

SundayImprovement
 My Next Triathlon
 Lake Lanier Islands, GA
 June 5, 2011

IMPROVEMENT RESULTS from 2010 to 2011

Female Overall

Place	No.	Name	Division	Sex	Age	City	St	2010	2011	Improvement
1	1024	Stacey King	MXT4044F	F	43	Duluth	GA	1:44:46	1:27:32	17:15
2	1169	Jan Williams	MXT4044F	F	44	Atlanta	GA	1:30:39	1:22:20	8:20
3	1135	Shane Sweet	MXT3034F	F	33	Cumming	GA	1:22:30	1:14:42	7:49
4	1151	Leslie Walden	MXT6064F	F	64	Atlanta	GA	1:57:26	1:50:09	7:18
5	927	Chris Brink	MXT4044F	F	41	Suwanee	GA	1:23:16	1:16:45	6:32
6	984	Amy Harris	MXT3539F	F	36	Griffin	GA	1:36:11	1:30:42	5:30
7	484	Rebecca May	MXT3539F	F	37	Loganville	GA	2:02:24	1:57:22	5:03
8	1005	Tina Hunt	MXT4549F	F	49	Elberton	GA	1:45:17	1:41:02	4:16
9	1006	Cheryl Hurst	MXT4044F	F	40	Bethlehem	GA	1:43:17	1:40:13	3:05
10	1118	Maggie Shay	MXT1924F	F	19	Hoschton	GA	1:57:45	1:54:49	2:57

Male Overall

1	971	Jeremy Freeman	MXT2529M	M	29	Marietta	GA	1:48:47	1:17:57	30:51
2	931	Michael Calendine	MXT3539M	M	37	Lawrenceville	GA	1:45:10	1:25:05	20:06
3	1117	Gary Shay	MXT4549M	M	48	Hoschton	GA	1:37:05	1:23:57	13:09
4	981	Chris Hardy	MXT3539M	M	35	Alpharetta	GA	1:35:24	1:24:41	10:44
5	1165	Austin Wilkes	MXT1618M	M	18	Atlanta	GA	1:35:36	1:25:17	10:20
6	1035	Matthew Levin	MXT5559M	M	55	Atlanta	GA	1:46:20	1:40:12	6:09
7	977	Royce Grant	MXT3034M	M	33	McDonough	GA	1:35:44	1:29:53	5:52
8	1031	Ben Krichko	MXT2529M	M	27	Powder Springs	GA	1:17:25	1:11:37	5:48
9	1157	Randal Waters	MXT2529M	M	28	Dahlonega	GA	1:24:24	1:18:48	5:37
10	1074	Michael O'Sullivan	MXT4549M	M	46	Atlanta	GA	1:35:29	1:32:31	2:59
11	1098	Bradley Robertson	MXT3539M	M	35	Buford	GA	1:20:37	1:19:57	0:41
1	1000	Jeffrey Hodgson	MXT4044M	M	43	Cumming	GA	1:17:14	1:16:46	0:29