8
15	Linda Kennedy	64	1:F 65-69	8	15:30.6	2:04	3:23.7	21	29:27.6	16.3	2:28.7	29	29:47.9	9:35	1:20:38.6
16	Lisa Jurist	131	2:F 60-64	21	19:16.2	2:34	3:00.9	15	28:29.9	16.8	2:27.5	24	28:56.2	9:19	1:22:10.9
17	Deb Hicks	81	2:F 50-54	20	19:07.0	2:33	3:33.9	57	35:48.3	13.4	1:14.9	2	22:34.3	7:16	1:22:18.6
18	Katherine Chirnside	192	3:F 30-34	24	19:37.8	2:37	4:27.3	16	28:39.8	16.7	2:16.0	21	28:24.9	9:09	1:23:26.1
19	Tina Reed	49	3:F 50-54	52	22:37.2	3:01	3:17.5	22	29:29.2	16.3	1:31.4	13	26:44.5	8:36	1:23:40.0
20	Rebecca Wolf	186	3:F 45-49	39	21:30.3	2:52	3:49.4	25	29:42.4	16.2	1:50.0	16	26:57.3	8:41	1:23:49.6
21	Kiersten Hollis	55	1:F 25-29	4	14:28.7	1:56	4:09.4	35	31:11.4	15.4	1:43.4	39	32:42.4	10:32	1:24:15.5
22	Laurel Redding	212	1:F 40-44	29	20:24.8	2:43	5:10.5	32	30:27.5	15.8	1:38.2	15	26:47.1	8:37	1:24:28.2
23	Leana Wen Walker	120	2:F 40-44	42	21:55.8	2:55	3:30.4	11	27:57.0	17.2	1:34.8	30	30:16.1	9:45	1:25:14.4
24	Sarah Martin	160	1:F 20-24	35	20:58.5	2:48	2:38.1	46	33:01.7	14.5	1:08.8	19	28:18.5	9:07	1:26:05.7
25	Keileigh Mese-Jones	161	1:F 1-99	18	18:38.2	2:29	4:31.3	8	27:32.0	17.4	1:57.3	47	33:29.4	10:47	1:26:08.4
26	Elizabeth Harraka	200	4:F 30-34	45	22:04.0	2:57	3:26.5	38	31:28.2	15.3	2:10.4	17	27:02.9	8:42	1:26:12.1
27	Lori Wojcik	84	4:F 50-54	46	22:09.1	2:57	3:07.8	34	31:05.0	15.4	2:03.7	20	28:20.5	9:07	1:26:46.2
28	Kristina Sanders	155	4:F 45-49	41	21:54.0	2:55	3:15.0	23	29:30.6	16.3	1:44.4	32	30:27.3	9:48	1:26:51.5
29	Anne Hofmann	170	5:F 45-49	11	16:30.3	2:12	3:34.8	44	31:58.8	15.0	2:30.3	41	32:53.0	10:35	1:27:27.5
30	April Hartsook	70	1:F 55-59	32	20:40.8	2:45	2:53.7	12	28:03.6	17.1	2:38.3	50	34:07.8	10:59	1:28:24.3
31	Rowena Watson	219	2:F 55-59	50	22:22.7	2:59	3:15.7	42	31:53.4	15.1	1:44.6	28	29:18.9	9:26	1:28:35.6
32	Rachel Cessna	154	6:F 45-49	16	18:09.6	2:25	3:26.2	29	30:08.2	15.9	2:06.5	51	34:45.2	11:11	1:28:35.8
33	Wendy Robinson	220	5:F 50-54	34	20:51.7	2:47	4:00.2	24	29:42.0	16.2	3:27.0	34	30:35.8	9:51	1:28:37.0

*Overall place within gender

Diamond in the Rough Sprint & Olympic Tri 2025

Sprint Triathlon Overall Women

Race Date

July 12, 2025

Place	Name	Bib No	AG Place	----- Swim -----		T1		----- Bike -----		T2		----- Run -----		Total	
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time		Pace
34	Erin Lyman	32	7:F 45-49	17	18:16.6	2:26	5:27.5	37	31:18.7	15.3	1:59.2	37	32:12.5	10:22	1:29:14.7
35	Cary Jacobson	165	8:F 45-49	47	22:11.7	2:58	2:49.4	53	33:59.6	14.1	1:11.7	27	29:09.4	9:23	1:29:21.9
36	Carolyn Kapus	29	3:F 55-59	15	18:06.6	2:25	5:09.1	28	30:02.7	16.0	2:56.5	44	33:14.4	10:42	1:29:29.5
37	Megan Morgan	35	5:F 30-34	63	26:08.6	3:29	2:55.0	30	30:08.5	15.9	1:24.1	25	28:57.6	9:19	1:29:34.0
38	Lauren Gifford	100	3:F 40-44	26	19:46.9	2:38	4:14.8	43	31:57.1	15.0	1:28.1	38	32:18.8	10:24	1:29:45.9
39	Sadie Cutler	144	2:F 1-99	25	19:44.1	2:38	3:49.9	20	29:13.0	16.4	2:01.5	55	34:59.9	11:16	1:29:48.6
40	Lisa Dignazio	118	3:F 60-64	27	19:57.8	2:40	4:54.8	33	30:54.7	15.5	2:37.3	36	31:41.5	10:12	1:30:06.3
41	Jennifer Pettorossi	66	6:F 50-54	40	21:41.6	2:54	3:10.1	26	29:50.0	16.1	1:48.4	48	33:39.0	10:50	1:30:09.2
42	Victoria Reed	74	4:F 40-44	49	22:22.2	2:59	4:07.9	14	28:23.1	16.9	2:24.8	46	33:29.1	10:47	1:30:47.3
43	Sarah Ceponis	126	2:F 35-39	31	20:38.0	2:45	4:03.5	31	30:27.3	15.8	2:18.3	45	33:28.8	10:47	1:30:56.2
44	Joni Payne	3	2:F 65-69	23	19:30.3	2:36	4:01.0	36	31:13.8	15.4	1:38.5	54	34:51.9	11:13	1:31:15.7
45	Lauren Lynch	142	3:F 35-39	13	17:19.1	2:19	5:26.9	55	35:04.5	13.7	2:54.2	35	31:11.1	10:02	1:31:56.0
46	Sarah Chan	159	6:F 30-34	54	22:59.5	3:04	3:29.7	49	33:39.5	14.3	1:28.4	31	30:19.1	9:46	1:31:56.4
47	Carolyn Migliori	207	4:F 55-59	53	22:37.8	3:01	3:25.9	52	33:54.3	14.2	2:05.9	33	30:27.7	9:48	1:32:31.8
48	Rebecca Tillemans	45	9:F 45-49	28	20:23.8	2:43	4:25.3	40	31:48.6	15.1	1:35.6	58	35:42.0	11:29	1:33:55.5
49	Lynne Regules	171	3:F 1-99	6	14:47.2	1:58	5:52.9	70	40:56.3	11.7	3:12.2	43	33:04.1	10:39	1:37:52.9
50	Maria Mager	101	4:F 60-64	43	22:00.5	2:56	4:05.8	47	33:04.0	14.5	3:34.2	56	35:09.3	11:19	1:37:54.0
51	Sandra Pagnotti	132	5:F 60-64	44	22:00.8	2:56	3:59.0	39	31:39.6	15.2	2:10.0	60	38:46.4	12:29	1:38:36.0
52	Jessica Chin	158	7:F 50-54	70	29:00.2	3:52	4:00.7	41	31:49.8	15.1	1:43.3	40	32:44.4	10:32	1:39:18.6
53	Amy Singer	122	2:F 25-29	59	25:23.7	3:23	3:13.9	54	34:46.1	13.8	2:41.1	49	33:51.4	10:54	1:39:56.5
54	Kelly O'Shea	48	4:F 35-39	61	25:25.9	3:23	6:32.8	50	33:40.4	14.3	1:53.1	52	34:47.3	11:12	1:42:19.6
55	Anne Joos	87	8:F 50-54	60	25:25.1	3:23	4:06.2	51	33:42.8	14.2	3:18.8	59	35:53.6	11:33	1:42:26.7
56	Jessica Baccin	189	3:F 25-29	72	30:28.5	4:04	4:33.2	65	37:16.1	12.9	2:31.2	22	28:29.9	9:10	1:43:19.1
57	Alison Fong	215	7:F 30-34	65	26:36.4	3:33	5:06.8	59	36:35.7	13.1	2:07.5	42	32:54.1	10:35	1:43:20.8
58	Elizabeth Gewur Ramirez	107	10:F 45-49	33	20:49.1	2:47	5:12.4	56	35:07.0	13.7	2:43.1	62	39:52.5	12:50	1:43:44.4
59	Olivia Negus	123	8:F 30-34	57	24:15.7	3:14	4:27.6	69	40:54.1	11.7	1:59.9	53	34:50.2	11:13	1:46:27.6
60	Tarra Maeshima	15	9:F 50-54	51	22:28.6	3:00	4:26.1	48	33:34.5	14.3	2:57.7	71	43:25.6	13:59	1:46:52.7
61	Meredith Pepin	59	2:F 20-24	76	35:09.2	4:41	5:23.3	62	37:02.1	13.0	1:58.5	26	28:59.4	9:20	1:48:32.6
62	Michele Gagnon	114	5:F 55-59	64	26:16.6	3:30	7:33.6	45	32:49.4	14.6	2:38.7	63	40:05.2	12:54	1:49:23.6
63	Cathy Witter	13	3:F 65-69	37	21:05.6	2:49	5:20.9	58	35:57.0	13.4	3:47.4	73	44:18.4	14:16	1:50:29.5
64	Abigail Soderberg	139	4:F 1-99	74	32:03.3	4:16	4:20.5	60	36:55.3	13.0	2:27.3	57	35:15.1	11:21	1:51:01.7
65	Ilene Lees	26	10:F 50-54	58	24:39.5	3:17	5:14.3	66	37:59.1	12.6	3:07.6	64	40:07.6	12:55	1:51:08.2
66	Jacquelyn Weih	7	5:F 40-44	62	25:56.3	3:28	4:59.2	61	36:57.8	13.0	2:16.9	70	43:06.9	13:53	1:53:17.3

*Overall place within gender

Diamond in the Rough Sprint & Olympic Tri 2025

Sprint Triathlon Overall Women

Race Date

July 12, 2025

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</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>
67	Lauren Hollis	57	3:F 20-24	56	24:07.6	3:13	4:40.1	72	42:32.5	11.3	2:04.6	65	40:11.5	12:56	1:53:36.5
68	Tarra Rea	38	5:F 35-39	68	28:02.4	3:44	4:55.0	64	37:14.0	12.9	1:47.7	69	42:28.3	13:40	1:54:27.6
69	Jennifer Eisenberg	119	11:F 50-54	71	29:40.6	3:57	4:16.0	63	37:08.2	12.9	2:47.5	68	41:29.9	13:21	1:55:22.4
70	Sarabrynn Hudgins	128	6:F 35-39	67	28:01.1	3:44	4:30.5	71	41:51.5	11.5	2:16.9	61	39:31.3	12:43	1:56:11.5
71	Katherine Roberts	206	11:F 45-49	73	30:32.8	4:04	4:21.0	68	40:13.6	11.9	3:03.6	67	41:15.7	13:17	1:59:26.8
72	Johana Reed	125	4:F 65-69	69	28:18.8	3:47	8:09.9	67	39:29.8	12.2	2:42.4	66	40:50.1	13:09	1:59:31.1
73	Jacklyn Hendrix	97	7:F 35-39	38	21:06.5	2:49	6:43.7	77	54:43.9	8.77	2:29.7	74	45:21.5	14:36	2:10:25.5
74	Julia Skinner	115	6:F 40-44	66	27:28.7	3:40	7:46.6	73	43:54.6	10.9	3:36.4	75	47:39.5	15:20	2:10:26.0
75	Kristin Phillips-Marcum	30	1:F Female	75	33:45.4	4:30	6:01.7	74	44:07.2	10.9	2:50.8	72	43:53.8	14:08	2:10:39.0
76	Jennifer Matis	99	8:F 35-39	55	23:25.3	3:07	7:04.7	75	45:59.6	10.4	4:01.4	76	52:02.6	16:45	2:12:33.8
DQ	Kristian Lunz	210	DQ:F 35-39				13:22.6	DQ	35:59.9	13.3	1:44.4		30:43.2	9:53	1:21:50.2
DQ	Elizabeth Baker	37	DQ:F Female				22:52.5	DQ	31:52.4	15.1	22:42.4		53:31.4	17:14	2:10:58.8
DQ	Kristina Roberts	36	DQ:F Female	DQ	14:48.5	1:58	8:11.2	76	50:22.1	9.53	4:15.4		53:31.3	17:14	2:11:08.8
DQ	Grace Parfitt	18	DQ:F 30-34	DQ	23:08.9	3:05	7:33.6	78	1:03:35.9	7.55	2:52.9		39:27.8	12:42	2:16:39.2

*Overall place within gender