

Spring Ridge Sprint  
Frederick, MD

Aquabike  
230yS - 4.3miB

September 1, 2012

<b>Place</b>	<b>Bib</b>	<b>Name</b>	<b>S</b>	<b>Age</b>	<b>Rank</b>	<b>Swim</b>	<b>Rank</b>	<b>Bike</b>	<b>Rank</b>	<b>Run</b>	<b>Finish</b>
1	583	Glenn Stephens	M	54	1	4:26	1	14:36	19:01	1	19:01