

DC Escape From Alcatraz Triathlon
2007 Results

Place	Club	Name	Swim	Bike	Run	Total	Comments
1	SE	Joel Lanz (34)	37:12	45:00	2:15	3:37	
2	DC	Ian MacLean (42)	44:00	45:00	2:10	3:39	Fastest Run
3	SE	Michelle Deasy (35)	31:00	43:00	2:36	3:51	1st Woman/fastest swim & bike
4	DC	Mark McKee (50)	42:49	52:00	2:30	4:05	
5	SE	Chris Loeffler (25)	39:42	51:00	2:50	4:19	youngest Competitor
6	SE	Brent Polhmann (38)	41:46	50:00	2:49	4:21	
7	DC	Erik Burke (38)	47:44	54:00	2:41	4:23	
7	DC	Sean McFadden (40)	38:42	46:00	2:58	4:23	1st Cruiser Male
9	SE	Patrick Ward (27)	51:24	49:00	2:53	4:34	
10	DC	Nobu Takahashi (26)	50:42	1:26	2:23	4:38	
11	DC	Bill Hadley (38)	49:55	58	2:55	4:43	
12	DC	Hal Offen (58)	61:10	54:00	2:52	4:47	
13	SE	Laurel Condro (37)	42:12	58:00	3:09	4:49	1st Cruiser Female
13	DC	Rebecca Tilley (46)	43:32	58	3:07	4:49	
15	DC	Conor Power (33)	42:47	46:00	3:25	4:54	
16	DC	Rick Avery (45)	49:12	59:00	3:09	4:57	
17	DC	John Mattox (56)	50:28	1:01	3:08	4:59	
18	DC	Elizabeth Holt (28)	44:55	57	3:19	5:01	
18	DC	Phil Scarborough (38)	37:48	47	3:36	5:01	
20	SE	Tom Linthicum (49)	45:06	60	3:28	5:13	
21	SE	Allan Calder (38)	43:54	60	3:33	5:17	
22	DC	Mike Webb (58)	47:05	61	3:39	5:25	
23	DC	Jon Nakamura (50)	39:25	1:02	3:45	5:26	
23	DC	Sunny McKee (58)	46:24	1:00	3:40	5:26	
25	DC	Stephen Anderson (61)	60:51	1:11	3:21	5:33	
26	DC	Ken Coren (58)	54:35	1:03	3:36	5:34	
27	DC	John Hornor (57)	59:00	1:01	3:43	5:45	
28	SE	David Kasheta (44)	47:55	1:04	3:53	5:45	
29	SE	Keith Nowell (53)	59:31	1:11	3:46	5:57	
30	SE	Andy Field (52)	48:06	1:07	4:03	5:58	
31	DC	Mickey Lavelle (55)	39:25	1:17	4:03	5:59	
32	DC	Gina Rus (44)	45:43	1:02	4:16	6:04	
33	DC	Mark Bason-Mitchell (38)	46:25	1:38	3:53	6:17	
34	SE	Carlos Ramirez (40)	58:50	1:12	4:07	6:18	
35	SE	Kathy Bailey (58)	62:23	1:15	4:09	6:27	
36	DC	Nancy Cutler	45:43	1:19	4:41	6:46	
37	SE	Dan Needham (44)	54:04	1:21	4:44	6:59	
37	SE	Adriana Lucero (35)	68:12	1:14:00	4:37	6:59	
39	SE	Kevin Buckholtz (40)	1:28:44	1:07:00	4:35	7:10	
40	SE	Dominic Spinetta (70)	1:20:25	1:23	4:32	7:15	oldest competitor
41	SE	Cathy Bump (46)	1:07:15	1:20	4:49	7:16	
42	DC	Joe Mannion (60)	1:20:30	1:21:00	4:46	7:28	
42	DC	Robin Rome (59)	58:03	1:37	4:59	7:28	
44	DC	Mary Cantini-Norkin (63)	1:16	1:24	5:07	7:47	
45	DC	Krist Jake (63)	47:52	1:35	5:26	7:49	
46	DC	Rey Hassan (62)	1:01:17	1:26	5:28	7:55	
47	SE	Phil Taylor (55)	1:07:15	1:57	5:33	8:37	
48	DC	Suzie Dods	48:58	No Bike	?	6:59	

RELAYS

Place	Club	Name	Swim	Bike	Run	Total
1	DC	The First Timers				
		Anders Knox	38:40			
		Julie Hornung		46:00		
		Bob Smith			2:27	3:52
2	DC	The Ladies				
		Jennifer Lamers	43:34			
		Carol Watson		48:00		
		Carrie Sloan			2:34	4:06
3	DC					
		Madhuri Yechuri	80:20			
		Drew Thams		1:07		
		Gretchen Coffman			3:51	6:18
DNF	DC/SE	Escape Us!				DNF
		Sue Free	34:45			
		Vincent Huang		44:00	no runner	
DNF	SE	Tri-Gen				DNF
		Norman Davis	55:40			
		Peter McLaughlin		1:30		
		Michael Lagios (69)			NTR	