

| Name | Age | Age Group | 3 Mile Run | Run Pace (Min/Mile) | Blke time | 3 Loop Bike | Bike Pace (MPH) | 3 Mile Run | Run Pace (Min/Mile) | Total |
|--------------------|-----|-----------|------------|---------------------|------------|-------------|-----------------|------------|---------------------|------------|
| ▼ F20-29 | | | | | | | | | | |
| Diane Bishop | 28 | F20-29 | 24m 55s | 8m 18s | 1h 19m 18s | 54m 23s | 20.7 | 27m 1s | 9m 0s | 1h 46m 19s |
| ▼ F30-39 | | | | | | | | | | |
| Kristin Leiby | 36 | F30-39 | 22m 52s | 7m 37s | 1h 19m 59s | 57m 7s | 19.7 | 24m 36s | 8m 12s | 1h 44m 35s |
| Alison Deem | 32 | F30-39 | 24m 25s | 8m 8s | 1h 26m 46s | 62m 21s | 18.0 | 23m 41s | 7m 54s | 1h 50m 27s |
| ▼ F40-49 | | | | | | | | | | |
| Karen Tierney | 46 | F40-49 | 31m 10s | 10m 23s | | | | | 0.0 | 1h 59m 43s |
| Stefani Critelli | 43 | F40-49 | 30m 10s | 10m 3s | 1h 33m 19s | 63m 9s | 17.8 | 31m 7s | 10m 22s | 2h 4m 26s |
| ▼ M20-29 | | | | | | | | | | |
| David Welby | 26 | M20-29 | 19m 23s | 6m 28s | 1h 11m 55s | 52m 32s | 21.4 | 19m 32s | 6m 31s | 1h 31m 27s |
| Nick Brodnicki | 24 | M20-29 | 19m 33s | 6m 31s | 1h 12m 43s | 53m 10s | 21.2 | 19m 53s | 6m 38s | 1h 32m 36s |
| Joe Sceusa | 25 | M20-29 | 20m 35s | 6m 52s | 1h 12m 36s | 52m 1s | 21.6 | 22m 52s | 7m 37s | 1h 35m 28s |
| ▼ M30-39 | | | | | | | | | | |
| Charlie Watson | 30 | M30-39 | 22m 32s | 7m 31s | 1h 12m 58s | 50m 26s | 22.3 | 21m 7s | 7m 2s | 1h 34m 5s |
| Joe Drees | 30 | M30-39 | 22m 22s | 7m 27s | 1h 15m 25s | 53m 3s | 21.2 | 23m 8s | 7m 43s | 1h 38m 33s |
| Todd Patti | 39 | M30-39 | 23m 0s | 7m 40s | 1h 16m 44s | 53m 44s | 20.9 | 25m 25s | 8m 28s | 1h 42m 9s |
| Kyle Saisselin | 30 | M30-39 | 20m 35s | 6m 52s | 1h 22m 58s | 62m 23s | 18.0 | 20m 56s | 6m 59s | 1h 43m 54s |
| Dan Buckley | 38 | M30-39 | 24m 2s | 8m 1s | 1h 23m 31s | 59m 29s | 18.9 | 26m 29s | 8m 50s | 1h 50m 0s |
| ▼ M40-49 | | | | | | | | | | |
| Kevin Mietlicki | 43 | M40-49 | 21m 11s | 7m 4s | 1h 11m 12s | 50m 1s | 22.5 | 22m 44s | 7m 35s | 1h 33m 56s |
| Bill Smith | 45 | M40-49 | 22m 15s | 7m 25s | 1h 18m 21s | 56m 6s | 20.1 | 24m 0s | 8m 0s | 1h 42m 21s |
| Allen Walker | 45 | M40-49 | 23m 49s | 7m 56s | 1h 20m 1s | 56m 12s | 20.0 | 24m 20s | 8m 7s | 1h 44m 21s |
| Clint Ronan | 41 | M40-49 | 24m 3s | 8m 1s | 1h 25m 11s | 61m 8s | 18.4 | 25m 5s | 8m 22s | 1h 50m 16s |
| Eric Brouillard | 46 | M40-49 | 24m 24s | 8m 8s | 1h 23m 43s | 59m 19s | 19.0 | 28m 22s | 9m 27s | 1h 52m 5s |
| ▼ M50-59 | | | | | | | | | | |
| Herman van Leeuwen | 51 | M50-59 | 21m 14s | 7m 5s | 1h 16m 7s | 54m 53s | 20.5 | 22m 55s | 7m 38s | 1h 39m 2s |
| Tony Nicoterra | 55 | M50-59 | 23m 1s | 7m 40s | 1h 17m 42s | 54m 41s | 20.6 | 25m 12s | 8m 24s | 1h 42m 54s |
| Jim Karnath | 55 | M50-59 | 27m 24s | 9m 8s | 1h 23m 10s | 55m 46s | 20.2 | 29m 2s | 9m 41s | 1h 52m 12s |
| Craig Alf | 58 | M50-59 | 27m 43s | 9m 14s | | | | | 0.0 | 1h 54m 32s |
| Mark Hammer | 59 | M50-59 | 25m 39s | 8m 33s | 1h 34m 53s | 69m 14s | 16.2 | 28m 0s | 9m 20s | 2h 2m 53s |
| ▼ M60-69 | | | | | | | | | | |
| John Moore | 68 | M60-69 | 30m 17s | 10m 6s | 1h 37m 44s | 67m 27s | 16.7 | 35m 7s | 11m 42s | 2h 12m 51s |