

Alcatraz XXX Triathlon "Escape from the Rock"

Results by Synergy Race Timing (www.srtiming.com)

Age Group Men

Bib	Place	First Name	Last Name	Gender	Age	City	State	Swim Rank	Swim Time	Run 1 Rank	Run 1 Time	Transition	Bike Rank	Bike Time	Transition	Run 2 Rank	Run 2 Time	Time
190	1	Patxi	Uriz	M	33	Menlo Park	CA	3	31:05:00	9	33:32:00	1:28	1	41:16:00	1:26	31	24:54:00	2:13:43
152	2	Darrell	Rodriguez	M	44	Mill Valley	CA	4	32:20:00	4	31:57:00	0:26	34	50:16:00	1:19	3	22:12	2:18:33
18	3	Luke	Bowman	M	30	San Francisco	CA	24	41:08:00	1	30:28:00	1:10	3	44:21:00	1:54	2	21:10	2:20:14
247	4	Tyler	Burns	M	31	San Francisco	CA	18	40:18:00	2	30:47:00	1:06	10	46:24:00	1:33	1	20:53	2:21:04
193	5	Jukka	Valkonen	M	43	Piedmont	CA	25	41:48:00	3	31:35:00	1:16	6	45:44:00	2:03	4	22:12	2:24:42
154	6	Colton	Rogers	M	18	concord	CA	5	32:26:00	31	37:19:00	1:24	35	50:17:00	1:40	14	23:38	2:26:47
144	7	Justin	Reid	M	27	San Francisco	CA	15	39:41:00	5	32:14:00	0:51	23	48:54:00	2:05	11	23:01	2:26:50
175	8	Brendan	Sullivan	M	18	Clayton	CA	2	28:33:00	47	39:40:00	1:11	55	53:24:00	1:23	10	22:57	2:27:12
250	9	dan	oconnell	M	30	saratoga	CA	19	40:18:00	13	34:29:00	1:27	18	48:31:00	0:03	7	22:35	2:27:26
87	10	David	Jochm	M	50	Laguna Beach	CA	34	46:22:00	7	33:05:00	1:05	2	42:17:00	1:59	12	23:06	2:27:57
24	11	Tom	Brown	M	39	San Francisco	CA	10	36:19:00	26	36:34:00	2:33	11	46:43:00	2:26	15	23:40	2:28:19
64	12	Timo	Gerdes	M	36	Newbury Park	CA	7	34:57:00	15	34:44:00	0:57	31	50:07:00	1:48	46	26:33:00	2:29:10
41	13	mark	daniel	M	27	san francisco	CA	31	44:53:00	8	33:15:00	1:00	9	46:17:00	1:47	6	22:25	2:29:40
108	14	Ian	Maddison	M	32	San Francisco	CA	17	40:01:00	18	35:46:00	0:52	4	45:21:00	1:25	51	27:20:00	2:30:49
116	15	mark	mckee	M	53	San Francisco	CA	22	40:30:00	24	36:32:00	1:24	19	48:42:00	1:48	5	22:17	2:31:16
105	16	Christopher	Ludwick	M	24	San Francisco	CA	9	35:48:00	16	34:54:00	2:03	45	52:14:00	2:37	24	24:20:00	2:31:59
246	17	Gregory	Anderson	M	50	Emerald Hills	CA	13	36:56:00	12	34:02:00	1:43	63	54:40:00	2:01	19	24:00:00	2:33:25
104	18	Michael	Lockwood	M	37	Union City	CA	11	36:30:00	23	36:28:00	0:42	74	55:36:00	1:41	35	25:34:00	2:36:34
140	19	Filippo	Posta	M	37	Santa Monica	CA	112	1:03:51	88	44:35:00	1:13						2:36:36
37	20	Matt	Conti	M	27	San Francisco	CA	20	40:18:00	20	35:54:00	1:43	39	50:43:00	2:20	37	25:42:00	2:36:44
200	21	Arch	Watson	M	45	Springfield	MO	8	35:06:00	48	39:55:00	0:57	50	52:39:00	2:03	48	27:02:00	2:37:45
166	22	Andrew	Scott	M	41	Los Gatos	CA	21	40:24:00	35	37:38:00	0:40	40	50:47:00	2:10	65	28:25:00	2:40:07
33	23	Rodney	Chu	M	39	San Carlos	CA	32	45:22:00	33	37:27:00	1:25	15	47:59:00	2:02	41	25:55:00	2:40:14
136	24	Luka	Pavlina	M	32	Sunnyvale	CA	12	36:48:00	43	39:20:00	1:29	54	53:13:00	2:26	81	29:50:00	2:43:09
106	25	Brian	Luman	M	29	san francisco	CA	64	56:47:00	6	32:44:00	1:35	7	45:50:00	1:29	32	24:54:00	2:43:23
161	26	Pat	Saxman	M	35	San Francisco	CA	30	44:50:00	40	39:09:00	1:20	13	47:42:00				2:43:23
173	27	Steven	Stern	M	37	Los Angeles	CA	38	48:24:00	30	37:09:00	2:04	36	50:17:00	2:42	17	23:52	2:44:32
180	28	Franklin	Teng	M	27	San Francisco	CA	50	53:35:00	22	36:21:00	1:45	24	48:54:00	1:57	13	23:20	2:45:56
59	29	javier	flores	M	42	chula vista	CA	29	44:39:00	49	39:55:00	1:58	33	50:12:00	3:09	43	26:15:00	2:46:13
138	30	Jason	Phan	M	24	Rosemead	CA	14	37:07:00	60	41:18:00	1:07	72	55:19:00	1:25	84	30:11:00	2:46:29
107	31	Charlie	Mace	M	44	Springfield	MO	6	34:15:00	80	43:52:00	2:04	77	56:07:00	2:20	76	29:01:00	2:47:41
143	32	carter	refo	M	42	San Francisco	CA	35	46:39:00	41	39:09:00	2:37	20	48:46:00	2:47	55	27:47:00	2:47:48
179	33	Jeff	Tabor	M	49	Long Beach	CA	26	41:51:00	45	39:28:00	1:23	59	53:51:00	1:59	79	29:38:00	2:48:13
35	34	Jerrold	Claypool	M	32	Los Angeles	CA	23	40:31:00	58	41:07:00	1:20	48	52:37:00	1:45	88	30:54:00	2:48:18
10	35	James	Barnes	M	47	Chesterfield	MO	28	43:45:00	77	43:15:00	0:53	32	50:08:00		100	32:30:00	2:50:33
62	36	David	Gagne	M	38	Chester	NH	78	1:02:01	11	33:46:00	1:16	14	47:49:00	2:02	27	24:40:00	2:51:38
199	37	Eric	Warshower	M	37	Auburn	CA	27	42:29:00	82	44:07:00	1:19	57	53:44:00				2:51:48
16	38	Clay	Blanchard	M	37	San Francisco	CA	46	51:11:00	29	37:03:00	1:54	70	55:07:00	2:13	28	24:41:00	2:52:13
134	39	David	Parks	M	46	Mill Valley	CA	43	49:59:00	50	40:17:00	2:29	25	48:55:00	3:00	52	27:39:00	2:52:23
170	40	Rick	Soper	M	49	Oakland	CA	45	50:08:00	37	38:09:00	1:34	68	55:03:00	2:25	36	25:38:00	2:53:01
120	41	Rafael	Mendez	M	34	Carmel	CA	91	1:02:42	19	35:53:00	1:08	5	45:24:00	1:54	44	26:18:00	2:53:21
115	42	Derek	McKee	M	30	Washington	DC	80	1:02:05	10	33:45:00	0:57	41	50:52:00	2:00	16	23:47	2:53:30
112	43	Charles	Martin	M	49	San Francisco	CA	36	47:10:00	51	40:23:00	2:38	52	53:03:00	2:17	63	28:11:00	2:53:45
39	44	Derek	Cousineau	M	16	san clemente	CA	1	28:28:00	85	44:29:00	3:28	113	1:03:12	5:34	72	28:45:00	2:53:59
184	45	Steve	Trutane	M	45	Albany	CA	115	1:04:10	25	36:32:00	0:56	8	46:01:00	2:13	23	24:19:00	2:54:14
183	46	Alex	Tozzo	M	24	Philadelphia	PA	88	1:02:35	14	34:34:00	0:44	42	51:06:00	1:37	21	24:04:00	2:54:43
172	47	Lightning	Steer	M	30	San Francisco	CA	123	1:05:10	17	35:01:00	1:18	26	49:12:00	1:57	8	22:53	2:55:34
151	48	rodney	robinett	M	43	vallejo	CA	122	1:05:00	115	50:18:00	1:16	82	57:21:00	1:55			2:56:43
79	49	Alexander	Hertzberg	M	31	Berkeley	CA	63	56:28:00	70	42:42:00	1:48	21	48:46:00	1:54	47	26:39:00	2:58:20
197	50	JC	Wallace	M	36	San Francisco	CA	73	1:00:20	21	36:15:00	1:30	65	54:46:00	1:48	22	24:11:00	2:58:53
122	51	Sean	Miot	M	33	San Francisco	CA	92	1:02:47	34	37:32:00	3:13	27	49:17:00	2:20	18	23:54	2:59:06

Bib	Place	First Name	Last Name	Gender	Age	City	State	Swim Rank	Swim Time	Run 1 Rank	Run 1 Time	Transition	Bike Rank	Bike Time	Transition	Run 2 Rank	Run 2 Time	Time
47	52	Eric	Doerr	M	36	Redmond	WA	44	50:04:00	83	44:16:00	2:50	53	53:11:00	2:31	45	26:28:00	2:59:23
53	53	Kevin	Fayad	M	46	San Diego	CA	40	48:44:00	73	42:57:00	1:42	46	52:14:00	2:32	92	31:10:00	2:59:23
38	54	Michael	Coughlan	M	30	San Francisco	CA	86	1:02:20	38	38:55:00	2:47	22	48:46:00	2:34	30	24:51:00	3:00:16
204	55	Eric	Wilmes	M	37	San Francisco	CA	65	56:56:00	94	45:26:00	0:59	38	50:40:00	1:36	34	25:03:00	3:00:43
29	56	Chris	Cassar	M	31	London		116	1:04:29	32	37:23:00	2:12	43	51:12:00	2:34	9	22:55	3:00:48
17	57	Lawrence	Bolton	M	39	Fremont	CA	97	1:02:57	54	40:40:00	1:49	16	48:20:00	2:40	26	24:39:00	3:01:09
164	58	Terry	Schmidt	M	33	Stateline	NV	56	54:38:00	63	41:42:00	1:13	49	52:37:00	2:10	74	28:49:00	3:01:13
8	59	Danny	Baker	M	43	San Francisco	CA	49	53:28:00	96	45:39:00	2:41	17	48:29:00	2:37	66	28:25:00	3:01:23
162	60	Michael	Schatzl	M	48	San Francisco	CA	75	1:01:32	59	41:08:00	2:24	30	49:54:00	3:09	25	24:28:00	3:02:38
242	61	Jose	Maldonado	M	46	Burlingame	CA	76	1:01:45	55	40:40:00	3:37	37	50:30:00	2:29	20	24:03:00	3:03:07
148	62	jim	robbert	M	40	boulder	CO	33	45:35:00	104	47:15:00	2:42	66	54:53:00	2:42	82	30:07:00	3:03:17
211	63	Kingston	Wu	M	32	San Francisco	CA	107	1:03:37	46	39:36:00	1:08	47	52:20:00	1:58	33	24:57:00	3:03:40
206	64	Shawn	Wilson	M	28	san mateo	CA	41	49:26:00	74	43:00:00	3:17	51	53:02:00	3:32	94	31:24:00	3:03:45
65	65	Daniel	Gherghel	M	41	Lawrenceville	GA	42	49:35:00	90	44:41:00	1:59	62	54:11:00	2:38	89	31:01:00	3:04:09
50	66	Jeff	Edwards	M	51	San Francisco	CA	74	1:01:15	44	39:22:00	1:55	60	54:04:00	2:27	39	25:45:00	3:04:51
46	67	Lance	Deleissegues	M	27	Meridian	ID	16	39:47:00	100	45:58:00	2:17	108	1:01:04	2:53	105	33:17:00	3:05:18
198	68	Robert	Wallace	M	30	Oakland	CA	100	1:03:05	39	38:55:00	1:12	29	49:53:00	2:07	83	30:09:00	3:05:24
55	69	Timothy	Finn	M	30	Chicago	IL	113	1:04:02	28	36:51:00	2:06	79	56:22:00	2:19	29	24:48:00	3:06:31
186	70	Tony	Tuttle	M	58	Hercules	CA	47	51:25:00	72	42:47:00	3:31	85	57:40:00	3:25	56	27:48:00	3:06:38
150	71	Peter	Robbert	M	45	Paso Robles	CA	70	58:37:00	57	41:06:00	1:18	71	55:12:00	1:59	73	28:47:00	3:07:02
58	72	OLIVER	FLEMATE	M	32	chula vista	CA	108	1:03:38	56	40:45:00	1:06	28	49:22:00	2:21	86	30:41:00	3:07:56
504	73	Jeffrey	Zygmunt	M	28	San Francisco	CA	110	1:03:45	42	39:18:00	1:27	64	54:42:00	1:57	62	28:10:00	3:09:22
19	74	Chad	Bown	M	31	Castle Rock	CO	87	1:02:23	64	41:50:00	0:55	61	54:06:00	1:36	68	28:28:00	3:09:22
23	75	Frank	Brown	M	43	West Hills	CA	68	58:02:00	53	40:29:00	3:49	100	59:46:00	3:32	38	25:44:00	3:11:25
81	76	Gal	Hoffman	M	41	SUNNYVALE	CA	85	1:02:19	65	41:50:00	2:07	78	56:15:00	3:12	40	25:51:00	3:11:37
142	77	Rick	Rapone	M	56	North Conway	NH	104	1:03:23	62	41:36:00	1:54	69	55:05:00	1:38	59	28:02:00	3:11:40
131	78	gary	oliver	M	44	san francisco	CA	60	55:48:00	93	45:11:00	1:24	95	59:18:00	2:12	57	27:55:00	3:11:51
209	79	Chris	Wolfe	M	31	San Francisco	CA	51	53:50:00	99	45:57:00	2:01	96	59:26:00	2:17	64	28:16:00	3:11:52
100	80	Kwok Sonny	Kui	M	41	Cresskill	NJ	58	55:37:00	84	44:17:00	2:49	101	59:53:00	2:22	50	27:04:00	3:12:05
182	81	James	Tinker	M	34	Dallas	TX	48	52:09:00	79	43:47:00	1:01	104	59:59:00	2:53	103	33:01:00	3:12:53
160	82	Robert	Savoie	M	53	Hillsborough	CA	89	1:02:35	61	41:30:00	2:07	81	57:04:00	3:15	49	27:03:00	3:13:38
163	83	Enrique	Scholnik	M	40	Stockton	CA	71	59:06:00	66	42:01:00	3:18	88	58:21:00	3:22	70	28:30:00	3:14:41
3	84	Stephen	Andrew	M	50	Menlo Park	CA	82	1:02:11	86	44:34:00	2:12	73	55:34:00	2:48	67	28:26:00	3:15:47
194	85	stephen	vass	M	62	sierra madre	CA	90	1:02:41	67	42:14:00	2:20	80	56:40:00	2:50	75	28:59:00	3:15:47
141	86	Sean	Prendergast	M	28	San Francisco	CA	128	1:10:02	52	40:24:00	1:28	56	53:28:00	2:06	71	28:38:00	3:16:09
165	87	Kevin	Schwartz	M	40	Oakland	CA	102	1:03:15	114	50:08:00	1:32	44	51:36:00	2:38	61	28:09:00	3:17:21
153	88	Manuel	Rodriguez	M	48	San Francisco	CA	95	1:02:56	75	43:02:00	3:29	83	57:27:00	3:28	54	27:45:00	3:18:10
216	89	Dan	Zygmunt	M	30	Indianapolis	IN	93	1:02:53	68	42:39:00	1:17	98	59:32:00	3:28	69	28:28:00	3:18:20
9	90	Vin	Balok	M	42	Moreland Hills	OH	101	1:03:06	27	36:39:00	2:07	116	1:04:08	2:58	87	30:49:00	3:19:50
42	91	jeff	dantzler	M	38	santa rosa	CA	119	1:04:51	69	42:39:00	2:57	93	58:46:00	2:56	58	27:58:00	3:20:10
157	92	michael	ruggles	M	46	santa rosa	CA	72	59:38:00	92	45:07:00	1:15	94	59:14:00	2:01	101	32:52:00	3:20:11
207	93	Sloan	Wilson	M	40	San Francisco	CA	59	55:42:00	106	48:13:00	2:01	97	59:31:00	2:49	106	33:20:00	3:21:39
129	94	Steve	Nelson	M	39	Sacramento	CA	105	1:03:24	87	44:34:00	1:57	89	58:27:00	2:30	90	31:01:00	3:21:56
89	95	Owen	Kao	M	42	Santa Clara	CA	96	1:02:56	101	46:11:00	1:53	58	53:50:00	2:28	110	34:55:00	3:22:16
2	96	Andy	Anderson	M	33	Pacifica	CA	62	55:56:00	76	43:05:00	2:59	124	1:07:43	3:11	77	29:25:00	3:22:22
85	97	Timothy	Ip	M	30	San Francisco	CA	81	1:02:06	95	45:30:00	2:22	90	58:28:00	2:17	96	31:39:00	3:22:25
110	98	Michael	Mansfield	M	49	Athens	GA	120	1:04:54	81	43:57:00	1:30	91	58:30:00	2:33	91	31:03:00	3:22:29
208	99	Christian	Wirth	M	34	Campbell	CA	125	1:07:41	78	43:29:00	2:20	102	59:55:00	1:47	60	28:04:00	3:23:19
45	100	Michael	Deeter	M	38	Scottsdale	AZ	69	58:34:00	113	50:03:00	3:37	92	58:42:00				3:23:41
86	101	Chris	Jennings	M	47	Irvine	CA	83	1:02:15	103	47:06:00	3:46	86	57:55:00	2:53	95	31:25:00	3:25:24
203	102	Seth	Williams	M	36	Highlands Ranch	CO	99	1:03:04	102	46:24:00	1:29	105	1:00:13	2:08	104	33:03:00	3:26:24
137	103	Emmanuel	Peccoud	M	40	San Francisco	CA	121	1:04:59	116	50:35:00	2:26	87	58:17:00	2:51	78	29:31:00	3:28:42
90	104	Chad	Kempel	M	28	San Mateo	CA	131	1:13:44	91	45:06:00	0:00	106	1:00:46	1:57	53	27:39:00	3:29:15
214	105	Matt	Zabojnik	M	21	suisun city	CA	57	55:06:00	107	48:42:00	3:32	121	1:05:51	4:47	93	31:15:00	3:29:15
11	106	Robert	Beetel	M	36	Redwood City	CA	103	1:03:22	97	45:41:00	3:08	120	1:05:39	1:58	80	29:45:00	3:29:37
128	107	Thomas	Murray	M	63	Land O Lakes	FL	37	47:42:00	121	56:30:00	1:52	84	57:31:00	2:33	123	43:30:00	3:29:42
155	108	stergio	roubos	M	45	san francisco	CA	94	1:02:55	105	47:48:00	1:46	111	1:01:54	2:29	102	32:56:00	3:29:53

Bib	Place	First Name	Last Name	Gender	Age	City	State	Swim Rank	Swim Time	Run 1 Rank	Run 1 Time	Transition	Bike Rank	Bike Time	Transition	Run 2 Rank	Run 2 Time	Time
169	33	Tammy	Soma	F	48	Atlanta	GA	25	1:01:27	33	57:02:00	2:34	16	1:12:30	3:02	30	39:09:00	3:55:47

Clydesdale

Bib	Place	First Name	Last Name	Gender	Age	City	State	Swim Rank	Swim Time	Run 1 Rank	Run 1 Time	Transition	Bike Rank	Bike Time	Transition	Run 2 Rank	Run 2 Time	Time
171	1	Nemanja	Spasojevic	M	27	San Francisco	CA	1	32:25:00	1	37:19:00	1:32	2	55:47:00	2:06	1	26:34:00	2:35:45
56	2	Adam	Fitzner	M	36	New York	NY	2	37:57:00	2	40:20:00	1:00	1	52:14:00	1:56	4	30:31:00	2:44:02
113	3	Brant	Maynard	M	48	Canoga Park	CA	6	1:03:26	4	43:41:00	2:04						3:06:04
52	4	Martin	Esteverena	M	38	Pasadena	CA	7	1:08:28	3	40:45:00	0:49	3	57:12:00	1:44	2	26:40:00	3:15:41
5	5	Anthony	Ashe	M	49	Bay Point	CA	4	56:02:00	6	48:41:00	0:24	6	1:03:58	1:36	5	33:33:00	3:24:18
114	6	David	McIntyre	M	48	Saratoga	CA	5	1:03:18	5	47:30:00	4:38	4	58:46:00	4:54	3	28:24:00	3:27:33
91	7	Matthew	Kendall	M	40	Chino	CA	3	48:40:00	7	50:58:00	2:15	5	1:07:25	2:42	6	35:34:00	3:27:38

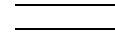
Physically Challenged

Bib	Place	First Name	Last Name	Gender	Age	City	State	Swim Rank	Swim Time	Run 1 Rank	Run 1 Time	Transition	Bike Rank	Bike Time	Transition	Run 2 Rank	Run 2 Time	Time
202	1	Martin	Wiese	M	39	Copenhagen		1	1:02:53	1	37:24:00	1:28	1	51:50:00	2:04	1	25:01:00	3:00:43

Did Not Complete Bike Ride

Bib	Place	First Name	Last Name	Gender	Age	City	State	Swim Rank	Swim Time	Run 1 Rank	Run 1 Time	Transition	Bike Rank	Bike Time	Transition	Run 2 Rank	Run 2 Time	Time
66	1	Jose	Gomez	M	32	Madrid		3	1:02:01	1	37:39:00	1:17	2	26:26:00	1:42	1	26:03:00	2:35:12
75	2	Ryan	Hart	M	37	San Francisco	CA	6	1:08:43	2	45:50:00	2:26	3	28:59:00	4:13	2	34:03:00	3:04:18
21	3	Deidra	Brauns	F	37	Stockton	CA	4	1:04:26	4	56:14:00	1:44	1	18:32	4:40	6	45:16:00	3:10:56
249	4	Annette	Mede	F	44	Woodside	CA	1	56:26:00	3	52:21:00	3:21	5	43:35:00	6:21	3	35:26:00	3:17:34
72	5	juliet	haley	F	47	san francisco	CA	5	1:06:07	5	56:54:00	4:05	6	50:41:00	5:30	4	35:33:00	3:38:51
103	6	Henry	Lin	M	31	San Jose	CA	7	1:08:50	6	59:25:00	4:08	4	39:17:00	4:14	5	42:57:00	3:38:55
25	7	brenda	carlson	F	52	Vacaville	CA	2	58:26:00	7	1:01:37	2:54	7	54:56:00	5:07	7	41:06:00	3:44:10





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