

## 2021 THRICE ePostal Results

										Challenge
	PLACE	First Name	Last Name	Age(12/31/21)	USMS Club	short	med	long	SUM	Points
<b>BUTTERFLY</b>										
<b>WOMEN</b>										
<b>35-39</b>	1	Donita	Flecker	39	SMAC	00:38.13	01:34.40	03:26.50	<b>05:39.03</b>	7
	2	Sarah	King	38	CONN	01:36.97	03:39.45	07:06.74	<b>12:23.16</b>	5
<b>40-44</b>	1	Holly	Lickwala	45	PSM	00:33.98	01:15.14	02:50.65	<b>04:39.77</b>	7
	2	Melanie	Belluomini	44	DAM	00:35.60	01:21.80	03:05.10	<b>05:02.50</b>	5
<b>50-54</b>	1	Yasuko	de la Torre	51	MEMO	00:35.00	01:16.00	02:51.00	<b>04:42.00</b>	7
	2	Vicki	Shu	53	MEMO	00:33.00	01:16.00	02:58.00	<b>04:47.00</b>	5
<b>55-59</b>	1	Jennifer	Phalen	57	DAM	00:45.39	01:42.99	03:53.99	<b>06:22.37</b>	7
<b>60-64</b>	1	Louise	Rafkin	63	MEMO	00:36.00	01:26.53	03:28.00	<b>05:30.53</b>	7
	2	Susan	Haufler	64	MEMO	00:45.30	01:46.00	03:59.00	<b>06:30.30</b>	5
	3	Pamela	Ogden	64	MINN	00:58.49	02:03.69	04:12.59	<b>07:14.77</b>	4
<b>MEN</b>										
<b>25-29</b>	1	Michael	Thomas	29	MVM	00:32.84	01:17.21	02:57.41	<b>04:47.46</b>	7
<b>35-39</b>	1	Stephen	Massaro	39	MEMO	00:27.00	01:00.83	02:25.00	<b>03:52.83</b>	7
	2	Jimmy	Song	38	MEMO	00:31.90	01:14.99	02:48.99	<b>04:35.88</b>	5
<b>40-44</b>	1	Naoki	Matsumura	44	SCSC	00:27.38	01:02.31	02:39.99	<b>04:09.68</b>	7
	2	Ellison	Wada	42	MEMO	00:31.00	01:23.00	03:13.00	<b>05:07.00</b>	5
<b>60-64</b>	1	Duane	Grassell	64	O*H*	00:41.65	01:34.08	03:28.74	<b>05:44.47</b>	7
	2	Steven	Cramer	63	MEMO	00:34.08	01:42.00	03:52.00	<b>06:08.08</b>	5
<b>65-69</b>	1	Bob	Anderson	66	PCCM	00:39.99	01:27.26	03:20.90	<b>05:28.15</b>	7
	2	Stephen	Small	69	MEMO	00:36.15	01:31.54	03:35.45	<b>05:43.14</b>	5
	3	Jeffrey	Citron	66	MEMO	00:43.99	01:43.99	03:44.42	<b>06:12.40</b>	4
<b>85-89</b>	1	John	Sulzbach	87	MELO	01:27.99	04:32.99	09:17.99	<b>15:18.97</b>	7
<b>BACKSTROKE</b>										
<b>WOMEN</b>										
<b>35-39</b>	1	Donita	Flecker	39	SMAC	00:36.66	01:24.65	03:02.48	<b>05:03.79</b>	7
	2	Sarah	King	38	CONN	01:25.60	03:02.31	06:12.03	<b>10:39.94</b>	5
<b>40-44</b>	1	Nia	Doyle	40	MEMO	00:41.42	01:22.01	02:53.02	<b>04:56.45</b>	7
<b>45-49</b>	1	Holly	Lickwala	45	PSM	00:37.84	01:19.11	02:44.89	<b>04:41.84</b>	7

<b>50-54</b>	1	Cynthia	Hertzner	52	CRUZ	00:37.27	01:17.50	02:43.25	<b>04:38.02</b>	7
	2	Clare	Burger	54	MEMO	00:36.05	01:23.00	03:09.00	<b>05:08.05</b>	5
	3	Christina	Cavalli	53	MEMO	00:41.54	01:26.99	02:59.81	<b>05:08.34</b>	4
	4	Zsuzsanna	Laszlo	53	MEMO	00:49.00	01:48.00	03:54.00	<b>06:31.00</b>	3
<b>55-59</b>	1	Rebecca	Friedlander	55	SNM	00:39.50	01:24.73	02:54.13	<b>04:58.36</b>	7
	2	Jennifer	Phalen	57	DAM	00:47.89	01:48.27	03:50.99	<b>06:27.15</b>	5
<b>60-64</b>	1	Susan	Haufler	64	MEMO	00:44.60	01:32.00	03:15.00	<b>05:31.60</b>	7
	2	Pamela	Ogden	64	MINN	00:56.39	01:52.49	03:56.99	<b>06:45.87</b>	5
<b>75-79</b>	1	Jane	Katz	78	AGUA	00:53.73	01:51.20	03:48.31	<b>06:33.24</b>	7
	2	Leslie	Westergaard	78	DAM	00:53.99	01:52.99	03:55.99	<b>06:42.97</b>	5
<b>MEN</b>										
<b>25-29</b>	1	Michael	Thomas	29	MVM	00:35.05	01:14.37	02:47.38	<b>04:36.80</b>	7
<b>30-34</b>	1	Zachary	Green	32	MVM	00:31.74	01:08.26	02:27.19	<b>04:07.19</b>	7
<b>40-44</b>	1	Duncan	Carroll	40	MEMO	00:29.00	01:03.00	02:25.00	<b>03:57.00</b>	7
<b>45-49</b>	1	Eric	Hatch	47	SNM	00:35.50	01:18.60	02:38.90	<b>04:33.00</b>	7
<b>55-59</b>	1	Robert	Inchausti	59	MEMO	00:46.00	01:41.00	03:24.00	<b>05:51.00</b>	7
<b>60-64</b>	1	Chris	Campbell	60	MVM	00:41.51	01:32.33	03:22.73	<b>05:36.57</b>	7
	2	Duane	Grassell	64	O*H*	00:42.14	01:35.55	03:29.72	<b>05:47.41</b>	5
<b>65-69</b>	1	Jeffrey	Citron	66	MEMO	00:40.09	01:24.99	02:57.57	<b>05:02.65</b>	7
	2	Stephen	Small	69	MEMO	00:38.91	01:25.50	03:13.78	<b>05:18.19</b>	5
	3	Bob	Anderson	66	PCCM	00:46.35	01:40.90	03:28.17	<b>05:55.42</b>	4
<b>70-74</b>	1	Dan	Kirkland	73	OREG	00:35.00	01:15.00	02:34.00	<b>04:24.00</b>	7
	2	Alan	Bernard	72	TAM	00:33.76	01:14.99	03:01.99	<b>04:50.74</b>	5
	3	David	Benjamin	72	MEMO	00:44.99	01:32.75	03:24.99	<b>05:42.73</b>	4
<b>75-79</b>	1	Richard	Burns	78	TAM	00:32.90	01:14.21	02:44.31	<b>04:31.42</b>	7
<b>85-89</b>	1	John	Sulzbach	87	MELO	00:59.99	02:30.99	06:09.99	<b>09:40.97</b>	7
<b>BREASTSTROKE</b>										
<b>WOMEN</b>										
<b>35-39</b>	1	Erica	Benton	35	MEMO	00:38.00	01:30.00	03:18.00	<b>05:26.00</b>	7
	2	Sarah	King	38	CONN	01:29.43	03:07.94	06:19.47	<b>10:56.84</b>	5
<b>40-44</b>	1	Helene	Nehrebecki	41	DAM	00:36.99	01:20.99	03:02.99	<b>05:00.97</b>	7
	2	Elizabeth	Flynn	42	MEMO	00:37.00	01:24.00	03:01.00	<b>05:02.00</b>	5
	3	Qi	Han	43	MEMO	01:10.00	02:24.00	05:02.00	<b>08:36.00</b>	4

<b>45-49</b>	<b>1</b>	Holly	Lickwala	45	PSM	00:37.55	01:27.69	02:58.61	<b>05:03.85</b>	7
<b>50-54</b>	<b>1</b>	Cynthia	Hertzner	52	CRUZ	00:38.50	01:22.65	02:53.47	<b>04:54.62</b>	7
<b>55-59</b>	<b>1</b>	Jennifer	Phalen	57	DAM	00:43.28	01:41.11	03:46.99	<b>06:11.38</b>	7
<b>60-64</b>	<b>1</b>	Pamela	Ogden	64	MINN	01:01.99	02:11.19	04:31.19	<b>07:44.37</b>	7
<b>65-69</b>	<b>1</b>	Linda	Hepworth	68	RHMS	00:52.25	01:50.81	03:58.48	<b>06:41.54</b>	7
<b>70-74</b>	<b>1</b>	Annette	Coholan	73	RHMS	00:53.96	01:57.03	04:11.08	<b>07:02.07</b>	7
<b>75-79</b>	<b>1</b>	Jane	Katz	78	AGUA	01:06.10	02:34.20	05:19.60	<b>08:59.90</b>	7
<b>MEN</b>										
<b>25-29</b>	<b>1</b>	Michael	Thomas	29	MVM	00:40.63	01:27.86	03:08.28	<b>05:16.77</b>	7
<b>30-34</b>	<b>1</b>	Zachary	Green	32	MVM	00:32.71	01:09.83	02:36.91	<b>04:19.45</b>	7
	<b>2</b>	Keevan	Harding	30	MEMO	00:32.49	01:15.00	02:44.00	<b>04:31.49</b>	5
<b>35-39</b>	<b>1</b>	Jimmy	Song	38	MEMO	00:33.74	01:14.48	02:39.47	<b>04:27.69</b>	7
<b>40-44</b>	<b>1</b>	Ellison	Wada	42	MEMO	01:39.20	01:29.00	03:24.00	<b>06:32.20</b>	7
<b>45-49</b>	<b>1</b>	Eric	Hatch	47	SNM	00:40.22	01:29.40	03:10.40	<b>05:20.02</b>	7
<b>50-54</b>	<b>1</b>	Brent	Barnes	53	PSM	00:40.09	01:31.22	03:10.24	<b>05:21.55</b>	7
	<b>2</b>	Dan	Clifford	51	MEMO	00:45.01	01:42.00	03:35.00	<b>06:02.01</b>	5
<b>55-59</b>	<b>1</b>	Howard	Lee	57	STAN	00:39.99	01:27.99	03:16.99	<b>05:24.97</b>	7
	<b>2</b>	Jeffrey	Foster	55	MEMO	00:39.20	01:37.00	03:09.00	<b>05:25.20</b>	5
	<b>3</b>	Robert	Inchausti	59	MEMO	00:45.00	01:36.00	03:28.00	<b>05:49.00</b>	4
<b>60-64</b>	<b>1</b>	Craig	Coombs	61	MEMO	00:39.00	01:30.02	02:59.00	<b>05:08.02</b>	7
	<b>2</b>	Eric	Hektner	63	SMAC	00:38.26	01:24.81	03:09.56	<b>05:12.63</b>	5
	<b>3</b>	Chris	Campbell	60	MVM	00:48.61	01:43.66	03:48.73	<b>06:21.00</b>	4
<b>65-69</b>	<b>1</b>	Stephen	Small	69	MEMO	00:40.82	01:29.25	03:20.05	<b>05:30.12</b>	7
	<b>2</b>	Bob	Anderson	66	PCCM	00:44.54	01:30.90	03:22.72	<b>05:38.16</b>	5
	<b>3</b>	Jeffrey	Citron	66	MEMO	00:45.99	01:44.99	03:50.99	<b>06:21.97</b>	4
<b>70-74</b>	<b>1</b>	David	Benjamin	72	MEMO	00:48.99	01:44.99	03:42.99	<b>06:16.97</b>	7
<b>85-89</b>	<b>1</b>	John	Sulzbach	87	MELO	01:08.99	02:42.99	06:35.99	<b>10:27.97</b>	7
<b>SPRINT</b>										
<b>WOMEN</b>										
<b>18-24</b>	<b>1</b>	Miriam	Eide	23	ALB	00:27.70	01:02.19	02:20.22	<b>03:50.11</b>	7
<b>35-39</b>	<b>1</b>	Regina	Chien	35	MEMO	00:34.61	01:18.00	03:07.00	<b>04:59.61</b>	7
	<b>2</b>	Sarah	King	38	CONN	01:04.17	02:14.50	04:50.84	<b>08:09.51</b>	5
<b>40-44</b>	<b>1</b>	Helene	Nehrebecki	41	DAM	00:28.99	01:03.99	02:25.99	<b>03:58.97</b>	7

	2	Melanie	Belluomini	44	DAM	00:32.60	01:14.60	02:42.00	<b>04:29.20</b>	5
<b>45-49</b>	1	Holly	Lickwala	45	PSM	00:31.62	01:07.10	02:26.08	<b>04:04.80</b>	7
<b>50-54</b>	1	Clare	Burger	54	MEMO	00:32.00	01:11.00	02:33.00	<b>04:16.00</b>	7
	2	Connie	Tong	50	STAN	00:43.99	01:29.99	03:00.99	<b>05:14.97</b>	5
<b>55-59</b>	1	Rebecca	Friedlander	55	SNM	00:33.94	01:13.47	02:33.00	<b>04:20.41</b>	7
	2	Karen	Harris	55	RPM	00:39.80	01:12.50	02:46.63	<b>04:38.93</b>	5
	3	Jennifer	Phalen	57	DAM	00:34.08	01:20.99	02:55.99	<b>04:51.06</b>	4
<b>60-64</b>	1	Susan	Haufler	64	MEMO	00:33.00	01:17.00	02:46.00	<b>04:36.00</b>	7
	2	Pamela	Ogden	64	MINN	00:38.19	01:24.19	03:23.79	<b>05:26.17</b>	5
<b>65-69</b>	1	Linda	Hepworth	68	RHMS	00:35.18	01:16.17	02:49.61	<b>04:40.96</b>	7
	2	Phyllis	Quinn	66	TOC	00:39.31	01:27.41	03:12.67	<b>05:19.39</b>	5
	3	Molly	Singer	67	MEMO	00:44.54	01:41.96	03:27.38	<b>05:53.88</b>	4
	4	January	Bishop	68	TVM	01:12.00	DNF	DNF	<b>DQ</b>	
<b>70-74</b>	1	Annette	Coholan	73	RHMS	00:43.95	01:34.59	03:21.54	<b>05:40.08</b>	7
<b>75-79</b>	1	Jane	Katz	78	AGUA	00:52.34	01:47.91	03:42.98	<b>06:23.23</b>	7
	2	Lois	Jacobs	78	MEMO	01:08.84	02:49.00	05:49.00	<b>09:46.84</b>	5
<b>MEN</b>										
<b>25-29</b>	1	Sam	Gleason	25	ALB	00:24.18	00:55.31	02:05.86	<b>03:25.35</b>	7
	2	Michael	Thomas	29	MVM	00:31.13	01:09.15	02:36.20	<b>04:16.48</b>	5
<b>30-34</b>	1	Keevan	Harding	30	MEMO	00:27.00	01:01.00	02:16.00	<b>03:44.00</b>	7
<b>35-39</b>	1	Michael	Lancelot	36	MEMO	00:28.00	01:01.00	02:13.00	<b>03:42.00</b>	7
<b>45-49</b>	1	Eric	Hatch	47	SNM	00:29.86	01:02.14	02:17.24	<b>03:49.24</b>	7
<b>50-54</b>	1	Brent	Barnes	53	PSM	00:36.33	01:22.15	03:08.40	<b>05:06.88</b>	7
<b>55-59</b>	1	Steve	Trutane	56	ALB	00:35.23	01:12.94	02:42.03	<b>04:30.20</b>	7
	2	Jeffrey	Foster	55	MEMO	00:29.50	01:07.00	03:09.00	<b>04:45.50</b>	5
<b>60-64</b>	1	David	Boatwright	60	WCM	00:23.47	00:51.53	01:56.12	<b>03:11.12</b>	7
	2	Steven	Cramer	63	MEMO	00:28.00	01:11.00	02:39.00	<b>04:18.00</b>	5
	3	Chris	Campbell	60	MVM	00:32.99	01:15.32	02:43.30	<b>04:31.61</b>	4
<b>65-69</b>	1	Stephen	Small	69	MEMO	00:33.10	01:07.34	02:29.84	<b>04:10.28</b>	7
	2	Jeffrey	Citron	66	MEMO	00:31.99	01:09.85	02:35.13	<b>04:16.97</b>	5
	3	Bob	Anderson	66	PCCM	00:35.45	01:15.45	02:43.63	<b>04:34.53</b>	4
<b>70-74</b>	1	Dan	Kirkland	73	OREG	00:31.00	01:05.00	02:15.00	<b>03:51.00</b>	7
	2	Alan	Bernard	72	TAM	00:28.01	01:03.99	02:21.99	<b>03:53.99</b>	5
	3	Joel	Wilson	73	CRUZ	00:29.19	01:05.96	02:21.00	<b>03:56.15</b>	4

<b>75-79</b>	<b>1</b>	Richard	Burns	78	TAM	00:28.71	01:07.92	02:21.89	<b>03:58.52</b>	7
<b>85-89</b>	<b>1</b>	John	Sulzbach	87	MELO	00:50.99	01:57.99	04:49.99	<b>07:38.97</b>	7
<b>INDIVIDUAL MEDLEY</b>										
<b>WOMEN</b>										
<b>35-39</b>	<b>1</b>	Donita	Flecker	39	SMAC	01:28.81	03:07.00	06:44.40	<b>11:20.21</b>	7
	<b>2</b>	Sarah	King	38	CONN	02:51.30	06:06.89	12:25.67	<b>21:23.86</b>	5
	<b>3</b>	Sarah	Perkins	37	CONN	02:50.06	06:22.21	13:16.50	<b>22:28.77</b>	4
<b>40-44</b>	<b>1</b>	Helene	Nehrebecki	41	DAM	01:12.99	02:45.99	05:58.99	<b>09:57.97</b>	7
	<b>2</b>	Melanie	Belluomini	44	DAM	01:21.90	02:52.00	06:14.70	<b>10:28.60</b>	5
	<b>3</b>	Catherine	Old	44	NCMS	01:28.85	03:15.34	06:40.62	<b>11:24.81</b>	4
<b>55-59</b>	<b>1</b>	Jennifer	Phalen	57	DAM	01:36.99	03:23.99	07:19.99	<b>12:20.97</b>	7
<b>60-64</b>	<b>1</b>	Pamela	Ogden	64	MINN	01:57.69	04:00.89	08:44.99	<b>14:43.57</b>	7
<b>MEN</b>										
<b>25-29</b>	<b>1</b>	Michael	Thomas	29	MVM	01:14.32	02:49.01	06:11.94	<b>10:15.27</b>	7
<b>35-39</b>	<b>1</b>	Jimmy	Song	38	MEMO	01:14.79	02:43.29	05:46.46	<b>09:44.54</b>	7
<b>60-64</b>	<b>1</b>	Duane	Grassell	64	O*H*	01:40.45	03:34.13	07:26.88	<b>12:41.46</b>	7
<b>65-69</b>	<b>1</b>	Bob	Anderson	66	PCCM	01:26.35	03:02.72	06:31.81	<b>11:00.88</b>	7
	<b>2</b>	Stephen	Small	69	MEMO	01:20.22	02:56.48	06:50.98	<b>11:07.68</b>	5
	<b>3</b>	Jeffrey	Citron	66	MEMO	01:23.99	03:05.31	06:53.99	<b>11:23.29</b>	4
<b>85-89</b>	<b>1</b>	John	Sulzbach	87	MELO	02:34.99	06:58.99	13:08.99	<b>22:42.97</b>	7
<b>DISTANCE</b>										
<b>WOMEN</b>										
<b>35-39</b>	<b>1</b>	Donita	Flecker	39	SMAC	02:37.16	07:17.59	15:11.00	<b>25:05.75</b>	7
	<b>2</b>	Sarah	King	38	CONN	04:50.34	12:26.48	24:32.69	<b>41:49.51</b>	5
<b>45-49</b>	<b>1</b>	Holly	Lickwala	45	PSM	02:26.08	06:24.48	13:16.47	<b>22:07.03</b>	7
<b>55-59</b>	<b>1</b>	Rebecca	Friedlander	55	SNM	02:33.00	06:34.08	13:30.29	<b>22:37.37</b>	7
	<b>2</b>	Jennifer	Phalen	57	DAM	02:55.99	07:42.99	15:31.99	<b>26:10.97</b>	5
	<b>3</b>	Karen	Harris	55	RPM	02:46.63	08:03.90	16:41.80	<b>27:32.33</b>	4
<b>60-64</b>	<b>1</b>	Susan	Haufler	64	MEMO	02:46.00	07:32.00	15:14.00	<b>25:32.00</b>	7
	<b>2</b>	Pamela	Ogden	64	MINN	03:23.79	08:36.69	17:25.29	<b>29:25.77</b>	5
<b>70-74</b>	<b>1</b>	Annette	Coholan	73	RHMS	03:21.54	08:42.83	18:28.88	<b>30:33.25</b>	7
<b>75-79</b>	<b>1</b>	Jane	Katz	78	AGUA	03:42.98	09:28.11	19:05.57	<b>32:16.66</b>	7

<b>MEN</b>										
<b>25-29</b>	<b>1</b>	Michael	Thomas	29	MVM	02:42.53	06:48.45	14:33.30	<b>24:04.28</b>	7
<b>45-49</b>	<b>1</b>	Eric	Hatch	47	SNM	02:17.24	06:22.30	13:17.30	<b>21:56.84</b>	7
<b>60-64</b>	<b>1</b>	Eric	Hektner	63	SMAC	02:35.55	07:04.55	15:12.72	<b>24:52.82</b>	7
	<b>2</b>	Duane	Grassell	64	O*H*	03:04.24	08:11.47	16:38.62	<b>27:54.33</b>	5
<b>65-69</b>	<b>1</b>	Stephen	Small	69	MEMO	02:30.48	06:49.34	14:20.09	<b>23:39.91</b>	7
	<b>2</b>	Bob	Anderson	66	PCCM	02:39.08	06:55.45	14:09.08	<b>23:43.61</b>	5
	<b>3</b>	Jeffrey	Citron	66	MEMO	02:35.14	06:52.99	14:50.10	<b>24:18.23</b>	4
<b>70-74</b>	<b>1</b>	Dan	Kirkland	73	OREG	02:15.00	05:57.00	12:18.00	<b>20:30.00</b>	7