

Lake Monsters Triathlon Results, 8/30/24

Finish Place	Finish Time		Swim Split	Swim Pace/100	T1 + Bike Split*	T2 + Run Split#
1. Isaac Kinnick	88.12		30.13	90.6	39.37	18.22
2. Sara Dumouchel	88.20		33.55	1.41.7	35.25	19.00
3. Thomas Kinnick	91.11		32.27	97.4	39.52	18.52
4. Hannah Harriman	93.56		29.20	88.0	38.10	27.26
5. Annie Kleinmeyer	1.40.36		34.07	1.42.3	39.02	27.27
6. Cora Dumouchel	1.50.51		37.23	152.1	50.00	23.28
7. Joey Kinnick	1.55.32		39.40	1.59.0	49.35	26.17
8. Avery Harriman	1.57.18		39.47	1.59.9	49.51	27.40

*Bike split includes the swim-bike transition

#Run split includes the bike-run transition

Top-3 Splits	Swim	T1 + Bike	T2 + Run
1	Hannah—29.20	Sara—35.25	Isaac—18.22
2	Isaac—30.13	Hannah—38.10	Thomas—18.52
3	Thomas—32.27	Annie—39.02	Sara—19.00

Course Description

- **2000y swim**--(80 lengths of the pool) with a mass start; swimmers will exit the pool via the north side doors, mount their bicycle on the grass on that side of the pool, and ride across the grass to Ridgewater, heading east to the bike path.
- **Approximately 7.5-mile bike**—1 lap of the following course: east on Ridgewater for half a mile, then south on the bike path paralleling US 93 to the turnaround, which is just past the lone dwarf pine on the right shortly after passing crossing the tunnel (the path turns south again and climbs out of the tunnel). Bikers reverse their course, finishing at the cone on the grass on the pool's north side, where they deposit their bikes and helmets, and start the run, cutting across the grass to Ridgewater heading west to the two-lane dirt road that will comprise the running course.
- **Approximately 2.5-mile run**—2 laps of the following course: west on Ridgewater (dirt road) to where it intersects the gravel road (Hillcrest Lane extended) between the Catholic Cemetery and the White Lodge (30-40 steps beyond the big boulder on the right) and then back to circle the orange cone in the middle of the grass outside the pool, 2 laps; to complete lap 2, runners will sprint past the cone.

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