



2009 Connecticut Tri To Help™ Indoor Triathlon Results List



| | Name | Sex | Bib # | Number Of Pool Lengths (25 Meter Lengths) | Swim Points | Bike Distance (Miles) | Bike Points | Run Distance (Miles) | Run Points | Total Points |
|---------------|---------------------|-----|-------|----------------------------------------------|-------------|--------------------------|-------------|-------------------------|------------|--------------|
| Men: | | | | | | | | | | |
| 1 | Douglas Lord | M | 200 | 26 | 83.87 | 11.01 | 69.46 | 3.17 | 100 | 253.33 |
| 2 | Albert Gould | M | 182 | 27 | 87.10 | 15.85 | 100 | 2.06 | 64.98 | 252.08 |
| 3 | Daniel Welling | M | 154 | 31 | 100.00 | 10.09 | 63.66 | 2.49 | 78.55 | 242.21 |
| 4 | Steve Massucci | M | 153 | 23 | 74.19 | 14.55 | 91.80 | 2.36 | 74.45 | 240.44 |
| 5 | Steven Siemiatkoski | M | 190 | 29 | 93.55 | 9.88 | 62.33 | 2.56 | 80.76 | 236.64 |
| 6 | Jeffrey Sowa | M | 176 | 29 | 93.55 | 11.21 | 70.73 | 2.20 | 69.40 | 233.67 |
| 7 | Daniel Massucci | M | 152 | 26 | 83.87 | 9.90 | 62.46 | 2.70 | 85.17 | 231.51 |
| 8 | Allan Wilcox | M | 178 | 23 | 74.19 | 14.38 | 90.73 | 2.04 | 64.35 | 229.27 |
| 9 | Alex Zolan | M | 192 | 22 | 70.97 | 10.70 | 67.51 | 2.65 | 83.60 | 222.07 |
| 10 | Jim Gurzenski | M | 151 | 24 | 77.42 | 11.41 | 71.99 | 2.28 | 71.92 | 221.33 |
| 11 | William Miller | M | 168 | 26 | 83.87 | 9.82 | 61.96 | 2.36 | 74.45 | 220.27 |
| 12 | Andrew Bedard | M | 180 | 26 | 83.87 | 9.76 | 61.58 | 2.19 | 69.09 | 214.53 |
| 13 | Michael Johnson | M | 166 | 25 | 80.65 | 9.31 | 58.74 | 2.36 | 74.45 | 213.83 |
| 14 | Jeff Mazzabufi | M | 183 | 23 | 74.19 | 10.25 | 64.67 | 2.25 | 70.98 | 209.84 |
| 15 | Mark Kecko | M | 189 | 20 | 64.52 | 10.05 | 63.41 | 2.22 | 70.03 | 197.95 |
| 16 | Jeremiah Crandall | M | 185 | 18 | 58.06 | 9.60 | 60.57 | 2.51 | 79.18 | 197.81 |
| 17 | Ric Gonzalez | M | 181 | 25 | 80.65 | 10.33 | 65.17 | 1.62 | 51.10 | 196.92 |
| 18 | Scott Bergonzi | M | 161 | 17 | 54.84 | 9.98 | 62.97 | 2.42 | 76.34 | 194.14 |
| 19 | Chad Thompson | M | 157 | 19 | 61.29 | 8.66 | 54.64 | 1.27 | 40.06 | 155.99 |
| 20 | Jake Frankson | M | 206 | 20 | 64.52 | 7.54 | 47.57 | 1.30 | 41.01 | 153.10 |
| Women: | | | | | | | | | | |
| 1 | Tessa Karabin-Mah | F | 196 | 27 | 84.38 | 13.5 | 88.18 | 3.13 | 99.68 | 272.23 |
| 2 | Lauryn Falcone | F | 175 | 23 | 71.88 | 11.95 | 78.05 | 3.14 | 100.00 | 249.93 |
| 3 | Molly Russo | F | 155 | 28 | 87.50 | 13.07 | 85.37 | 2.35 | 74.84 | 247.71 |
| 4 | Laurie Pierce | F | 170 | 25 | 78.13 | 15.31 | 100.00 | 2.13 | 67.83 | 245.96 |
| 5 | Kelly Mangan | F | 174 | 32 | 100.00 | 10.44 | 68.19 | 2.13 | 67.83 | 236.03 |
| 6 | Melissa Grosso | F | 173 | 29 | 90.63 | 10.91 | 71.26 | 2.17 | 69.11 | 230.99 |
| 7 | Jennifer Tetreault | F | 199 | 26 | 81.25 | 10.68 | 69.76 | 2.26 | 71.97 | 222.98 |
| 8 | Kait Marcil | F | 197 | 26 | 81.25 | 12.90 | 84.26 | 1.76 | 56.05 | 221.56 |
| 9 | Deb Feldman | F | 184 | 22 | 68.75 | 9.95 | 64.99 | 2.51 | 79.94 | 213.68 |



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|----|---------------------|-----|-------|-------------------------------------------|-------------|-----------------------|-------------|----------------------|------------|--------------|
| 10 | Janit P. Romayko | F | 164 | 26 | 81.25 | 9.64 | 62.97 | 2.15 | 68.47 | 212.69 |
| 11 | Lindsay Robillard | F | 165 | 31 | 96.88 | 8.88 | 58.00 | 1.67 | 53.18 | 208.06 |
| 12 | Jennifer Saxton | F | 198 | 23 | 71.88 | 9.50 | 62.05 | 2.22 | 70.70 | 204.63 |
| 13 | Christine Granja | F | 163 | 23 | 71.88 | 9.30 | 60.74 | 2.19 | 69.75 | 202.36 |
| 14 | Heidi Vasseur | F | 187 | 23 | 71.88 | 10.59 | 69.17 | 1.86 | 59.24 | 200.28 |
| 15 | Kristen Maylott | F | 191 | 23 | 71.88 | 8.41 | 54.93 | 2.25 | 71.66 | 198.46 |
| 16 | Rebecca Winingar | F | 201 | 25 | 78.13 | 9.89 | 64.60 | 1.75 | 55.73 | 198.46 |
| 17 | Jessica Smith | F | 186 | 17 | 53.13 | 9.63 | 62.90 | 2.52 | 80.25 | 196.28 |
| 18 | Monika Wehr | F | 179 | 21 | 65.63 | 9.81 | 64.08 | 2.07 | 65.92 | 195.62 |
| 19 | Erin Tuttle | F | 193 | 26 | 81.25 | 9.28 | 60.61 | 1.49 | 47.45 | 189.32 |
| 20 | Mrinalini Walton | F | 169 | 19 | 59.38 | 10.63 | 69.43 | 1.87 | 59.55 | 188.36 |
| 21 | Shana Motherway | F | 172 | 20 | 62.50 | 8.06 | 52.65 | 2.27 | 72.29 | 187.44 |
| 22 | Roz Luongo | F | 171 | 22 | 68.75 | 8.32 | 54.34 | 1.98 | 63.06 | 186.15 |
| 23 | Katie Lancaster | F | 195 | 20 | 62.50 | 8.93 | 58.33 | 2.04 | 64.97 | 185.80 |
| 24 | Lois Timms-Ferrara | F | 194 | 23 | 71.88 | 9.17 | 59.90 | 1.66 | 52.87 | 184.64 |
| 25 | Kristina Lausch | F | 177 | 23 | 71.88 | 9.30 | 60.74 | 1.63 | 51.91 | 184.53 |
| 26 | Meghan Kantor | F | 156 | 20 | 62.50 | 9.14 | 59.70 | 1.80 | 57.32 | 179.52 |
| 27 | Kimberlee Johnson | F | 188 | 18 | 56.25 | 9.78 | 63.88 | 1.80 | 57.32 | 177.45 |
| 28 | Barbara Chichlowski | F | 162 | 15 | 46.88 | 10.03 | 65.51 | 2.00 | 63.69 | 176.08 |
| 29 | Jacky Pecora | F | 167 | 14 | 43.75 | 8.74 | 57.09 | 2.34 | 74.52 | 175.36 |
| 30 | Pam DuBois | F | 158 | 18 | 56.25 | 8.83 | 57.67 | 1.85 | 58.92 | 172.84 |
| 31 | Lindsay Kuc | F | 159 | 18 | 56.25 | 8.65 | 56.50 | 1.83 | 58.28 | 171.03 |
| 32 | Kathy Felkner | F | 160 | 21 | 65.63 | 7.57 | 49.44 | 1.60 | 50.96 | 166.03 |
| 33 | Jonnie Weaver | F | 204 | 16 | 50.00 | 8.03 | 52.45 | 1.94 | 61.78 | 164.23 |