

# Alcatraz XXX Triathlon "Escape from the Rock"

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

## Co-Ed Relay

Bib	Place	Team Name	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
219	1	Alcatrazics Anonymous	San Francisco	CA	1	30:57:00	3	29:55:00	0:25	3	49:41:00	1:31	3	21:54	2:14:27
235	2	S-Party	San Francisco	CA	6	39:56:00	1	27:08:00	1:13	2	46:43:00	1:04	1	19:53	2:16:00
240	3	The Violators	San Francisco	CA	2	33:27:00	8	35:18:00	0:19					26:41:00	2:21:08
229	4	H2K	healdsburg	CA	4	37:46:00	6	34:27:00	0:16	1	44:24:00	1:02	6	24:49:00	2:22:48
228	5	Goodspeed	San Francisco	CA	5	39:22:00	5	30:35:00	0:22	6	52:56:00	1:03	5	23:00	2:27:22
222	6	Death Row Trio	Pleasanton	CA	3	36:43:00	13	39:11:00	0:20	9	57:37:00	1:23	11	28:58:00	2:44:16
227	7	Gators	Miami	FL	8	43:05:00	12	37:14:00	0:20	7	55:52:00	1:13	9	26:51:00	2:44:38
241	8	Triple H	San Francisco	CA	7	42:49:00	9	35:51:00	0:10	11	1:00:25	1:19	7	25:33:00	2:46:12
225	9	Flabongo	Mill Valley	CA	9	46:17:00	14	40:24:00	0:35	5	51:17:00	1:32	12	31:45:00	2:51:53
239	10	The MonStars	San Francisco	CA	14	1:02:54	2	28:46:00	0:17	10	59:42:00	1:22	2	20:47	2:53:50
224	11	Dr. Speed	San Francisco	CA	13	1:02:44	7	35:05:00	0:23	4	50:25:00	1:23	8	26:29:00	2:56:32
220	12	BeatCancer	Sunnyvale	CA	10	54:03:00	11	36:53:00	1:28	8	57:25:00				3:01:47
221	13	Cookie Dough All-Stars	Kentfield	CA	12	1:01:48	4	29:58:00	0:35	14	1:07:13	1:30	4	21:54	3:03:01
244	14	CC Escapees	Corpus Christi	TX	11	56:19:00	10	36:30:00	0:22	12	1:04:07	1:38	10	27:15:00	3:06:14
237	15	Team Queen	San Francisco	CA	16	1:03:53	15	44:25:00	0:25	15	1:09:38	1:22	13	32:02:00	3:31:48
230	16	JoeSanHo	San Carlos	CA	15	1:03:20	16	52:01:00	0:30	13	1:06:39	1:53	14	44:15:00	3:48:41

## Female Relay

Bib	Place	Team Name	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
223	1	dmc 3	orinda	CA	1	50:15:00	1	39:51:00	0:17	1	56:44:00	1:20	1	23:34	2:52:05

## Male Relay

Bib	Place	Team Name	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
226	1	GAP ROCK	Menlo Park	CA	1	32:09:00	1	31:26:00	0:20				3	24:18:00	2:15:01
238	2	Team Sky	Sonoma	CA	2	48:07:00	2	27:45:00	0:23	1	42:47:00	0:59	1	19:26	2:19:29
231	3	Killer B's	San Mateo	CA	3	56:14:00	3	30:50:00	0:20	2	53:24:00	1:26	2	22:28	2:44:44
232	4	OU812	St. Helena	CA	4	56:23:00	4	40:04:00	0:22	3	48:55:00	1:33	5	29:53:00	2:57:14
218	5	300,000 RPM Tuf	Fresno	CA	5	1:02:44	5	36:06:00	0:22	4	55:59:00	1:22	4	26:02:00	3:02:38









