



Alcoa's Ridge 2 River

2009 Results

***** IRON MAN WENATCHEE COURSE=20 RESULTS*****

Place	Bib	Name	CityState	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	16	Max Christman	Wenatchee WA	10:34	6:59	22:14	48:08	58:27	1:02	2:27:23.1
2	20	Darrell Sofield	Bellingham WA	11:43	6:52	22:06	49:36	57:13	1:09	2:28:36.4
3	9	Chris Tolonen	Issaquah WA	12:31	8:21	21:21	47:50	1:02:52	1:14	2:34:04.7
4	15	Matt Hayes	Port Orchard WA	13:33	7:25	24:11	49:51	58:41	1:07	2:34:44.8
5	17	Royce Graham	E. Wenatchee WA	13:36	6:55	23:04	50:46	1:00:51	1:17	2:36:25.6
6	12	Joe Aponik	Leavenworth WA	13:50	8:59	23:59				2:40:14.0
7	21	Chad Gregg	Winthrop WA	11:26	8:27	25:07	58:02	1:04:33	1:11	2:48:41.7
8	14	David Stonich	Seattle WA			26:56	49:53	1:03:51	1:22	2:51:09.6
9	3	Chris Branch	Wenatchee WA	16:44	9:29	23:38	53:33	1:10:20	1:00	2:54:41.9
10	2	Gregg Hartman	Seattle WA				54:35	1:09:08	1:26	3:01:10.2
11	13	Trent Van Duyn	Milton WA	19:53			56:58	1:10:33	1:05	3:05:39.8
12	6	Justin Starin	Missoula MT	17:48			59:13	1:17:04	1:43	3:14:13.2
13	5	Corey Pflueger	Denver CO				58:07	1:18:43	1:07	3:15:48.5
14	4	Ryan Pflueger	Bellingham WA	18:49	11:30	27:35	58:07	1:18:47	1:17	3:16:03.7
15	11	Simon Clarke	Seattle WA	22:54	12:30	26:07	1:03:15	1:17:56	1:32	3:24:11.3
16	18	Thomas Miller	Richland WA	27:04			1:07:00	1:26:15	1:31	3:44:16.1
17	8	Eric Eschenbach	Seattle WA	21:05	16:13	32:40	1:05:24	1:30:47	1:27	3:47:32.8
18	10	Tri Hua	Seattle WA	35:06			1:01:14	1:29:29	1:57	3:47:41.0
19	7	Cris Garcia	Seattle WA	33:22	17:34	38:50	1:04:47	1:18:35	1:54	3:54:59.6

***** IRON MAN MASTERS WENATCHEE COURSE=20 RESULTS*****

Place	Bib	Name	CityState	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	34	Kelly Gillespie	Leavenworth WA	12:19	8:11	22:20	48:56	58:35	1:25	2:31:44.0
2	47	Mark Broberg	Wenatchee WA	14:15			50:43	55:05	1:33	2:33:27.1
3	32	Kevin Hall	Wenatchee WA	14:17	8:45	28:02	51:11	1:02:06	1:25	2:45:42.9
4	36	Peter Schnidbo	Seattle WA	18:14	11:27	29:41	55:23	1:07:04	1:17	3:03:04.4
5	38	Scott Volyn	Wenatchee WA	19:44			58:31	1:07:24	1:38	3:09:14.5
6	35	Tom Carlson	Wenatchee WA	21:41	11:28	27:28	58:59	1:08:56	1:21	3:09:51.3
7	48	Chance Harris	E. Wenatchee WA	20:49			59:32	1:02:50	2:06	3:10:39.0
8	33	Dennis Adair	Ravendale WA	21:03	9:08	28:03	1:00:43	1:17:29	1:34	3:17:56.5
9	40	David Blyth	Seattle WA	21:19	11:23	27:07	1:05:00	1:17:53	1:31	3:24:10.6
10	37	Bill Wicheta	Wenatchee WA	18:29	13:58	30:17	1:01:55	1:19:53	1:24	3:25:53.7
11	41	Brian Izdepski	Edmonds WA	20:02			1:06:35	1:18:47	1:40	3:29:36.2
12	42	Glen Klock	Wenatchee WA	31:16	19:16	47:36			2:35	3:38:16.4
13	43	Carl Shaw	Puyallup WA	25:44	14:45	29:35	1:04:53	1:24:36	1:17	3:40:46.5
14	39	Paul Goss	Wenatchee WA	25:30	6:31	44:40	1:22:07	1:07:37	3:35	3:49:57.1
15	31	Peter Thorpe	Cashmere WA	25:56	18:05	31:59	1:08:47	1:39:57	1:42	4:06:23.4
16	44	Ralph Byther	Graham WA	25:46	18:37	39:49	1:20:41	1:34:22	2:04	4:21:17.5
17	46	Ray Smith	San Diego CA							4:49:14.0

***** IRON WOMAN WENATCHEE COURSE=20 RESULTS*****

Place	Bib	Name	CityState	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	67	Laura Valaas	Wenatchee WA	12:02	8:36	25:32	51:10	1:01:26	1:16	2:39:58.7
2	62	Jessie Ham	Missoula MT	15:55			53:49	1:21:52	1:26	3:11:40.5
3	64	Katherine Wieckowski	Vancouver CA	18:45	11:33	34:05	1:06:27	1:23:17	1:19	3:35:22.5
4	65	Rebecca Fink	Seattle WA	38:08	15:31	26:57	58:33	1:27:33	1:33	3:48:11.5
5	61	Jennifer Cullison	Vancouver WA	29:11			1:06:27	1:42:12	1:42	4:06:22.1
6	63	Wendy Hulse	Wenatchee WA	33:23	30:00	42:09	1:14:07	1:10:54	1:37	4:12:08.2
7	66	Kristen Lovin	Seattle WA	30:55	15:50	47:54	1:16:34	1:28:42	1:37	4:21:28.3

***** IRON WOMAN MASTERS WENATCHEE COURSE=20 RESULTS*****

Place	Bib	Name	CityState	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	74	Carolyn Daubeny	Vancouver BC	13:29			56:27	58:59	1:21	2:47:49.8
2	73	Nancy Bywater	Leavenworth WA	13:59	9:17	27:35	56:32	1:05:33	1:24	2:54:16.5
3	71	Judy Milliette	Leavenworth WA	16:10			56:23	1:01:33	1:46	2:55:31.1
4	72	Jennifer Hill	Helena MT	36:38	17:01	46:41	1:06:23	1:27:42	1:51	4:16:13.6

***** PRO MEN RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time	
1	106	W.A.R.			21:56	42:38	51:13	0:47	2:14:35.3	
2	102	Team Insane	10:38	6:39	22:21	43:04	55:47	0:46	2:19:11.4	
3	105	Brown's Claim Jumpers	13:53			46:22	1:02:30	0:50	2:33:21.8	
4	103	Meat's Elites	17:46	9:25	22:10	45:57	1:01:15	0:48	2:37:18.5	
5	112	PRO Sport Club Team 2	18:34	13:42	23:46	48:42	1:01:29	1:05	2:47:15.4	
6	108	Threshold	13:41	9:32	25:36			0:49	2:50:56.4	
7	107	Jen's Family	13:54	11:02	27:47	54:23	1:09:09	1:14	2:57:25.4	
8	113	Just Plain Nuts	17:11	10:42	27:44	56:01	1:07:19	0:55	2:59:49.5	
9	110	It's About Time	21:15	11:24	29:25	54:16	1:07:04	1:02	3:04:23.0	
10	101	It's Go Time	17:56			56:13	1:13:25	0:52	3:11:29.4	
11	109	Pack-O-Dawgs	19:57	13:05	35:30	51:54	1:14:06	0:54	3:15:24.8	
12	104	Finish Line? Beer Me!	14:52	8:36	22:24					

***** PRO WOMEN RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	125	Biosports Women							2:48:19.0
2	124	Perfect Strangers	16:38	9:05	31:15	55:54	1:13:54	0:53	3:07:36.5
3	123	The Ponytails	20:58	14:41	25:00	1:01:52	1:05:40	0:54	3:09:00.8
4	121	Queens Of Heart	21:33	11:53	27:24	59:33	1:21:19	1:16	3:22:54.5
5	122	Posse Of Trouble				1:04:17	1:08:27	1:05	3:32:45.9

***** PRO MIXED RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	136	Second Wind Mixers	14:06	8:36	24:30	58:31			2:44:30.8
2	133	Gang Green	17:58			51:29	1:04:10	0:46	2:52:51.0
3	137	Team Stemilt	18:00	8:54	32:40	51:56	1:10:43	0:56	3:03:05.2
4	134	3 Chicks & 2 Johns	16:08	8:57	39:11	53:07	1:06:09	1:25	3:04:55.6
5	135	Last Night Was A Rough One	25:30	10:30	20:56	57:08	1:20:56	0:47	3:15:43.7
6	132	Hale And Hearty Party	23:40	11:23	31:03	1:13:26	1:11:54	0:47	3:32:11.1
7	131	The Abusement Park	31:54	14:58	34:23	53:29	1:29:00	0:59	3:44:40.0

***** PRO MASTERS RESULTS*****

Place	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	Team Taco Time	18:31	9:09	29:45	53:05	57:59	1:11	2:49:36.8

***** TANDEM MEN RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	204	Bring The Heath	12:12					0:57	2:25:22.2
2	203	Cascade Auto Center	12:26			47:07	58:40	1:15	2:31:13.7
3	111	PRO Sports Club Team 1	13:40	12:29	22:41	46:33	1:01:17	0:54	2:37:30.5
4	201	Y2WeDolt	18:02	14:47	27:16	53:53			3:02:42.6
5	205	Micron Audiology	18:58	8:51	30:55	1:01:16	1:11:02	1:24	3:12:26.0
6	206	Jobin	18:11	9:41	37:33	1:01:28	1:25:09	1:15	3:33:13.7

***** TANDEM WOMEN RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	213	Babes of Bend	17:14	9:36	25:33	51:42	1:02:45	1:13	2:47:59.8
2	211	Endorphins	17:17			1:05:59	1:21:07	1:15	3:24:51.2
3	212	Athletic Girl Meets Hippie Chick	30:23	15:24	26:54	58:39	1:16:22	1:25	3:29:03.5

***** TANDEM MIXED RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	216	Skinny Legs And All	17:40	11:58	31:36	1:00:25	1:15:35	1:39	3:18:49.7

***** DUO ADVENTURE RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	229	M.A.D.B.A.R.C.	13:56	9:40	29:21	55:58	1:04:06	1:17	2:54:14.9
2	231	Bent Knees	15:10	11:40	30:01	55:01	1:11:21	1:12	3:04:24.1
3	227	Two Plankers	22:22	8:49	32:26	50:40	1:11:27	1:06	3:06:47.3
4	228	Spooners	14:16	8:31	28:31	1:01:15	1:15:38	1:17	3:09:25.0
5	232	Just Jeff And Jan	20:20	12:38	36:49	1:05:08	1:17:33	1:57	3:34:23.1
6	226	Strangers With Candy	23:45	14:52	28:54	1:17:07	1:39:18	1:38	4:05:31.6
7	233	Team Roberts	30:29	28:09	29:16	1:09:30	1:29:33	1:24	4:08:19.1

***** RECREATION MEN = RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	306	Spokane Slumdog Thousandaires	19:14	9:48	23:30	46:53	58:32	0:42	2:38:38.0
2	307	Team Arlberg	20:09			52:25			2:58:09.0
3	309	The Van Doren Stimulus 6-Pack	20:35	8:32	25:29	49:06	1:16:16	0:51	3:00:45.4
4	305	Rising Water Blues	22:51	9:33	28:24	50:34	1:11:57	1:02	3:04:18.3
5	310	Dan's Lost Boys	27:36	8:50	26:33	51:23	1:15:56	0:50	3:11:06.3
6	312	The Hard Sell	28:52	11:06	26:49	58:37	1:07:09	1:15	3:13:45.7
7	308	The Logjammers	23:50	11:07	24:43	57:29	1:16:29	1:01	3:14:36.4
8	302	Desk Jockeys	26:16	8:29	23:01	1:02:36	1:15:49	0:51	3:16:59.8
9	304	Alaska Airlines North Of Expected	17:58			52:20	1:25:28	0:54	3:17:33.7
10	311	Stepen Johnson	21:01	14:59	34:05			0:53	3:18:08.0
11	301	Montag Hamilton And The Sixty-Niners	28:33			1:15:53	1:14:24	0:47	3:37:38.0
12	303	RAW RATBAGS	25:57			1:05:17	1:30:43	0:51	3:40:45.3

***** RECREATION MIXED = RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	336	Aunt Janie's Rescue Dogs	19:46	9:54	26:08	50:20	58:56	1:03	2:46:04.9
2	338	Papa Murphy's Sponsored Coeds	17:18	10:00	27:00	58:03	1:00:10	1:06	2:53:34.4
3	342	Team Ed-Less	26:09	8:56	28:38	50:21			2:57:42.7
4	333	Synchronized Chaos	20:01	10:41	35:28	53:40	1:04:43	0:57	3:05:27.9
5	331	Team Carpe Diem	22:16	12:34	28:46	53:37	1:13:45	1:11	3:12:05.8
6	332	IW High Knees 2009	20:59	11:53	25:45	56:29	1:16:56	0:51	3:12:49.3
7	334	Cascade Analytical	26:59			51:41	1:22:46	0:54	3:19:09.3
8	339	Well,Waddaya Think?	15:56	13:06	35:26	1:03:36	1:17:07	1:23	3:26:31.7
9	340	Teleporters	33:57	9:42	25:44	1:08:25	1:18:57	0:53	3:37:34.2
10	341	Alu-man-um	27:10			1:16:46	1:09:43	1:08	3:41:44.0
11	337	Sweet Science Boxing	41:30	19:40	29:39	1:10:58	1:30:34	0:56	4:13:13.5

***** RECREATION MASTERS = RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	346	BakunBurger	27:30	11:03	34:32			1:25	2:43:13.7

***** OPEN MENS RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	202	Bomb Diggity	15:04	10:03	28:06	39:21	35:32	0:59	2:09:03.1
2	403	Your Girlfriend Wants Us!	17:45	8:39	25:35	44:08	40:50	0:54	2:17:48.7
3	402	Bob's Legends 425	24:50	10:50	39:41	47:04	35:08	1:17	2:38:47.0
4	401	Troop II Eagles	29:26	14:04	29:44	54:58	35:19	1:11	2:44:39.3

***** OPEN WOMENS RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	412	The Senioritis Senioritas	16:58	8:48	27:17	52:38			2:29:53.0
2	411	Lamb-Weston	33:19			44:11	42:16	0:59	2:49:04.0

***** OPEN MIXED RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	422	The Hot Pack	21:22			38:35	41:06	0:51	2:16:48.2
2	421	FUNATCHEE FUNADDICTS	20:25	10:45	30:31	41:33	33:40	0:53	2:17:44.3
3	426	Wenatchee Valley Nordic	14:26	10:27	28:39	45:24	38:24	0:50	2:18:07.0
4	427	Sodbusters	26:31	9:24	29:30	37:32	34:31	1:07	2:18:32.9
5	425	ShamWOW!	25:54			41:06	34:12	1:06	2:18:51.9
6	423	Da Kinners				48:31	36:16	1:14	2:37:20.1
7	428	Team Normal	26:56			1:00:11	36:23	1:05	2:54:06.2
8	424	Jitterbugs	40:06			57:44	45:45	1:42	3:15:17.8

***** FAMILY RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	438	Team Dimke	18:12	12:08	29:58	40:53	43:57	0:59	2:26:03.2
2	439	Four Brownies And A Weaver	21:20			47:35	43:34	0:44	2:33:37.7
3	436	Wait Up Uncle Kevin!	22:30	14:45	33:00	42:56	40:30	1:16	2:34:54.6
4	437	Ya=85But	34:29	14:53	27:34	48:08	36:41	1:06	2:42:49.0

***** REALLY REC RESULTS*****

Place	Bib	Team	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	446	Cherry Creek Radio	38:10	16:50	34:11	40:27	39:34	1:02	2:50:10.1

***** IRON MAN COLUMBIA COURSE=20 RESULTS*****

Place	Bib	Name	CityState	Nordic	Downhill	Run	Bike	Canoe	Sprint	Total Time
1	45	Jeff Lau	E. Wenatchee WA						1:33	2:39:59.2
2	451	Rodney Pope	Monroe WA	22:08	19:03	33:35			1:49	2:53:24.2

***** ECO TANDEM RESULTS*****

Place	Team	Run	Bike	Canoe	Sprint	Total Time
1	The Evil League Of Evil			19:00	1:04	1:20:16.8