

# Alcatraz XXX Triathlon "Escape from the Rock"

June 20, 2010

Results Provided By Synergy Race Timing ([www.srtiming.com](http://www.srtiming.com))

## Age Group Men

<i>Male 16 to 17</i>				
Place	Name	Bib No	Gender/Age	Time
1	Derek Cousineau	39	M/16	2:53:59.0
<i>Male 18 to 19</i>				
Place	Name	Bib No	Gender/Age	Time
1	Colton Rogers	154	M/18	2:26:46.2
2	Brendan Sullivan	175	M/18	2:27:11.1
<i>Male 20 to 24</i>				
Place	Name	Bib No	Gender/Age	Time
1	Christopher Ludwick	105	M/24	2:31:58.1
2	Jason Phan	138	M/24	2:46:28.3
3	Alex Tozzo	183	M/24	2:54:42.4
4	Matt Zabochnik	214	M/21	3:29:15.0
5	Bryan Benson	12	M/24	3:38:53.1
<i>Male 25 to 29</i>				
Place	Name	Bib No	Gender/Age	Time
1	Justin Reid	144	M/27	2:26:49.7
2	mark danial	41	M/27	2:29:39.1
3	Matt Conti	37	M/27	2:36:43.7
4	Brian Luman	106	M/29	2:43:22.9
5	Franklin Teng	180	M/27	2:45:55.3
6	Shawn Wilson	206	M/28	3:03:44.7
7	Lance Deleissegues	46	M/27	3:05:17.4
8	Jeffrey Zygmunt	504	M/28	3:09:22
9	Sean Prendergast	141	M/28	3:16:08.9
10	Chad Kempel	90	M/28	3:29:15.0
11	Steve Young	213	M/26	3:41:19.2
12	Michael Kohn	96	M/29	3:57:40.4
<i>Male 30 to 34</i>				
Place	Name	Bib No	Gender/Age	Time
1	Patxi Uriz	190	M/33	2:13:42.8
2	Luke Bowman	18	M/30	2:20:13.4
3	Tyler Burns	247	M/31	2:21:03.7
4	dan oconnell	250	M/30	2:27:25.8
5	Ian Maddison	108	M/32	2:30:48.2
6	Jose Gomez	66	M/32	2:35:11.9
7	Luka Pavlina	136	M/32	2:43:09.0
8	Jerrod Claypool	35	M/32	2:48:17.3
9	Rafael Mendez	120	M/34	2:53:21.0

10	Derek McKee	115	M/30	2:53:29.3
11	Lightning Steer	172	M/30	2:55:33.9
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
12	Alexander Hertzberg	79	M/31	2:58:19.4
13	Sean Miot	122	M/33	2:59:05.1
14	Michael Coughlan	38	M/30	3:00:15.3
15	Chris Cassar	29	M/31	3:00:47.4
16	Terry Schmidt	164	M/33	3:01:12.1
17	Kingston Wu	211	M/32	3:03:39.3
18	Robert Wallace	198	M/30	3:05:23.3
19	Timothy Finn	55	M/30	3:06:30.8
20	OLIVER FLEMATE	58	M/32	3:07:55.6
21	Chad Bown	19	M/31	3:09:21.5
22	Chris Wolfe	209	M/31	3:11:51.6
23	James Tinker	182	M/34	3:12:52.7
24	Dan Zygmunt	216	M/30	3:18:19.5
25	Andy Anderson	2	M/33	3:22:21.9
26	Timothy Ip	85	M/30	3:22:24.1
27	Christian Wirth	208	M/34	3:23:19.0
28	Henry Lin	103	M/31	3:38:54.2
29	Luke Riffle	146	M/32	3:39:13.5
<b>Male 35 to 39</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Tom Brown	24	M/39	2:28:18.8
2	Timo Gerdes	64	M/36	2:29:09.3
3	Michael Lockwood	104	M/37	2:36:33.5
4	Rodney Chu	33	M/39	2:40:13.9
5	Steven Stern	173	M/37	2:44:31.1
6	David Gagne	62	M/38	2:51:37.3
7	Clay Blanchard	16	M/37	2:52:12.3
8	JC Wallace	197	M/36	2:58:53.0
9	Eric Doerr	47	M/36	2:59:22.6
10	Eric Wilmes	204	M/37	3:00:42.7
11	Lawrence Bolton	17	M/39	3:01:08.3
12	Ryan Hart	75	M/37	3:04:17.3
13	jeff dantzler	42	M/38	3:20:09.9
14	Steve Nelson	129	M/39	3:21:55.6
15	Seth Williams	203	M/36	3:26:23.9
16	Robert Beetel	11	M/36	3:29:36.1
17	Michael Silakowski	167	M/37	3:31:21.5
18	Sumanth Venugopal	195	M/39	3:36:04.1
19	Donny Homer	82	M/36	3:43:00.5
20	Gregory Wilmes	205	M/35	3:46:07.6
21	Sean Turbeville	245	M/39	2:21:27.9
22	Filippo Posta	140	M/37	2:36:35.9
23	Pat Saxman	161	M/35	2:43:22.9
24	Eric Warshower	199	M/37	2:51:47.3
25	Michael Deeter	45	M/38	3:23:40.6

<b>Male 40 to 44</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Darrell Rodriguez	152	M/44	2:18:32.1
2	Jukka Valkonen	193	M/43	2:24:41.4
3	Andrew Scott	166	M/41	2:40:06.2
4	javier flores	59	M/42	2:46:12.4
5	Charlie Mace	107	M/44	2:47:40.3
6	carter refo	143	M/42	2:47:47.3
7	rodney robinett	151	M/43	2:56:42.8
8	Danny Baker	8	M/43	3:01:22.4
9	jim robbert	148	M/40	3:03:16.7
10	Daniel Gherghel	65	M/41	3:04:08.3
11	Frank Brown	23	M/43	3:11:24.1
12	Gal Hoffman	81	M/41	3:11:36.7
13	gary oliver	131	M/44	3:11:50.4
14	Kwok Sonny Kui	100	M/41	3:12:04.9
15	Enrique Schcolnik	163	M/40	3:14:40.1
16	Kevin Schwartz	165	M/40	3:17:20.3
17	Vin Balok	9	M/42	3:19:49.7
18	Sloan Wilson	207	M/40	3:21:38.3
19	Owen Kao	89	M/42	3:22:15.4
20	Emmanuel Peccoud	137	M/40	3:28:42.0
21	Robert Moncrieff	126	M/43	3:36:03.8
22	Paul DeAngelis	44	M/43	3:40:15.0
23	Paul Mitchell	124	M/40	4:07:45.2
<b>Male 45 to 49</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Arch Watson	200	M/45	2:37:44.1
2	Jeff Tabor	179	M/49	2:48:13
3	James Barnes	10	M/47	2:50:32.3
4	David Parks	134	M/46	2:52:22.3
2	Rick Soper	170	M/49	2:53:00.2
5	Charles Martin	112	M/49	2:53:44.1
6	Steve Trutane	184	M/45	2:54:13.2
7	Kevin Fayad	53	M/46	2:59:22.9
3	Michael Schatzl	162	M/48	3:02:37.4
8	Jose Maldonado	242	M/46	3:03:06.2
9	Peter Robbert	150	M/45	3:07:01.7
10	Manuel Rodriguez	153	M/48	3:18:10.0
4	michael ruggles	157	M/46	3:20:10.1
11	Michael Mansfield	110	M/49	3:22:28.5
12	Chris Jennings	86	M/47	3:25:23.6
13	stergio roubos	155	M/45	3:29:52.3
5	Tony Marienthal	111	M/49	3:38:04.9
14	Jim Hassett	76	M/49	3:48:49.0
15	Rick Johnston	88	M/47	3:57:37.3
<b>Male 50 to 54</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	David Jochm	87	M/50	2:27:56.6

2	mark mckee	116	M/53	2:31:16.0
3	Gregory Anderson	246	M/50	2:33:24.9
4	Jeff Edwards	50	M/51	3:04:50.5
5	Robert Savoie	160	M/53	3:13:37.2
6	Stephen Andrew	3	M/50	3:15:46.7
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
7	Patrick McMillan	117	M/52	3:40:40.6
8	Tom Krueger	99	M/51	3:49:04.6
9	Eric Forde	60	M/52	55:45.7
<b>Male 55 to 59</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Tony Tuttle	186	M/58	3:06:37.5
2	Rick Rapone	142	M/56	3:11:39.7
3	Scott Browar	22	M/57	3:32:01.4
4	Joseph Makuch	109	M/55	3:38:25.3
5	craig carlson	26	M/55	3:44:09.7
6	jonathan rourke	156	M/55	2:48:57.8
7	Clent Mericle	121	M/56	2:52:02.2
<b>Male 60 to 64</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	stephen vass	194	M/62	3:15:46.8
2	Thomas Murray	128	M/63	3:29:41.6
<b>Male 70 to 74</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Wayne Mehl	119	M/72	3:41:36.2

<b>Age Group Women</b>				
<b>Female 20 to 24</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Jennifer Hampton	74	F/23	2:58:00.6
2	Brigid Houck	83	F/23	3:36:16
<b>Female 25 to 29</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Lauren Uhr	251	F/29	2:53:03.1
2	Jodie Pleisch	139	F/27	2:58:18.0
3	Jessica England	51	F/26	2:59:28.5
4	Jordan Kushins	101	F/29	3:39:34.8
<b>Female 30 to 34</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Leia Fazio	54	F/30	2:18:40.1
2	Marlene Summers	176	F/31	2:38:53.7
3	Jennifer Chang	31	F/31	3:09:49.5
4	Angela Yang	212	F/31	3:12:38.8
5	Kristin Wolfe	210	F/32	3:25:10.6
6	Robin Ridgeway	145	F/31	3:29:39.1

7	Misha Mcpherson	118	F/34	3:33:51.0
<b>Female 35 to 39</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Rita Garcia	63	F/36	3:07:04.1
2	Deidra Brauns	21	F/37	3:10:55.5
3	Susan Klosterhaus	95	F/36	3:13:42.6
4	Courtenay Redis	243	F/37	3:14:01.5
5	Adelpha Abrahamson Lark	1	F/35	3:15:10.6
6	Charlotte CHRISTENSEN	32	F/38	3:16:41.0
7	Kathryn Leaf	102	F/35	3:19:24.4
8	Kristen Carter	27	F/35	3:37:24.0
9	Bridget Billeter	14	F/39	3:38:47.3
10	Kelly Stynes	174	F/39	3:40:19.1
<b>Female 40 to 44</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Amy Risk	147	F/41	2:33:07.8
2	Christina Austin	6	F/40	2:54:47.4
3	Susan O'Sullivan	132	F/41	3:07:58.5
4	Jennifer Hilliard	80	F/44	3:13:06.5
5	Annette Mede	249	F/44	3:17:33.3
5	Kim Heller	77	F/42	3:19:49.4
7	Yana Tulylnina	185	F/40	3:42:49.6
<b>Female 45 to 49</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Andrea Kirsch	94	F/47	3:14:05.1
2	juliet haley	72	F/47	3:38:50.8
3	Tammy Soma	169	F/48	3:55:47
<b>Female 50 to 54</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Susan Hagerty	71	F/50	3:38:04.7
2	brenda carlson	25	F/52	3:44:09.5
<b>Female 55 to 59</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	melanie mociun	125	F/57	2:59:51.3
<b>Female 60 to 64</b>				
<b>Place</b>	<b>Name</b>	<b>Bib No</b>	<b>Gender/Age</b>	<b>Time</b>
1	Bobbe Greenberg	68	F/63	3:37:29.4









