

| Name | Age | Age Group | Gender | 3 Mile Run | Run Pace (Min/Mile) | 2 Loop Bike | Bike Pace (MPH) | 1 Mile Run | Total |
|--------------------|-----|-----------|--------|------------|---------------------|-------------|-----------------|------------|------------|
| ▼ F20-29 | | | | | | | | | |
| Diane Bishop | 28 | F20-29 | F | 25m 33s | 8m 31s | 36m 57s | 20.3 | 7m 27s | 1h 9m 57s |
| Lindsey Conrow | 28 | F20-29 | F | 25m 52s | 8m 37s | 42m 22s | 17.7 | 9m 53s | 1h 18m 7s |
| Ashley Beecher | 21 | F20-29 | F | 25m 20s | 8m 27s | 47m 47s | 15.7 | 9m 59s | 1h 23m 6s |
| ▼ F30-39 | | | | | | | | | |
| Amy Benedict | 33 | F30-39 | F | 22m 7s | 7m 22s | 44m 53s | 16.7 | 9m 5s | 1h 16m 5s |
| Karen Michaels | 39 | F30-39 | F | 26m 57s | 8m 59s | 45m 42s | 16.4 | 12m 12s | 1h 24m 51s |
| ▼ F40-49 | | | | | | | | | |
| Mary Lou Hoffman | 47 | F40-49 | F | 29m 30s | 9m 50s | 38m 59s | 19.2 | 10m 29s | 1h 18m 58s |
| ▼ F50-59 | | | | | | | | | |
| Kate Leary | 57 | F50-59 | F | 28m 8s | 9m 23s | 41m 59s | 17.9 | 9m 40s | 1h 19m 47s |
| ▼ F60-69 | | | | | | | | | |
| ▼ M20-29 | | | | | | | | | |
| Sean Beecher | 24 | M20-29 | M | 20m 53s | 6m 58s | 35m 0s | 21.4 | 6m 46s | 1h 2m 39s |
| David Welby | 26 | M20-29 | M | 18m 58s | 6m 19s | 37m 21s | 20.1 | 8m 22s | 1h 4m 41s |
| David Kina | 26 | M20-29 | M | 28m 53s | 9m 38s | 38m 18s | 19.6 | 9m 47s | 1h 16m 58s |
| ▼ M30-39 | | | | | | | | | |
| Justin Adamek | 36 | M30-39 | M | 19m 22s | 6m 27s | 34m 49s | 21.5 | 6m 9s | 1h 0m 20s |
| Matt Gobel | 37 | M30-39 | M | 20m 17s | 6m 46s | 33m 58s | 22.1 | 6m 59s | 1h 1m 14s |
| Charlie Watson | 30 | M30-39 | M | 20m 30s | 6m 50s | 34m 28s | 21.8 | 6m 44s | 1h 1m 42s |
| Kyle Saisselin | 30 | M30-39 | M | 19m 31s | 6m 30s | 36m 58s | 20.3 | 6m 9s | 1h 2m 38s |
| Eric Butler | 38 | M30-39 | M | 21m 40s | 7m 13s | 36m 14s | 20.7 | 5m 16s | 1h 3m 10s |
| Joe Drees | 30 | M30-39 | M | 21m 34s | 7m 11s | 37m 8s | 20.2 | 7m 31s | 1h 6m 13s |
| Edwin Figueroa | 32 | M30-39 | M | 24m 47s | 8m 16s | 36m 1s | 20.8 | 8m 36s | 1h 9m 24s |
| Walt Potocki | 30 | M30-39 | M | 20m 40s | 6m 53s | 41m 54s | 17.9 | 8m 13s | 1h 10m 47s |
| Dan Buckley | 38 | M30-39 | M | 23m 7s | 7m 42s | 38m 44s | 19.4 | 10m 29s | 1h 12m 20s |
| Richard Jibb | 36 | M30-39 | M | 35m 9s | 11m 43s | | | | DNF |
| ▼ M40-49 | | | | | | | | | |
| Jon Metz | 42 | M40-49 | M | 20m 32s | 6m 51s | 34m 18s | 21.9 | 6m 53s | 1h 1m 43s |
| Greg Murnock | 42 | M40-49 | M | 23m 0s | 7m 40s | 35m 23s | 21.2 | 8m 34s | 1h 6m 57s |
| Jim Schaffstall | 48 | M40-49 | M | 19m 14s | 6m 25s | 41m 46s | 18.0 | 8m 3s | 1h 9m 3s |
| Bill Smith | 45 | M40-49 | M | 22m 30s | 7m 30s | 38m 16s | 19.6 | 8m 26s | 1h 9m 12s |
| Eric Brouillard | 46 | M40-49 | M | 23m 29s | 7m 50s | 37m 50s | 19.8 | 9m 16s | 1h 10m 35s |
| Jeff Tracy | 41 | M40-49 | M | 24m 7s | 8m 2s | 38m 13s | 19.6 | 8m 15s | 1h 10m 35s |
| Allen Walker | 45 | M40-49 | M | 23m 20s | 7m 47s | 38m 39s | 19.4 | 9m 8s | 1h 11m 7s |
| Jeff Sullivan | 54 | M40-49 | M | 24m 10s | 8m 3s | 39m 17s | 19.1 | 10m 4s | 1h 13m 31s |
| Ben Kruger | 27 | M40-49 | M | 21m 28s | 7m 9s | 41m 48s | 17.9 | 10m 38s | 1h 13m 54s |
| Mike Reilly | 45 | M40-49 | M | 26m 5s | 8m 42s | 43m 8s | 17.4 | 9m 58s | 1h 19m 11s |
| ▼ M50-59 | | | | | | | | | |
| Herman van Leeuwen | 51 | M50-59 | M | 19m 30s | 6m 30s | 35m 50s | 20.9 | 7m 16s | 1h 2m 36s |
| John Herman | 55 | M50-59 | M | 22m 5s | 7m 22s | 40m 6s | 18.7 | 10m 4s | 1h 12m 15s |
| Kevin Stuckey | 56 | M50-59 | M | 23m 51s | 7m 57s | 39m 7s | 19.2 | 10m 30s | 1h 13m 28s |
| Mark Hammer | 59 | M50-59 | M | 25m 36s | 8m 32s | 40m 4s | 18.7 | | DNF |
| ▼ M60-69 | | | | | | | | | |
| John Moore | 68 | M60-69 | M | 28m 39s | 9m 33s | 45m 45s | 16.4 | 9m 31s | 1h 23m 55s |
| ▼ MY-19 | | | | | | | | | |
| Jack Jibb | 12 | MY-19 | M | 35m 7s | 11m 42s | | | | DNF |