



P.O. Box 22622
 Cleveland, Ohio 44122
 Phone: 216-752-5151
 Fax: 216-752-0251
 E-mail: hma@nacs.net

JCC Indoor Triathlon – February 10, 2008

Athlete	Age Group	Age	Gender	Swim Distance (M)	Effective Swim Time	Bike Distance (Km)	Effective Bike Time	Run Distance (Km)	Effective Run Time	Effective Overall Time
Team Hanson/Pophal/Chelbeck	Team	T	T	875	0:25:43	20.47	0:39:05	5.08	0:39:24	1:44:12
Ilene Kinsley	F50-59	50	F	0	0:00:00	16.82	0:47:34	3.47	0:57:42	1:45:16
Team Polster	Team	T	T	950	0:23:41	16.45	0:48:38	4.46	0:44:53	1:57:12
Mike Jewell	M30-39	36	M	850	0:26:28	16.32	0:49:01	4.70	0:42:31	1:58:01
Marty Mason	M40-49	45	M	825	0:27:16	15.37	0:52:03	5.08	0:39:24	1:58:44
Kevin Ankuda	M20-29	23	M	825	0:27:16	15.24	0:52:30	4.83	0:41:25	2:01:11
Team Reulbach/Katz/Rogan	Team	T	T	600	0:37:30	17.69	0:45:14	5.20	0:38:28	2:01:12
Jim Majer	M50-59	54	M	775	0:29:02	19.31	0:41:25	3.84	0:52:07	2:02:34
Team Gottlieb/Slesh	Team	T	T	825	0:27:16	17.06	0:46:54	4.09	0:48:57	2:03:08
Team Schlessinger/Ducoff	Team	T	T	1025	0:21:57	13.04	1:01:22	4.95	0:40:23	2:03:43
Bruce Sherman	M50-59	52	M	775	0:29:02	13.99	0:57:12	5.20	0:38:28	2:04:42
David Balok	M40-49	40	M	700	0:32:09	15.61	0:51:15	4.83	0:41:25	2:04:49
Brian Adelstein	M40-49	47	M	775	0:29:02	15.42	0:51:53	4.33	0:46:10	2:07:05
Team Rendlesham	Team	T	T	500	0:45:00	19.14	0:41:48	4.95	0:40:23	2:07:12
Saul Nurko	M40-49	46	M	675	0:33:20	17.41	0:45:57	4.09	0:48:57	2:08:14
Derek Serna	M20-29	28	M	525	0:42:51	15.77	0:50:43	5.57	0:35:54	2:09:29
Milena Sterio	F30-39	30	F	725	0:31:02	15.50	0:51:37	4.21	0:47:31	2:10:10
Henk Stock	M30-39	34	M	600	0:37:30	18.14	0:44:06	4.09	0:48:57	2:10:34
Team Winston	Team	T	T	675	0:33:20	15.98	0:50:04	4.09	0:48:57	2:12:21



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Christopher Heylman	M20-29	22	M	825	0:27:16	13.86	0:57:44	4.21	0:47:31	2:12:31
Brian Luntz	M40-49	46	M	675	0:33:20	16.32	0:49:01	3.96	0:50:29	2:12:51
Tracy Radabaugh	F30-39	33	F	600	0:37:30	14.42	0:55:29	4.70	0:42:31	2:15:30
Renee Ellert	F30-39	39	F	775	0:29:02	14.21	0:56:18	3.96	0:50:29	2:15:49
Team Freireich	Team	T	T	1000	0:22:30	15.39	0:52:00	3.22	1:02:08	2:16:38
John Hanley	M50-59	52	M	725	0:31:02	15.29	0:52:20	3.59	0:55:43	2:19:04
Chris Okeson	M20-29	25	M	725	0:31:02	14.74	0:54:16	3.71	0:53:51	2:19:09
Team Guggenheim	Team	T	T	850	0:26:28	15.66	0:51:05	3.22	1:02:08	2:19:42
Jason Peterson	M30-39	38	M	600	0:37:30	15.27	0:52:23	3.71	0:53:51	2:23:44
Juay Seng Tan	M30-39	37	M	700	0:32:09	14.81	0:54:02	3.47	0:57:42	2:23:52
Kathleen Zielinski	F30-39	34	F	450	0:50:00	15.85	0:50:28	4.58	0:43:40	2:24:08
Christine Kutinsky	F40-49	45	F	725	0:31:02	13.82	0:57:52	3.59	0:55:43	2:24:37
Mark Schloss	M50-59	52	M	725	0:31:02	13.68	0:58:29	3.59	0:55:43	2:25:14
Team Goldberg/Sandridge	Team	T	T	500	0:45:00	14.02	0:57:04	4.58	0:43:40	2:25:44
Team Semel/Abrams/Immerman	Team	T	T	825	0:27:16	17.75	0:45:04	2.72	1:13:26	2:25:47
Katie Caldwell	F20-29	28	F	725	0:31:02	12.79	1:02:32	3.71	0:53:51	2:27:25
David Orlean	M50-59	50	M	700	0:32:09	13.16	1:00:46	3.47	0:57:42	2:30:37
Team Jackson	Team	T	T	400	0:56:15	14.81	0:54:02	4.95	0:40:23	2:30:40
Amy Danaher	F40-49	43	F	600	0:37:30	15.03	0:53:13	3.22	1:02:08	2:32:52



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Alan Luntz	M14	11	M	425	0:52:56	16.22	0:49:19	3.84	0:52:07	2:34:22
Wayne Radosky	M50-59	55	M	475	0:47:22	15.50	0:51:37	3.59	0:55:43	2:34:42
Christopher Dodd	M20-29	25	M	550	0:40:55	14.13	0:56:37	3.47	0:57:42	2:35:13
Team Apple	Team	T	T	475	0:47:22	14.37	0:55:40	3.59	0:55:43	2:38:45
Joseph Vogel	M40-49	49	M	500	0:45:00	14.40	0:55:32	3.34	0:59:50	2:40:23
Larry Mack	M50-59	52	M	500	0:45:00	14.93	0:53:34	3.22	1:02:08	2:40:42
Julie Curtis	F20-29	23	F	575	0:39:08	14.08	0:56:49	2.97	1:07:19	2:43:15
Steve Tepper	M40-49	42	M	425	0:52:56	13.90	0:57:32	3.71	0:53:51	2:44:20
Team Eitman	Team	T	T	550	0:40:55	18.31	0:43:41	2.48	1:20:47	2:45:22
Dede Mulligan	F40-49	48	F	450	0:50:00	12.92	1:01:54	3.59	0:55:43	2:47:37
Bill Vardell	M50-59	54	M	475	0:47:22	14.66	0:54:34	2.85	1:10:15	2:52:11
Brandon Vogel	M14	12	M	350	1:04:17	13.89	0:57:36	3.96	0:50:29	2:52:22
Darryl Mika	M50-59	56	M	400	0:56:15	12.49	1:04:04	3.71	0:53:51	2:54:10
Molly Huth	F30-39	32	F	475	0:47:22	14.48	0:55:14	2.72	1:13:26	2:56:02
Heather Royer	F30-39	33	F	1000	0:22:30	15.16	0:52:46	1.98	1:40:58	2:56:15
Laurie Huth	F30-39	35	F	450	0:50:00	12.94	1:01:50	2.85	1:10:15	3:02:04
Team Goldstein	Team	T	T	350	1:04:17	14.40	0:55:32	3.09	1:04:37	3:04:27
Jon Held	M60	67	M	425	0:52:56	12.99	1:01:36	2.72	1:13:26	3:07:58
Ruth Anne Goldberg	F50-59	51	F	625	0:36:00	10.94	1:13:06	2.48	1:20:47	3:09:53



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Ben Ellert	M14	10	M	500	0:45:00	9.03	1:28:37	3.47	0:57:42	3:11:18
Craig Hedley	M50-59	54	M	475	0:47:22	13.10	1:01:04	2.23	1:29:45	3:18:11