

Race Results for Kathy Zeiler--UNDER CONSTRUCTION

Last Updated November 1, 2006

S = SWIM (pace in avg. min/mile)

B = BIKE (pace in avg. mph)

R = RUN (pace in avg. min/mile)

EVENT	DATE	LEG 1				LEG 2				LEG 3				OVERALL TIME	AGE GRP PLACE	GENDER PLACE	OVERALL PLACE
		DIST.	TIME	PACE	PLACE	DIST.	TIME	PACE	PLACE	DIST.	TIME	PACE	PLACE				
Baltimore Half Marathon	Oct 06	13.1m R	2:27:09	11:14										2:27:09	paced friend		
New York Biathlon	Sept 06	2mi R	16:16	8:08	83/258	12mi B	39:09	18.5mph	60/258	2mi R	16:51	8:26	73/258	1:12:16	2/17 (f 35-39)	7/78	68/258
New York City Triathlon (olympic)	July 06	0.93mi S	19:33	21:01	28/139	40K B	1:21:45	17.4mph	20/139	6.2m R	51:03	8:14	36/139	2:41:28	24/139 (f 35-39)		
Cherry Blossom 10-miler	April 06	10m R	1:22:21	8:14										1:22:21		519/4077	
Chicago Marathon	Oct 05	26.2m R	4:54:00											4:54:00	paced friend		
Culpepper Sprint Triathlon	Aug 05	0.47mi S	12:47	27:12	115/427	17mi B	54:25	18.7 mph	144/427	3.1m R	24:54	8:02	200/427	1:36:02			147/427
Philidelphia Triathlon (olympic)	June 05	0.93mi S	27:24	30:27	344/1003	24m B	1:19:43	18.7 mph	406/1003	6.2m R	56:11	9:03	462/1003	2:48:55	14/35 (f 35-39)	62/261	379/1003
Sallie Mae 10K	April 05	6.2m R												1:04:37	paced friend		
Cherry Blossom 10-miler	April 05	10m R	1:49:02	10:54										1:49:02	paced friend		
Duke Liver Center Half Ironman	Sept 04	1.2mi S	45:16	37:43	35/115	56m B	3:32:29	15.8 mph	93/115	13.1m R	2:20:23	10:41	72/115	6:47:07		76/115	
Cherry Blossom 10-Miler	April 04	10m R	1:29:23	8:56										1:29:23			
Danskin Chicagoland Triathlon (sprint)	04	0.5mi S	8:44	17:28	1/503	12.4m B	35:44	20.8 mph	83/503	3.1m R	23:59	7:44	94/503	1:12:39	4/503 (f 35-39)	15/2981	15/2981
NYC Marathon	Nov 03	26.2 m R	5:30:19											5:30:19	paced friend		
Bonelli Park Sprint Triathlon	May 02																
Camp Pendelton Duathlon	Apr 02	5K R	25:24:00			19 m B	1:02:00			5K R	29:14:00						
LA Tri Series #2, San Dimas (sprint)	May 01	500y S				14m B				2m R				1:15:00	8 (f 30-34)		
City of Los Angeles Triathlon (olympic)	Sept 01	0.93mi S	31:35	33:57	1101	24m B	1:17	18.6mph	1212	6.2m R	55:34	8:58	1185	2:48:00	41 (f 30-34)		1117
Los Angeles Marathon	1995									26.2m R	4:20			4:20:00			