

2017 Love City Triathlon, Aquathlon, Relay & Kids' Mini Swim-Run Results

Triathlon - Men				Swim	Bike*	Run**	Total	Swim Pace (/100 yd)	Bike Pace (mph)*
103	1	Stephen Swanton	St. Croix, VI	0:14:03	0:58:39	0:32:10	1:44:52	1:36	13.30
108	2	Brad Goggin	Tortola, BVI	0:13:52	1:06:32	0:35:28	1:55:52	1:35	11.72
105	3	Daniel Mitchell	Tortola, BVI	0:16:37	1:08:58	0:36:10	2:01:45	1:53	11.31
109	4	Vincent Fournier	Virgin Gorda, BVI	0:16:33	1:17:17	0:32:24	2:06:14	1:53	10.09
107	5	Taber Helton (age 13)	St. Thomas, VI	0:15:04	1:21:23	0:37:06	2:13:33	1:43	9.58
102	6	Raf Muilenburg	St. John, VI	0:15:01	1:24:21	0:38:47	2:18:09	1:42	9.25
101	7	Shane Donovan	Tortola, BVI	0:14:40	1:30:22	0:41:22	2:26:24	1:40	8.63
100	8	Chris Thomas	St. Thomas, VI	0:18:42	1:38:08	0:39:37	2:36:27	2:08	7.95
110	9	Rob Rogerson	Jupiter, FL	0:14:23	1:36:07	0:48:53	2:39:23	1:38	8.12
106	10	Walter Bostwick	St. Thomas, VI	0:20:27	1:31:32	0:52:15	2:44:14	2:19	8.52
104	11	Michael Armstrong	Newport News, VA	0:22:50	1:57:27	0:45:13	3:05:30	2:36	6.64

Triathlon - Women				Swim	Bike*	Run**	Total	Swim Pace (/100 yd)	Bike Pace (mph)*
202	1	Rachel Smith	St. Thomas, VI	0:14:06	1:34:16	0:41:42	2:30:04	1:36	8.27
200	2	Kay Reddy	Tortola, VI	0:18:50	1:38:54	0:50:33	2:48:17	2:08	7.89
201	3	Brandy Bergenstock	Newport News, VA	0:23:01	1:57:18	0:53:51	3:14:10	2:37	6.65
203	4	Trish Stalter	St. John, VI	0:20:41	2:11:28	0:52:51	3:25:00	2:21	5.93

*Bike includes transition time between swim and bike, so pace does not quite reflect actual bike pace.

**Run includes transition time between bike and run, so pace does not quite reflect actual run pace.

Triathlon Relay				Swim	Bike	Run	Total	Swim Pace (/100 yd)	Bike Pace (mph)
1. Team Tortola									
Swim	2	Natasha Ruscheinski	Tortola, BVI	0:13:58	1:04:11	0:34:01	1:52:10	1:35	12.20
Bike	2	Gareth Thomas	Tortola, BVI						
Run	2	Katrina Lindsay	Tortola, BVI						
2. Team Love City									
Swim	1	Aaron Payne	St. John, VI	0:17:34	1:20:18	0:38:27	2:16:19	2:00	9.70
Bike	1	Brent Lynn	St. John, VI						
Run	1	Aaron Payne	St. John, VI						
3. Team Water Island									
Swim	3	Heidi Erwig	Water Island, St. Thomas	0:18:26	1:27:32	0:49:39	2:35:37	2:06	8.90
Bike	3	Mark Pippen	Water Island, St. Thomas						
Run	3	Ashley Roseboom	Water Island, St. Thomas						

Run Only				Run	Run Pace (min/mi)
59	1	Krystina Miller	South Weymouth, MA	0:39:18	9:32
19	2	Jason Wood	South Weymouth, MA	0:49:47	12:05

Kids' Mini Swim-Run				Age	Swim	Run*	Total	Run Pace (min/mi)*
5	1	Cole Sommer	St. Croix, VI	10	0:01:37	0:06:33	0:08:10	8:11
6	2	Parker Towing	St. John, VI	10	0:02:26	0:09:04	0:11:30	11:20
3	3	Ben Thill	St. John, VI	10	0:02:37	0:09:08	0:11:45	11:25
4	4	Isabell Thill	St. John, VI	10	0:01:54	0:10:02	0:11:56	12:33
2	5	Ella Wearmouth	St. John, VI	6	0:02:45	0:09:25	0:12:10	11:46
7	6	Tatiana Pruss	St. John, VI	10	0:01:56	0:10:38	0:12:34	13:18
1	7	Brooklyn Payne	St. John, VI	8	0:02:42	0:09:58	0:12:40	12:28

*Run includes transition time between swim and run, so pace does not quite reflect actual run pace.

Aquathlon - Men				Swim	Run	Total*	Swim Pace (/100 yd)	Run Pace (min/mi)*
25	1	T.J. Hindes	St. John, VI	0:13:58	0:34:00	0:47:58	1:35	8:15
12	2	Michael Ennis	Tortola, BVI	0:12:54	0:35:49	0:48:43	1:28	8:42
10	3	Adam Thill	St. John, VI	0:19:03	0:30:21	0:49:24	2:10	7:22
20	4	William McConnell	St. Thomas, VI	0:16:21	0:34:00	0:50:21	1:51	8:15
18	5	Lee Richter	St. John, VI	0:14:33	0:36:46	0:51:19	1:39	8:55
17	6	Bryan Mason	St. Thomas, VI	0:13:45	0:37:47	0:51:32	1:34	9:10
21	7	Stuart Smith	St. John, VI	0:15:42	0:37:20	0:53:02	1:47	9:04
11	8	Adrian Dale	Tortola, BVI	0:19:19	0:36:06	0:55:25	2:12	8:46
22	9	Arthur Jones	St. John, VI	0:19:01	0:40:54	0:59:55	2:10	9:56
16	10	Michael Sheesley	St. Thomas, VI	0:21:15	0:39:39	1:00:54	2:25	9:37
23	11	Adam Glahn	St. John, VI	0:21:06	0:41:18	1:02:24	2:24	10:01
14	12	Edward Goldhahn	Atlanta, GA	0:16:02	0:47:01	1:03:03	1:49	11:25
24	13	Paul Anderson	St. Thomas, VI	0:24:15	0:43:09	1:07:24	2:45	10:28
13	14	David Cattie	St. Thomas, VI	0:18:44	0:53:19	1:12:03	2:08	12:56

Aquathlon - Women				Swim	Run*	Total	Swim Pace (/100 yd)	Run Pace (min/mi)*
53	1	Julie Sommer	St. Croix, VI	0:14:57	0:33:29	0:48:26	1:42	8:08
51	2	Natasha Ruscheinski	Tortola, BVI	0:12:47	0:42:41	0:55:28	1:27	10:22
61	3	Catherine Smith	St. John, VI	0:18:38	0:37:13	0:55:51	2:07	9:02
63	4	Alexandra Gutting	St. Thomas, VI	0:21:33	0:36:10	0:57:43	2:27	8:47
56	5	Andia Chavez Fonnegra	St. Thomas, VI	0:15:56	0:43:32	0:59:28	1:49	10:34
60	6	Louise Wearmouth	St. John, VI	0:14:56	0:48:59	1:03:55	1:42	11:53
58	7	Arian Azevedo	Mansfield, MA	0:23:56	0:40:31	1:04:27	2:43	9:50
55	8	Liz Witcher	St. Thomas, VI	0:20:09	0:46:04	1:06:13	2:17	11:11
54	9	Rossie Ennis	St. John, VI	0:16:12	0:53:57	1:10:09	1:50	13:06
57	10	Chelsea Wever	St. Thomas, VI	0:19:32	0:52:06	1:11:38	2:13	12:39
50	11	Edith di Francesco	Juno Beach, FL	0:21:03	0:51:27	1:12:30	2:24	12:29
52	12	Michelle McConville	Juno Beach, FL	0:21:07	1:01:40	1:22:47	2:24	14:58

*Run includes transition time between swim and run, so pace does not quite reflect actual run pace.

Aquathlon Relay				Swim	Run	Total	Swim Pace (/100 yd)	Run Pace (min/mi)	
Team Scoops									
Swim	81	Kevin Vargo		1	0:16:22	0:42:16	0:58:38	1:52	10:15
Bike	81	Kade Parent		1					