



2023 Pennsylvania Tri To Help® Indoor Triathlon For Epilepsy Results



Name	Sex	Age	Bib #	Number Of Pool Lengths (25 yard lengths)	Swim Points	Bike Distance	Bike Points	Run Distance	Run Points	Total Points
M e n										
1 Brian Diffenderfer	M	59	31	23	76.67	11.10	99.11	2.84	100.00	275.77
2 Dustin Long	M	39	50	30	100.00	11.2	100.00	1.49	52.46	252.46
3 Glenn Garbinski	M	58	37	21	70.00	10.10	90.18	2.14	75.35	235.53
4 Bernard Harris	M	59	42	22	73.33	9.90	88.39	1.96	69.01	230.74
5 Kyle Vaughn	M	41	72	20	66.67	9.70	86.61	2.08	73.24	226.51
6 Mark Wooditch	M	55	75	18	60.00	9.80	87.50	2.11	74.30	221.80
7 Bill Stahr	M	62	70	14	46.67	10.50	93.75	2.25	79.23	219.64
8 Jordan DesAutels	M	41	10	15	50.00	9.00	80.36	2.50	88.03	218.39
9 Stephen Chemsak	M	45	181	16	53.33	9.50	84.82	1.91	67.25	205.41
10 Dion Friday	M	27	36	15	50.00	8.30	74.11	2.18	76.76	200.87
11 Andrew Miller	M	29	55	18	60.00	8.60	76.79	1.66	58.45	195.24
12 Michael Mize	M	41	56	20	66.67	7.80	69.64	1.50	52.82	189.13
13 Bruce Whiteley	M	73	74	18	60.00	8.30	74.11	1.33	46.83	180.94
14 Robert Durborow	M	42	32	16	53.33	7.90	70.54	1.41	49.65	173.52
15 Ben Eisemann	M	41	33	17	56.67	5.70	50.89	1.30	45.77	153.33
16 Mark Beaverson	M	61	174	10	33.33	4.00	35.71	1.12	39.44	108.48
17 Harry Houseman	M	12	85	10	33.33	4.20	37.50	1.01	35.56	106.40



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W o m e n											
1	Mary Dery	F	66	8	19	65.52	10.00	100.00	2.70	100.00	265.52
2	Kristen Long	F	37	51	27	93.10	9.70	97.00	1.76	65.19	255.29
3	Nicole Mancini	F	46	52	23	79.31	10.00	100.00	2.05	75.93	255.24
4	Claire Sahd	F	45	782	29	100.00	6.60	66.00	2.30	85.19	251.19
5	Beth Kimmel	F	58	46	20	68.97	8.60	86.00	2.56	94.81	249.78
6	Leanne Roncolato	F	37	61	23	79.31	8.90	89.00	2.16	80.00	248.31
7	Sara Grosh	F	50	40	23	79.31	9.10	91.00	2.03	75.19	245.50
8	Elena Cuffari	F	39	6	22	75.86	9.10	91.00	2.06	76.30	243.16
9	Melissa Koehler	F	41	47	22	75.86	7.80	78.00	2.40	88.89	242.75
10	Christine Wallace	F	48	73	19	65.52	9.2	92.00	2.02	74.81	232.33
11	Angela Fitterer	F	48	34	21	72.41	9.50	95.00	1.69	62.59	230.01
12	Savana Sealover	F	21	68	16	55.17	8.50	85.00	2.35	87.04	227.21
13	Amber Friday	F	24	35	22	75.86	7.70	77.00	1.73	64.07	216.94
14	Amy Sagen	F	47	64	19	65.52	8.20	82.00	1.81	67.04	214.55
15	Kelly Yalfani	F	41	76	16	55.17	9.30	93.00	1.78	65.93	214.10
16	Ericka Powell	F	49	58	15	51.72	8.90	89.00	1.97	72.96	213.69
17	Samantha Sagen	F	13	65	17	58.62	7.60	76.00	2.03	75.19	209.81
18	Carolyn Hernandez	F	46	43	20	68.97	8.60	86.00	1.16	42.96	197.93
19	Brittany Glazier	F	34	39	16	55.17	8.6	86.00	1.53	56.67	197.84
20	Leigh Dalton	F	43	7	19.00	65.52	7.10	71.00	1.64	60.74	197.26
21	Janeann Conley	F	62	771	15	51.72	7.60	76.00	1.79	66.30	194.02
22	Christina Beaverson	F	44	172	15	51.72	7.60	76.00	1.76	65.19	192.91
23	Pam Light	F	50	49	16	55.17	6.6	66.00	1.80	66.67	187.84
24	Laura Sholly	F	45	69	24	82.76	5.40	54.00	1.37	50.74	187.50
25	Kathy DesAutels	F	40	18	20	68.97	5.00	50.00	1.80	66.67	185.63
26	Sandra Sadler	F	62	63	19	65.52	7.60	76.00	1.18	43.70	185.22



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27	Laura Raineri	F	56	59	16	55.17	7.00	70.00	1.46	54.07	179.25
28	Helen Sutton	F	54	71	16	55.17	7.80	78.00	1.16	42.96	176.14
29	Kirsten McKinney	F	34	54	18	62.07	6.80	68.00	1.18	43.70	173.77
30	Heather Callaghan	F	40	180	12	41.38	7.40	74.00	1.52	56.30	171.68
31	Lyndell Sahn	F	48	66	18	62.07	5.70	57.00	1.17	43.33	162.40
32	Megan Loeff	F	33	48	15	51.72	7.20	72.00	1.02	37.78	161.50
33	Nancy Pokopec	F	65	57	10	34.48	7.00	70.00	1.45	53.70	158.19
34	Sariane Condon	F	53	185	11	37.93	7.10	71.00	1.32	48.89	157.82
35	Alyssa Kane	F	32	45	14	48.28	5.40	54.00	1.42	52.59	154.87
36	Eleanor Callaghan	F	14	177	12	41.38	5.20	52.00	1.66	61.48	154.86
37	Jessica Smith	F	36	82	13	44.83	5.13	51.30	1.26	46.67	142.79