

### **Week 3 - Wednesday, August 20**

#### **Women**

	Age	Swim	Run	Total
<b>1</b> Jamie Arvizo	36	8:10	23:21	31:31
<b>2</b> Laura Lukish	34	7:42	26:18	34:00
<b>3</b> Emily Barnes	37	7:42	26:45	34:27
<b>4</b> Erin Coke	55	7:51	31:10	39:01
<b>5</b> Celeste Marokus	37	9:40	55:15	1:04:55
<b>6</b> Shannon Keegan	39	7:38	57:18	1:04:56

#### **Men**

	Age	Swim	Run	Total
<b>1</b> Michael Stadnisky	31	8:46	19:40	28:26
<b>2</b> Karl Pryor	50	9:48	23:53	33:41
<b>3</b> Arnie Abrams	61	10:17	29:59	40:16
<b>4</b> Noah Keegan	38	13:25	27:52	41:17