

TOP EARLYBIRD HISTORICAL TIMES

as of August 15, 2016

SPRINT FEMALE RACE: 500 yard swim, 13.5 mile bike, 3 mile run

Heather Gollnick	1:03.01	2004
Heather Gollnick	1:03.15	2003
Lauren Jensen	1:07.01	2010
Lauren Jensen	1:07.37	2012
Lauren Jensen	1:07.43	2009

SPRINT MALE RACE: 500 yard swim, 13.5 mile bike, 3 mile run

Michael Boehmer	57:32	2003
Scott Bowe	59:41	2013
Scott Bowe	59:55	2012
Scott Bowe	1:00:51	2014
Scott Bowe	1:00.15	2016

OLYMPIC MALE RACE: 1000 yard swim, 27.5 mile bike, 6 mile run:

Nick Langer	2:08.14	2016
Nick Langer	2:12:20	2014
Andy Mixell	2:13.10	2016
Nick Langer	2:13:44	2015
Troy Giljoann	2:18.55	2015

OLYMPIC FEMALE RACE: 1000 yard swim, 27.5 mile bike, 6 mile run:

Jennifer Harrison	2:20:58	2015
Jennifer Harrison	2:28:39	2014
Kelsey Miles	2:40.46	2016
Susannah Maroney	2:41.46	2016
Glenda Sundberg	2:47.17	2016

CHILD RACE: 200 yard swim, 4 mile bike, 1 mile run

25:06	Camille Buchanan	2016	FEMALE
23:47	Juan Carlos Gonzalez	2015	MALE