

Honolulu Triathlon
 Sunday, 17 May 2009 6:00 a.m. Start
 Island of Oahu
 5k Run, 40K Bike, 10K Run

***** AWARDS LIST *****

***** Male OVERALL RESULTS *****

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|------------------|------|-------|------|------|------|-------|------|------|------|-------|------|---------|---------|
| 1 | ALEXANDER EILER | 2 | 14:40 | 4:44 | 1:04 | 2 | 56:01 | 26.8 | 0:58 | 2 | 31:28 | 5:05 | 1:44:08 | |
| 2 | RICHARD COCHRANE | 1 | 14:39 | 4:44 | 1:00 | 10 | 59:34 | 25.2 | 1:07 | 1 | 31:18 | 5:03 | 1:47:35 | |
| 3 | MIKE FERREIRA | 3 | 15:53 | 5:08 | 0:45 | 6 | 57:40 | 26.0 | 0:53 | 3 | 32:54 | 5:19 | 1:48:03 | |

***** Female OVERALL RESULTS *****

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-------------------|------|-------|------|------|------|---------|------|------|------|-------|------|---------|---------|
| 1 | JESSICA TRANCHINA | 2 | 16:36 | 5:22 | 0:56 | 3 | 1:04:14 | 23.4 | 1:40 | 3 | 35:48 | 5:47 | 1:59:11 | |
| 2 | CYNTHIA ANDERSON | 1 | 15:59 | 5:10 | 1:25 | 9 | 1:07:40 | 22.2 | 1:28 | 1 | 34:15 | 5:32 | 2:00:46 | |
| 3 | SANDRA FERREIRA | 4 | 17:44 | 5:43 | 1:00 | 2 | 1:03:26 | 23.6 | 1:15 | 5 | 37:56 | 6:07 | 2:01:18 | |

MALE INDIVIDUAL AGE GROUP: 15 - 19

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-----------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | CONNOR HILL | 1 | 20:07 | 6:30 | 1:51 | 1 | 1:19:52 | 18.8 | 2:28 | 2 | 53:13 | 8:35 | 2:37:29 | |
| 2 | YUTA OMORI | 2 | 22:03 | 7:07 | 1:19 | 2 | 1:45:38 | 14.2 | 1:28 | 1 | 51:06 | 8:15 | 3:01:33 | |
| 3 | SHINGO NAKAJIMA | 4 | 24:00 | 7:45 | 1:38 | 4 | 2:24:11 | 10.4 | 2:22 | 3 | 1:08:27 | 11:03 | 4:00:37 | |
| 4 | MASATO MIZUKAMI | 3 | 23:29 | 7:35 | 2:10 | 3 | 2:06:14 | 11.9 | 4:15 | 4 | 1:24:33 | 13:39 | 4:00:40 | |

FEMALE INDIVIDUAL AGE GROUP: 20 - 24

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|--------------------|------|-------|-------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | JACQUELINE HARRILL | 1 | 19:31 | 6:18 | 1:41 | 2 | 1:11:48 | 20.9 | 1:36 | 1 | 40:04 | 6:28 | 2:14:37 | |
| 2 | KATHRYN TAYLOR | 3 | 23:18 | 7:31 | 1:22 | 1 | 1:11:46 | 20.9 | 1:22 | 2 | 53:24 | 8:37 | 2:31:10 | |
| 3 | HEATHER BARCLAY | 4 | 25:13 | 8:09 | 2:40 | 3 | 1:23:15 | 18.0 | 1:32 | 3 | 54:22 | 8:47 | 2:47:00 | |
| 4 | FIONA GAIL NUNEZ | 5 | 26:02 | 8:24 | 2:01 | 4 | 1:25:28 | 17.6 | 1:41 | 5 | 1:02:10 | 10:02 | 2:57:20 | |
| 5 | JANICE LESKO | 8 | 31:31 | 10:10 | 2:37 | 5 | 1:28:29 | 17.0 | 2:14 | 7 | 1:08:18 | 11:01 | 3:13:08 | |
| 6 | LYNDSAY FISHER | 6 | 27:10 | 8:46 | 3:55 | 6 | 1:33:00 | 16.1 | 4:08 | 9 | 1:09:57 | 11:17 | 3:18:09 | |
| 7 | HAYLEY OLDHAM | 7 | 28:29 | 9:12 | 3:44 | 7 | 1:43:21 | 14.5 | 3:02 | 6 | 1:08:12 | 11:00 | 3:26:45 | |
| 8 | LESLIE OSTERLOH | 2 | 22:47 | 7:21 | 1:36 | 9 | 2:03:30 | 12.1 | 1:31 | 4 | 57:47 | 9:20 | 3:27:09 | |
| 9 | CHRISTINE SUTU | 9 | 31:32 | 10:11 | 3:15 | 8 | 1:54:58 | 13.0 | 3:02 | 8 | 1:09:03 | 11:09 | 3:41:49 | |

MALE INDIVIDUAL AGE GROUP: 20 - 24

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-----------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | TIM KUTARA | 2 | 21:23 | 6:54 | 1:18 | 1 | 1:05:01 | 23.1 | 1:06 | 1 | 40:41 | 6:34 | 2:09:28 | |
| 2 | ANDREW SU | 4 | 25:23 | 8:12 | 2:10 | 2 | 1:18:34 | 19.1 | 2:21 | 3 | 55:09 | 8:54 | 2:43:36 | |
| 3 | TAKESHI OKAZAKI | 1 | 19:12 | 6:12 | 1:23 | 3 | 1:41:13 | 14.8 | 1:56 | 2 | 43:30 | 7:01 | 2:47:13 | |
| 4 | TAISHI SAWADA | 3 | 24:31 | 7:55 | 2:23 | 4 | 1:49:34 | 13.7 | 1:58 | 4 | 1:13:41 | 11:53 | 3:32:05 | |

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|---------------------|------|-------|-------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | JEANIE WARD-WALLER | 2 | 19:20 | 6:15 | 1:33 | 1 | 1:06:13 | 22.7 | 1:33 | 2 | 40:53 | 6:36 | 2:09:31 | |
| 2 | JENNY SELAN | 1 | 19:13 | 6:12 | 1:20 | 4 | 1:09:08 | 21.7 | 1:08 | 1 | 39:24 | 6:22 | 2:10:11 | |
| 3 | NATALIE IGNACIO | 5 | 21:01 | 6:47 | 1:32 | 2 | 1:07:32 | 22.2 | 1:21 | 3 | 41:35 | 6:43 | 2:12:58 | |
| 4 | LAUREN RINCK | 3 | 19:32 | 6:18 | 2:13 | 3 | 1:08:26 | 21.9 | 1:31 | 4 | 41:44 | 6:44 | 2:13:25 | |
| 5 | DANA STIMMEL | 4 | 19:34 | 6:19 | 1:33 | 5 | 1:11:42 | 20.9 | 1:32 | 5 | 42:56 | 6:56 | 2:17:15 | |
| 6 | CARRIE FRY | 12 | 25:27 | 8:13 | 1:38 | 6 | 1:16:21 | 19.6 | 1:34 | 10 | 52:14 | 8:26 | 2:37:12 | |
| 7 | SHANNON WITT | 16 | 25:51 | 8:21 | 1:39 | 12 | 1:20:37 | 18.6 | 1:37 | 7 | 50:36 | 8:10 | 2:40:17 | |
| 8 | NILO KOIZUMI | 6 | 24:07 | 7:47 | 2:17 | 9 | 1:19:38 | 18.8 | 2:32 | 6 | 50:06 | 8:05 | 2:40:38 | 2:00 |
| 9 | MICHELLE IAFIGLIOA | 10 | 25:17 | 8:10 | 1:37 | 8 | 1:19:09 | 19.0 | 1:31 | 9 | 51:10 | 8:16 | 2:40:41 | 2:00 |
| 10 | EMILY YAKE | 11 | 25:18 | 8:10 | 1:55 | 7 | 1:17:35 | 19.3 | 2:19 | 11 | 54:21 | 8:46 | 2:41:26 | |
| 11 | LISA BARRETT | 9 | 25:11 | 8:08 | 2:56 | 16 | 1:22:47 | 18.1 | 2:06 | 8 | 50:38 | 8:10 | 2:43:37 | |
| 12 | JAMIE KOPERA | 19 | 26:24 | 8:31 | 1:33 | 10 | 1:19:56 | 18.8 | 1:33 | 12 | 54:37 | 8:49 | 2:44:02 | |
| 13 | AN NGUYEN | 7 | 24:15 | 7:50 | 1:56 | 13 | 1:21:07 | 18.5 | 1:57 | 13 | 58:20 | 9:25 | 2:47:33 | |
| 14 | KELLY MAILLY | 23 | 29:13 | 9:26 | 1:45 | 11 | 1:20:13 | 18.7 | 1:52 | 14 | 1:00:02 | 9:41 | 2:53:03 | |
| 15 | JENNY SCHMIDT | 14 | 25:28 | 8:13 | 3:03 | 14 | 1:21:20 | 18.4 | 2:53 | 18 | 1:01:27 | 9:55 | 2:54:10 | |
| 16 | KATHERINE HUTCHINGS | 13 | 25:28 | 8:13 | 3:32 | 20 | 1:27:20 | 17.2 | 2:04 | 15 | 1:00:11 | 9:43 | 2:58:33 | |
| 17 | ALEXIS STRONG | 21 | 27:23 | 8:50 | 2:21 | 19 | 1:26:20 | 17.4 | 2:13 | 17 | 1:01:01 | 9:51 | 2:59:16 | |
| 18 | AMBER CHURCH | 20 | 26:41 | 8:37 | 2:23 | 15 | 1:21:59 | 18.3 | 2:21 | 22 | 1:09:45 | 11:15 | 3:03:07 | |
| 19 | JULIENNE PACHECO | 17 | 26:14 | 8:28 | 2:05 | 17 | 1:23:12 | 18.0 | 2:03 | 24 | 1:10:01 | 11:18 | 3:03:33 | |
| 20 | MOLLY SUTHERLAND | 22 | 27:51 | 8:59 | 1:36 | 21 | 1:31:37 | 16.4 | 1:57 | 16 | 1:00:36 | 9:47 | 3:03:36 | |
| 21 | CARISSA FRISBIE | 18 | 26:16 | 8:29 | 2:05 | 22 | 1:31:50 | 16.3 | 2:57 | 21 | 1:03:53 | 10:19 | 3:06:57 | |
| 22 | MAYU GAMO | 8 | 25:05 | 8:06 | 2:01 | 24 | 1:36:46 | 15.5 | 1:50 | 19 | 1:01:32 | 9:56 | 3:07:12 | |
| 23 | KATHRYN LEE | 15 | 25:43 | 8:18 | 3:27 | 23 | 1:35:02 | 15.8 | 3:18 | 20 | 1:02:12 | 10:02 | 3:09:40 | |
| 24 | KELLY ANSALDO | 24 | 30:31 | 9:51 | 2:14 | 18 | 1:26:07 | 17.4 | 2:01 | 23 | 1:09:57 | 11:17 | 3:10:49 | |
| 25 | MICHELE MCTAVISH | 25 | 33:52 | 10:56 | 2:24 | 25 | 1:38:57 | 15.2 | 2:27 | 25 | 1:11:51 | 11:36 | 3:29:29 | |

Honolulu Triathlon
Sunday, 17 May 2009 6:00 a.m. Start
Island of Oahu
5k Run, 40K Bike, 10K Run

***** AWARDS LIST *****

MALE INDIVIDUAL AGE GROUP: 25 - 29

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-----------------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | SATOSHI IWATA | 1 | 17:29 | 5:39 | 0:54 | 2 | 1:03:12 | 23.7 | 0:58 | 1 | 36:10 | 5:50 | 1:58:42 | |
| 2 | MATT DYKHUIZEN | 4 | 19:09 | 6:11 | 1:15 | 1 | 1:01:08 | 24.5 | 1:21 | 2 | 36:46 | 5:56 | 1:59:37 | |
| 3 | STUART NAYLOR | 3 | 18:55 | 6:07 | 1:22 | 4 | 1:07:09 | 22.3 | 1:15 | 5 | 40:36 | 6:33 | 2:09:15 | |
| 4 | AARON VAN BOER | 2 | 18:43 | 6:02 | 1:39 | 5 | 1:08:31 | 21.9 | 1:21 | 3 | 39:07 | 6:19 | 2:09:19 | |
| 5 | MICHAEL EWENS | 7 | 20:44 | 6:42 | 1:35 | 3 | 1:06:09 | 22.7 | 1:36 | 4 | 40:31 | 6:33 | 2:10:33 | |
| 6 | RICHARD KLOBUCHAR, JR | 5 | 19:50 | 6:24 | 1:40 | 6 | 1:08:56 | 21.8 | 1:31 | 7 | 42:47 | 6:54 | 2:14:42 | |
| 7 | JEFFREY RITGER | 6 | 20:32 | 6:38 | 1:57 | 7 | 1:09:52 | 21.5 | 2:08 | 6 | 42:08 | 6:48 | 2:16:36 | |
| 8 | GJYLAMETI KRIS | 10 | 21:08 | 6:49 | 1:39 | 8 | 1:12:26 | 20.7 | 1:33 | 9 | 47:12 | 7:37 | 2:23:56 | |
| 9 | STUAT QUEL | 9 | 21:07 | 6:49 | 1:39 | 10 | 1:13:11 | 20.5 | 1:56 | 8 | 47:07 | 7:36 | 2:24:58 | |
| 10 | DARREN CHAN | 8 | 20:55 | 6:45 | 1:54 | 9 | 1:13:04 | 20.5 | 2:13 | 10 | 56:07 | 9:03 | 2:34:11 | |
| 11 | JONATHAN SOCKELL | 12 | 26:04 | 8:25 | 3:44 | 12 | 1:30:04 | 16.7 | 2:20 | 11 | 1:04:41 | 10:26 | 3:06:52 | |
| 12 | LANCE MUNSELLE | 11 | 25:30 | 8:14 | 1:53 | 11 | 1:13:17 | 20.5 | 3:38 | 12 | 1:24:34 | 13:39 | 3:08:50 | |

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|--------------------|------|-------|-------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | MACHIKO NAKANISHI | 1 | 17:32 | 5:40 | 0:54 | 2 | 1:05:46 | 22.8 | 1:04 | 1 | 36:52 | 5:57 | 2:02:06 | |
| 2 | AMY BENNETT | 2 | 18:39 | 6:01 | 1:05 | 1 | 1:03:10 | 23.7 | 1:06 | 2 | 40:49 | 6:35 | 2:04:47 | |
| 3 | NORMA BUSTOS | 3 | 21:27 | 6:56 | 1:27 | 3 | 1:14:02 | 20.3 | 1:19 | 13 | 53:23 | 8:37 | 2:31:36 | |
| 4 | TOMOMI MUTO | 7 | 24:01 | 7:45 | 1:46 | 6 | 1:16:48 | 19.5 | 2:10 | 6 | 50:00 | 8:04 | 2:34:44 | |
| 5 | NAHOKO NIWA | 6 | 23:32 | 7:36 | 1:57 | 9 | 1:19:10 | 18.9 | 1:41 | 4 | 48:51 | 7:53 | 2:35:10 | |
| 6 | CHRISTIE MCJANNET | 9 | 24:53 | 8:02 | 1:59 | 4 | 1:16:03 | 19.7 | 2:00 | 8 | 51:30 | 8:19 | 2:36:23 | |
| 7 | VICKI RIEGER | 4 | 23:28 | 7:35 | 1:26 | 8 | 1:18:26 | 19.1 | 1:19 | 12 | 53:19 | 8:36 | 2:37:56 | |
| 8 | SELENA MAXWELL | 8 | 24:32 | 7:55 | 2:03 | 7 | 1:17:43 | 19.3 | 1:41 | 11 | 53:03 | 8:34 | 2:39:00 | |
| 9 | KRISTIN MAYNE | 13 | 25:17 | 8:10 | 3:04 | 5 | 1:16:29 | 19.6 | 3:21 | 7 | 51:10 | 8:16 | 2:39:19 | |
| 10 | KARINA LARANJEIRA | 22 | 27:23 | 8:50 | 2:28 | 12 | 1:21:38 | 18.4 | 2:58 | 3 | 46:27 | 7:30 | 2:40:52 | |
| 11 | LORI FRIEDENBERG | 10 | 25:09 | 8:07 | 2:01 | 11 | 1:19:42 | 18.8 | 2:28 | 10 | 52:20 | 8:27 | 2:41:38 | |
| 12 | HEATHER BRIEN | 12 | 25:15 | 8:09 | 2:06 | 14 | 1:23:16 | 18.0 | 1:35 | 9 | 51:56 | 8:23 | 2:44:06 | |
| 13 | KAMMIE AGUADA | 21 | 27:19 | 8:49 | 2:17 | 15 | 1:23:19 | 18.0 | 1:59 | 5 | 49:23 | 7:58 | 2:44:15 | |
| 14 | ALICIA ARAGON | 15 | 25:25 | 8:12 | 1:32 | 10 | 1:19:31 | 18.9 | 2:18 | 19 | 1:01:16 | 9:53 | 2:52:01 | 2:00 |
| 15 | MARIKO ALVAREZ | 5 | 23:32 | 7:36 | 2:11 | 18 | 1:28:33 | 16.9 | 2:47 | 15 | 55:59 | 9:02 | 2:53:00 | |
| 16 | MARLENA OSHAN | 17 | 25:42 | 8:18 | 2:33 | 16 | 1:24:49 | 17.7 | 2:31 | 20 | 1:01:26 | 9:55 | 2:57:00 | |
| 17 | LEIGH-ANNE TRAVERS | 14 | 25:23 | 8:12 | 3:43 | 22 | 1:30:32 | 16.6 | 3:14 | 14 | 55:48 | 9:00 | 2:58:38 | |
| 18 | ALEXANDRA SOROTA | 18 | 26:00 | 8:24 | 3:46 | 19 | 1:29:23 | 16.8 | 2:48 | 16 | 59:52 | 9:40 | 3:01:48 | |
| 19 | JAMIE RIGGS-NAGY | 25 | 30:48 | 9:56 | 3:05 | 17 | 1:24:50 | 17.7 | 3:20 | 17 | 59:55 | 9:40 | 3:01:56 | |
| 20 | MELANIE RICHARDSON | 11 | 25:13 | 8:09 | 2:55 | 23 | 1:32:33 | 16.2 | 2:13 | 18 | 1:00:58 | 9:50 | 3:03:51 | |
| 21 | LISA BRIN | 23 | 27:34 | 8:54 | 2:31 | 26 | 1:34:13 | 15.9 | 2:06 | 21 | 1:02:07 | 10:01 | 3:08:29 | |
| 22 | DORI HUTCHINGS | 16 | 25:27 | 8:13 | 3:42 | 21 | 1:30:18 | 16.6 | 3:05 | 24 | 1:08:16 | 11:01 | 3:10:46 | |
| 23 | ALLISON SOON | 20 | 26:41 | 8:37 | 2:50 | 25 | 1:33:08 | 16.1 | 2:30 | 23 | 1:07:53 | 10:57 | 3:13:01 | |
| 24 | KATHRYN HENDRIX | 26 | 31:33 | 10:11 | 3:16 | 24 | 1:32:34 | 16.2 | 3:06 | 22 | 1:04:43 | 10:27 | 3:15:11 | |
| 25 | PRISCILLA DRISCOLL | 27 | 32:55 | 10:37 | 1:46 | 13 | 1:22:18 | 18.2 | 4:01 | 26 | 1:14:46 | 12:04 | 3:15:44 | |
| 26 | ELIZABETH FORST | 24 | 30:22 | 9:48 | 3:43 | 20 | 1:30:01 | 16.7 | 2:31 | 25 | 1:11:52 | 11:36 | 3:18:28 | |
| 27 | AFSANEH ZOLFAGHARI | 28 | 34:54 | 11:16 | 3:53 | 28 | 1:36:52 | 15.5 | 2:59 | 27 | 1:24:14 | 13:36 | 3:42:51 | |
| 28 | NEEVA LEMMEL-DUERR | 19 | 26:32 | 8:34 | 2:02 | 27 | 1:35:03 | 15.8 | 5:57 | | | | | |

Honolulu Triathlon
Sunday, 17 May 2009 6:00 a.m. Start
Island of Oahu
5k Run, 40K Bike, 10K Run

***** AWARDS LIST *****

MALE INDIVIDUAL AGE GROUP: 30 - 34

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-----------------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | YU YUMOTO | 2 | 16:09 | 5:13 | 0:54 | 2 | 57:53 | 25.9 | 0:49 | 3 | 34:20 | 5:33 | 1:50:03 | |
| 2 | ERIC KOLLAI | 3 | 16:17 | 5:16 | 1:19 | 1 | 57:26 | 26.1 | 0:56 | 2 | 34:15 | 5:32 | 1:50:10 | |
| 3 | TAI BLECHTA | 5 | 16:21 | 5:17 | 1:13 | 3 | 58:36 | 25.6 | 1:01 | 6 | 38:13 | 6:10 | 1:55:23 | |
| 4 | HIDENARI TSURUMI | 1 | 16:01 | 5:10 | 1:20 | 16 | 1:10:35 | 21.3 | 1:14 | 1 | 33:59 | 5:29 | 2:03:08 | |
| 5 | YOSHIYUKI MIKAMI | 8 | 17:33 | 5:40 | 0:57 | 4 | 1:04:17 | 23.3 | 1:10 | 11 | 40:32 | 6:33 | 2:04:27 | |
| 6 | BRYCE WILLIAMS | 4 | 16:20 | 5:16 | 1:20 | 15 | 1:10:09 | 21.4 | 1:14 | 4 | 35:58 | 5:48 | 2:04:59 | |
| 7 | KEVIN GEARY | 6 | 17:26 | 5:38 | 1:25 | 10 | 1:07:43 | 22.2 | 1:37 | 5 | 37:40 | 6:05 | 2:05:50 | |
| 8 | DAVID WILLIAMS | 9 | 18:01 | 5:49 | 1:34 | 8 | 1:07:03 | 22.4 | 2:03 | 12 | 40:55 | 6:36 | 2:09:35 | |
| 9 | CHAD UYEHARA | 12 | 19:08 | 6:11 | 1:19 | 11 | 1:08:17 | 22.0 | 1:34 | 8 | 40:14 | 6:30 | 2:10:30 | |
| 10 | DERRICK DELOS SANTOS | 10 | 18:17 | 5:54 | 1:49 | 13 | 1:08:40 | 21.8 | 1:42 | 9 | 40:17 | 6:30 | 2:10:44 | |
| 11 | CHRIS KIDAWSKI | 20 | 20:11 | 6:31 | 1:28 | 7 | 1:07:03 | 22.4 | 1:37 | 10 | 40:30 | 6:32 | 2:10:48 | |
| 12 | JEREMY YAMAMOTO | 11 | 18:34 | 6:00 | 1:18 | 22 | 1:11:48 | 20.9 | 0:59 | 7 | 38:21 | 6:12 | 2:10:58 | |
| 13 | DILLON CAMERON | 18 | 19:45 | 6:23 | 1:40 | 6 | 1:06:08 | 22.7 | 1:19 | 15 | 45:32 | 7:21 | 2:14:21 | |
| 14 | JASON DIAS | 21 | 20:14 | 6:32 | 2:10 | 9 | 1:07:14 | 22.3 | 1:21 | 13 | 44:31 | 7:11 | 2:15:27 | |
| 15 | YASUHIRO FUJIMOTO | 15 | 19:24 | 6:16 | 1:16 | 12 | 1:08:25 | 21.9 | 1:27 | 16 | 47:11 | 7:37 | 2:17:41 | |
| 16 | JOHN LEWIS | 14 | 19:23 | 6:16 | 3:40 | 5 | 1:05:22 | 22.9 | 1:59 | 20 | 47:50 | 7:43 | 2:18:11 | |
| 17 | TOSHIHIDE OHNO | 7 | 17:32 | 5:40 | 1:14 | 17 | 1:11:01 | 21.1 | 1:44 | 17 | 47:33 | 7:41 | 2:19:02 | |
| 18 | GIANNI RUSSELLO | 24 | 21:37 | 6:59 | 2:12 | 18 | 1:11:10 | 21.1 | 2:22 | 14 | 44:45 | 7:13 | 2:22:03 | |
| 19 | DAVID TURPIN | 17 | 19:37 | 6:20 | 1:28 | 20 | 1:11:40 | 20.9 | 1:36 | 22 | 48:39 | 7:51 | 2:22:58 | |
| 20 | GIDEON DUNGEY | 13 | 19:15 | 6:13 | 1:40 | 21 | 1:11:41 | 20.9 | 1:57 | 25 | 49:49 | 8:02 | 2:24:20 | |
| 21 | WILY WOO | 22 | 21:16 | 6:52 | 1:35 | 23 | 1:13:12 | 20.5 | 1:31 | 18 | 47:46 | 7:43 | 2:25:18 | |
| 22 | TIMOTHY BRAUNSCHWEIG | 29 | 23:26 | 7:34 | 1:58 | 19 | 1:11:26 | 21.0 | 1:26 | 26 | 50:27 | 8:09 | 2:28:42 | |
| 23 | WESLEY LAM | 16 | 19:24 | 6:16 | 1:21 | 30 | 1:19:56 | 18.8 | 1:49 | 24 | 49:35 | 8:00 | 2:32:04 | |
| 24 | TAKU HANZAWA | 19 | 19:55 | 6:26 | 2:58 | 32 | 1:21:40 | 18.4 | 1:43 | 19 | 47:47 | 7:43 | 2:34:01 | |
| 25 | MASAKATSU HAYASHI | 25 | 21:53 | 7:04 | 2:34 | 26 | 1:16:22 | 19.6 | 2:16 | 27 | 50:58 | 8:14 | 2:34:02 | |
| 26 | STEVE GARRETT | 30 | 23:35 | 7:37 | 2:35 | 14 | 1:09:45 | 21.5 | 2:25 | 28 | 51:30 | 8:19 | 2:35:49 | 6:00 |
| 27 | JOSHUA MITCHELL | 31 | 23:48 | 7:41 | 1:50 | 29 | 1:19:03 | 19.0 | 1:48 | 23 | 49:26 | 7:59 | 2:35:53 | |
| 28 | KAZUHIRO KAWANA | 23 | 21:29 | 6:56 | 2:22 | 25 | 1:16:06 | 19.7 | 2:31 | 30 | 55:05 | 8:54 | 2:37:31 | |
| 29 | RYOJI MATSUOKA | 26 | 22:02 | 7:07 | 1:31 | 34 | 1:27:05 | 17.2 | 1:21 | 21 | 48:19 | 7:48 | 2:40:16 | |
| 30 | BRYAN TAMURA | 32 | 24:43 | 7:59 | 2:28 | 27 | 1:17:04 | 19.5 | 2:45 | 33 | 58:00 | 9:22 | 2:44:58 | |
| 31 | SATOSHI TOMINAGA | 27 | 22:49 | 7:22 | 2:25 | 31 | 1:20:12 | 18.7 | 2:31 | 32 | 57:55 | 9:21 | 2:45:52 | |
| 32 | BRANDY STRAGTMAN | 35 | 26:02 | 8:24 | 2:01 | 24 | 1:14:55 | 20.0 | 2:21 | 35 | 1:05:07 | 10:31 | 2:50:24 | |
| 33 | KEITA NOGAMI | 33 | 25:06 | 8:06 | 2:13 | 28 | 1:18:20 | 19.1 | 2:22 | 34 | 1:03:20 | 10:13 | 2:51:21 | |
| 34 | ALEJANDRO ESCALANTE-F | 34 | 25:12 | 8:08 | 2:04 | 33 | 1:27:01 | 17.2 | 1:55 | 31 | 57:33 | 9:17 | 2:53:44 | |
| 35 | KOJI KIKURA | 28 | 23:25 | 7:33 | 2:21 | 35 | 1:47:57 | 13.9 | 2:46 | 29 | 53:53 | 8:42 | 3:10:20 | |

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|--------------------|------|-------|-------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | SHARON SPROULE | 1 | 19:11 | 6:12 | 1:17 | 1 | 1:06:26 | 22.6 | 1:17 | 1 | 38:38 | 6:14 | 2:06:46 | |
| 2 | SARAH HUGHES | 2 | 20:59 | 6:47 | 1:29 | 2 | 1:07:52 | 22.1 | 1:16 | 2 | 43:07 | 6:58 | 2:14:41 | |
| 3 | ARLYN ROBINSON | 4 | 22:04 | 7:07 | 1:27 | 3 | 1:13:21 | 20.4 | 1:34 | 3 | 48:14 | 7:47 | 2:26:38 | |
| 4 | KATHRYN ACORDA | 5 | 23:25 | 7:33 | 2:22 | 4 | 1:14:22 | 20.2 | 2:01 | 6 | 50:14 | 8:07 | 2:32:21 | |
| 5 | EIKO CHINN | 3 | 21:14 | 6:51 | 1:39 | 5 | 1:18:14 | 19.2 | 3:33 | 4 | 48:53 | 7:54 | 2:33:32 | |
| 6 | ELAINE ENGOTT | 7 | 24:09 | 7:48 | 3:05 | 8 | 1:22:52 | 18.1 | 2:26 | 7 | 51:10 | 8:16 | 2:43:40 | |
| 7 | MICHELLE AITRO | 6 | 23:40 | 7:38 | 1:56 | 12 | 1:27:16 | 17.2 | 2:19 | 5 | 49:35 | 8:00 | 2:44:44 | |
| 8 | ALICIA ROMERO | 12 | 26:24 | 8:31 | 2:38 | 10 | 1:23:56 | 17.9 | 2:45 | 8 | 52:24 | 8:28 | 2:48:05 | |
| 9 | SHANNON VAN GIESON | 13 | 26:33 | 8:34 | 1:21 | 6 | 1:18:22 | 19.1 | 1:15 | 14 | 1:06:14 | 10:41 | 2:53:43 | |
| 10 | LORI RAYMOND | 10 | 26:23 | 8:31 | 2:31 | 14 | 1:28:33 | 16.9 | 2:24 | 9 | 54:58 | 8:52 | 2:54:46 | |
| 11 | YUKA KAWAHARAYAMA | 14 | 27:11 | 8:46 | 1:38 | 7 | 1:20:47 | 18.6 | 1:51 | 13 | 1:03:54 | 10:19 | 2:55:19 | |
| 12 | STACEY BORQUEZ | 16 | 27:33 | 8:54 | 2:28 | 11 | 1:24:10 | 17.8 | 2:40 | 11 | 1:03:14 | 10:12 | 3:00:04 | |
| 13 | KIMBERLY MITCHELL | 11 | 26:23 | 8:31 | 2:31 | 15 | 1:28:34 | 16.9 | 2:23 | 10 | 1:01:09 | 9:52 | 3:00:58 | |
| 14 | KERI PANG | 15 | 27:22 | 8:50 | 2:53 | 9 | 1:23:12 | 18.0 | 3:26 | 17 | 1:08:04 | 10:59 | 3:04:56 | |
| 15 | TAMMY ENGLISH | 8 | 25:21 | 8:11 | 2:47 | 13 | 1:28:16 | 17.0 | 3:15 | 16 | 1:08:03 | 10:59 | 3:07:41 | |
| 16 | ROBIN BROOKE | 17 | 29:52 | 9:38 | 3:41 | 16 | 1:29:41 | 16.7 | 2:48 | 12 | 1:03:38 | 10:16 | 3:09:38 | |
| 17 | SHANNON BURKEY | 19 | 33:04 | 10:40 | 3:30 | 17 | 1:36:20 | 15.6 | 3:40 | 19 | 1:19:32 | 12:50 | 3:36:04 | |
| 18 | MIKI OGURA | 18 | 32:44 | 10:34 | 5:13 | 18 | 1:39:27 | 15.1 | 6:12 | 18 | 1:16:25 | 12:20 | 3:39:58 | |
| 19 | STEPHANIE CROLEY | 9 | 25:51 | 8:21 | 3:22 | 19 | 2:05:24 | 12.0 | 1:42 | 15 | 1:06:50 | 10:47 | 3:43:06 | |

Honolulu Triathlon
 Sunday, 17 May 2009 6:00 a.m. Start
 Island of Oahu
 5k Run, 40K Bike, 10K Run

***** AWARDS LIST *****

MALE INDIVIDUAL AGE GROUP: 35 - 39

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|--------------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | AARON WALLEN | 2 | 16:43 | 5:24 | 1:00 | 1 | 57:18 | 26.2 | 0:58 | 1 | 35:52 | 5:48 | 1:51:50 | |
| 2 | MATTHEW RAULS | 6 | 18:36 | 6:00 | 1:21 | 3 | 1:01:36 | 24.4 | 1:01 | 2 | 37:11 | 6:00 | 1:59:43 | |
| 3 | MICHAEL TARATKO | 1 | 16:38 | 5:22 | 1:18 | 2 | 1:00:54 | 24.6 | 1:11 | 6 | 40:22 | 6:31 | 2:00:21 | |
| 4 | GO MARUYAMA | 5 | 17:35 | 5:41 | 1:04 | 5 | 1:03:34 | 23.6 | 1:11 | 4 | 38:08 | 6:09 | 2:01:30 | |
| 5 | BURT SENAS | 4 | 17:33 | 5:40 | 1:01 | 4 | 1:03:34 | 23.6 | 1:00 | 8 | 40:59 | 6:37 | 2:04:06 | |
| 6 | YUKI YAMAURA | 9 | 19:00 | 6:08 | 1:22 | 9 | 1:05:56 | 22.8 | 1:29 | 3 | 37:34 | 6:04 | 2:05:20 | |
| 7 | MIGUEL MEJIA | 3 | 17:20 | 5:36 | 1:18 | 17 | 1:09:58 | 21.4 | 1:29 | 5 | 39:12 | 6:20 | 2:09:16 | |
| 8 | ZACK SOLOMON | 10 | 19:24 | 6:16 | 1:20 | 7 | 1:04:39 | 23.2 | 1:17 | 11 | 42:55 | 6:56 | 2:09:33 | |
| 9 | GO YAMAMOTO | 7 | 18:44 | 6:03 | 1:38 | 14 | 1:07:35 | 22.2 | 1:37 | 7 | 40:59 | 6:37 | 2:10:31 | |
| 10 | JERRY BARTOLOME | 15 | 20:01 | 6:28 | 1:35 | 10 | 1:06:17 | 22.6 | 1:09 | 9 | 41:44 | 6:44 | 2:10:44 | |
| 11 | RAFAEL BAEZ | 13 | 19:43 | 6:22 | 1:09 | 12 | 1:07:16 | 22.3 | 1:23 | 13 | 42:58 | 6:56 | 2:12:28 | |
| 12 | LAWRENCE CHIEN | 14 | 19:52 | 6:25 | 1:50 | 6 | 1:03:39 | 23.6 | 1:51 | 19 | 45:41 | 7:23 | 2:12:53 | |
| 13 | EIRK ECK | 11 | 19:28 | 6:17 | 1:07 | 11 | 1:06:17 | 22.6 | 1:42 | 18 | 45:38 | 7:22 | 2:14:10 | |
| 14 | MICHAEL DANCH | 18 | 20:33 | 6:38 | 1:39 | 8 | 1:05:33 | 22.9 | 1:36 | 17 | 45:06 | 7:17 | 2:14:26 | |
| 15 | KIYOAKI TAKASHINA | 12 | 19:32 | 6:18 | 1:24 | 13 | 1:07:31 | 22.2 | 1:16 | 14 | 43:41 | 7:03 | 2:15:23 | 2:00 |
| 16 | TAGE RAINSFORD | 17 | 20:29 | 6:37 | 1:34 | 15 | 1:07:47 | 22.1 | 1:51 | 16 | 44:09 | 7:08 | 2:15:49 | |
| 17 | ATSUMASA SUZUKI | 31 | 22:53 | 7:23 | 1:31 | 16 | 1:09:17 | 21.7 | 1:26 | 12 | 42:55 | 6:56 | 2:18:01 | |
| 18 | RICHARD BERG | 19 | 20:51 | 6:44 | 1:34 | 18 | 1:10:51 | 21.2 | 1:09 | 22 | 47:21 | 7:39 | 2:21:44 | |
| 19 | CRAYTON SIMMONS | 16 | 20:16 | 6:33 | 1:35 | 19 | 1:11:36 | 20.9 | 1:40 | 21 | 46:55 | 7:34 | 2:22:01 | |
| 20 | YOZO TACHIBANA | 8 | 18:56 | 6:07 | 1:24 | 38 | 1:20:13 | 18.7 | 1:42 | 10 | 42:17 | 6:50 | 2:24:30 | |
| 21 | FUTOSHI FURUSATO | 33 | 23:08 | 7:28 | 1:57 | 24 | 1:12:48 | 20.6 | 1:21 | 15 | 43:42 | 7:03 | 2:24:54 | 2:00 |
| 22 | HIROYUKI SHIMA | 20 | 20:56 | 6:45 | 1:56 | 20 | 1:12:08 | 20.8 | 1:46 | 25 | 49:36 | 8:00 | 2:26:19 | |
| 23 | TSUGUNE SAITO | 29 | 22:44 | 7:20 | 1:17 | 22 | 1:12:44 | 20.6 | 2:10 | 23 | 48:35 | 7:51 | 2:27:28 | |
| 24 | DANIEL MCMULLEN | 28 | 22:36 | 7:18 | 2:08 | 23 | 1:12:48 | 20.6 | 1:57 | 26 | 49:36 | 8:00 | 2:29:02 | |
| 25 | TOSHIHARU HIJIKATA | 22 | 21:29 | 6:56 | 2:39 | 32 | 1:16:45 | 19.5 | 1:59 | 27 | 49:45 | 8:02 | 2:32:36 | |
| 26 | HIROKI ISHIKAWA | 25 | 22:12 | 7:10 | 1:50 | 27 | 1:14:41 | 20.1 | 2:50 | 31 | 52:38 | 8:30 | 2:34:10 | |
| 27 | SHIGEO KAGAMI | 34 | 23:38 | 7:38 | 2:16 | 21 | 1:12:37 | 20.7 | 1:40 | 33 | 54:06 | 8:44 | 2:34:16 | |
| 28 | SHANE KIHARA | 40 | 26:57 | 8:42 | 1:58 | 28 | 1:14:41 | 20.1 | 1:59 | 20 | 46:50 | 7:34 | 2:34:23 | 2:00 |
| 29 | NORIMASA TSUKADA | 30 | 22:52 | 7:23 | 1:45 | 37 | 1:18:28 | 19.1 | 1:37 | 29 | 50:48 | 8:12 | 2:35:29 | |
| 30 | BRENT OKUHATA | 32 | 22:54 | 7:23 | 1:59 | 36 | 1:18:15 | 19.2 | 1:59 | 28 | 50:28 | 8:09 | 2:35:34 | |
| 31 | KEISUKE MITSUTA | 26 | 22:28 | 7:15 | 2:07 | 31 | 1:16:36 | 19.6 | 2:46 | 32 | 53:04 | 8:34 | 2:36:59 | |
| 32 | DARREN KIMURA | 27 | 22:34 | 7:17 | 1:06 | 40 | 1:23:36 | 17.9 | 1:00 | 30 | 51:57 | 8:23 | 2:40:13 | |
| 33 | HISAYUKI SHIRAI | 23 | 21:31 | 6:57 | 2:55 | 30 | 1:15:14 | 19.9 | 4:19 | 34 | 55:05 | 8:53 | 2:41:02 | 2:00 |
| 34 | MICHAEL GOTZIAMAN | 37 | 25:40 | 8:17 | 1:53 | 41 | 1:23:49 | 17.9 | 3:34 | 24 | 49:00 | 7:55 | 2:43:55 | |
| 35 | SHOKEI SUDA | 21 | 21:03 | 6:48 | 2:14 | 26 | 1:14:31 | 20.1 | 3:41 | 40 | 1:05:07 | 10:31 | 2:46:33 | |
| 36 | LANI STARKEY | 41 | 26:59 | 8:42 | 3:08 | 34 | 1:17:38 | 19.3 | 3:59 | 35 | 55:14 | 8:55 | 2:46:56 | |
| 37 | GAYLORD GORGONIO | 39 | 26:22 | 8:31 | 1:51 | 25 | 1:13:07 | 20.5 | 2:06 | 38 | 1:04:35 | 10:25 | 2:47:59 | |
| 38 | ERIC BECKER | 35 | 23:51 | 7:42 | 3:08 | 29 | 1:14:47 | 20.1 | 3:16 | 39 | 1:04:49 | 10:28 | 2:49:49 | |
| 39 | MASAKIYO MAEZONO | 24 | 22:01 | 7:07 | 2:02 | 35 | 1:17:42 | 19.3 | 3:04 | 37 | 1:04:02 | 10:20 | 2:50:49 | 2:00 |
| 40 | HIROO KAGI | 36 | 25:37 | 8:16 | 3:31 | 33 | 1:17:29 | 19.4 | 2:25 | 36 | 1:03:03 | 10:11 | 2:52:02 | |
| 41 | SHIN ISHIYAMA | 38 | 25:42 | 8:18 | 1:46 | 39 | 1:22:02 | 18.3 | 1:43 | 41 | 1:11:05 | 11:28 | 3:02:16 | |
| 42 | HIROKI KOBAYASHI | 42 | 30:35 | 9:52 | 4:17 | 43 | 1:37:44 | 15.3 | 3:22 | 42 | 1:12:29 | 11:42 | 3:28:26 | |
| 43 | MICHAEL ESPINUEVA | 43 | 30:51 | 9:57 | 4:37 | 42 | 1:34:31 | 15.9 | 4:14 | 43 | 1:38:17 | 15:51 | 3:52:28 | |

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|------------------|------|-------|-------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | LONI GRAY | 1 | 21:14 | 6:51 | 1:30 | 1 | 1:07:38 | 22.2 | 1:31 | 1 | 45:04 | 7:17 | 2:16:54 | |
| 2 | SANDRA KIMBALL | 3 | 25:49 | 8:20 | 1:42 | 2 | 1:16:06 | 19.7 | 2:41 | 5 | 58:54 | 9:30 | 2:45:11 | |
| 3 | ROXANE TORRES | 2 | 24:33 | 7:56 | 2:37 | 4 | 1:22:07 | 18.3 | 2:22 | 3 | 56:30 | 9:07 | 2:48:07 | |
| 4 | ERIN GAYNOR | 5 | 27:37 | 8:55 | 2:16 | 3 | 1:22:01 | 18.3 | 1:58 | 4 | 56:58 | 9:12 | 2:50:48 | |
| 5 | JENNIFER THORN | 4 | 27:20 | 8:49 | 2:24 | 5 | 1:32:14 | 16.3 | 2:28 | 2 | 56:25 | 9:06 | 3:00:49 | |
| 6 | MONICA BLUT | 6 | 29:33 | 9:32 | 1:44 | 8 | 1:45:28 | 14.2 | 3:38 | 6 | 1:00:43 | 9:48 | 3:21:05 | |
| 7 | ATSUKO KOBAYASHI | 8 | 32:06 | 10:22 | 2:53 | 6 | 1:37:35 | 15.4 | 3:23 | 7 | 1:12:30 | 11:42 | 3:28:26 | |
| 8 | KARLA BECKER | 7 | 29:36 | 9:33 | 3:35 | 7 | 1:39:31 | 15.1 | 2:52 | 8 | 1:16:57 | 12:25 | 3:32:30 | |
| 9 | MARY LESTER | 9 | 33:14 | 10:44 | 4:47 | 9 | 1:55:08 | 13.0 | 5:01 | 9 | 1:22:35 | 13:20 | 4:00:43 | |

Honolulu Triathlon
Sunday, 17 May 2009 6:00 a.m. Start
Island of Oahu
5k Run, 40K Bike, 10K Run

***** AWARDS LIST *****

MALE INDIVIDUAL AGE GROUP: 40 - 44

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|----------------------|------|-------|------|------|------|---------|------|----------|------|---------|-------|---------|---------|
| 1 | GREG PRICE | 1 | 16:39 | 5:23 | 0:58 | 2 | 57:24 | 26.1 | 1:00 | 1 | 33:24 | 5:24 | 1:49:24 | |
| 2 | EDUARDO SA | 2 | 17:09 | 5:32 | 1:06 | 3 | 59:24 | 25.3 | 1:07 | 6 | 38:27 | 6:12 | 1:57:12 | |
| 3 | JAY PAUL-PAZ | 10 | 18:00 | 5:49 | 1:09 | 4 | 1:01:29 | 24.4 | 1:02 | 2 | 36:39 | 5:55 | 1:58:17 | |
| 4 | TARO SHIRATO | 5 | 17:35 | 5:41 | 0:56 | 5 | 1:02:09 | 24.1 | 0:56 | 5 | 37:40 | 6:05 | 1:59:13 | |
| 5 | COLIN KUSTER | 11 | 18:08 | 5:51 | 1:02 | 6 | 1:02:20 | 24.1 | 1:15 | 7 | 38:55 | 6:17 | 2:01:39 | |
| 6 | SHAWN SULLIVAN | 13 | 18:25 | 5:57 | 1:14 | 7 | 1:02:34 | 24.0 | 1:12 | 9 | 39:33 | 6:23 | 2:02:56 | |
| 7 | ALAN TSUHAKO | 3 | 17:11 | 5:33 | 0:54 | 20 | 1:08:39 | 21.8 | 0:45 | 4 | 37:05 | 5:59 | 2:04:32 | |
| 8 | SATOSHI NAMEKATA | 4 | 17:31 | 5:39 | 1:06 | 21 | 1:08:54 | 21.8 | 1:33 | 3 | 36:43 | 5:56 | 2:05:44 | |
| 9 | EFRAIM MANZANO | 8 | 18:00 | 5:49 | 2:01 | 11 | 1:05:35 | 22.9 | 1:28 | 11 | 40:31 | 6:33 | 2:07:33 | |
| 10 | GREGORY KUGLE | 6 | 17:44 | 5:44 | 1:19 | 8 | 1:03:42 | 23.5 | 1:15 | 8 | 39:10 | 6:19 | 2:09:08 | 6:00 |
| 11 | HIROFUMI UCHIYAMA | 7 | 17:45 | 5:44 | 1:22 | 17 | 1:07:44 | 22.1 | 1:25 | 12 | 41:03 | 6:38 | 2:09:18 | |
| 12 | BRIAN WHITEHOUSE | 16 | 19:19 | 6:14 | 1:27 | 10 | 1:05:31 | 22.9 | 1:41 | 17 | 42:45 | 6:54 | 2:10:42 | |
| 13 | FRANCIS OBERT III | 17 | 19:22 | 6:15 | 1:14 | 14 | 1:06:50 | 22.4 | 1:46 | 14 | 41:32 | 6:42 | 2:10:42 | |
| 14 | ALAN KOHLL | 9 | 18:00 | 5:49 | 1:23 | 28 | 1:10:59 | 21.1 | 1:34 | 10 | 39:54 | 6:27 | 2:11:48 | |
| 15 | PAUL NOBLE | 33 | 21:49 | 7:03 | 1:37 | 12 | 1:05:39 | 22.8 | 1:24 | 20 | 44:12 | 7:08 | 2:14:38 | |
| 16 | NAOYUKI HONDA | 25 | 20:54 | 6:45 | 1:46 | 13 | 1:06:23 | 22.6 | 1:25 | 21 | 44:38 | 7:12 | 2:15:05 | |
| 17 | NGUYEN LE | 22 | 20:21 | 6:34 | 2:06 | 9 | 1:05:24 | 22.9 | 2:07 | 25 | 45:42 | 7:23 | 2:15:39 | |
| 18 | MASAHARU KOBAYASHI | 21 | 20:14 | 6:32 | 1:18 | 25 | 1:09:26 | 21.6 | 1:05 | 26 | 45:54 | 7:25 | 2:17:55 | |
| 19 | KAWIKA LIU | 30 | 21:09 | 6:50 | 1:47 | 33 | 1:12:06 | 20.8 | 1:52 | 13 | 41:04 | 6:38 | 2:17:56 | |
| 20 | TAKANORI HAMAGUCHI | 24 | 20:31 | 6:37 | 1:46 | 16 | 1:07:26 | 22.2 | 2:46 | 24 | 45:34 | 7:21 | 2:18:01 | |
| 21 | ROBERT RENAUD | 26 | 21:00 | 6:47 | 1:15 | 29 | 1:11:09 | 21.1 | 1:24 | 19 | 44:11 | 7:08 | 2:18:58 | |
| 22 | NOBUAKI ITO | 14 | 18:34 | 6:00 | 1:22 | 27 | 1:10:29 | 21.3 | 1:23 | 23 | 45:27 | 7:20 | 2:19:13 | 2:00 |
| 23 | ALI AMINPOUR | 18 | 19:27 | 6:17 | 1:36 | 38 | 1:14:37 | 20.1 | 1:42 | 16 | 42:31 | 6:52 | 2:19:51 | |
| 24 | JASON SUGAR | 20 | 19:36 | 6:20 | 1:49 | 19 | 1:08:18 | 22.0 | 2:11 | 34 | 48:32 | 7:50 | 2:20:25 | |
| 25 | KENICHI INAMOTO | 38 | 22:31 | 7:16 | 1:51 | 22 | 1:09:06 | 21.7 | 1:33 | 28 | 46:53 | 7:34 | 2:23:52 | 2:00 |
| 26 | ANDRE BOTHA | 29 | 21:06 | 6:49 | 1:30 | 36 | 1:12:47 | 20.6 | 1:44 | 29 | 47:03 | 7:36 | 2:24:08 | |
| 27 | TODD KUNIYOSHI | 42 | 23:22 | 7:32 | 2:36 | 23 | 1:09:07 | 21.7 | 1:58 | 32 | 48:08 | 7:46 | 2:25:08 | |
| 28 | AYATO MATSUYAMA | 12 | 18:25 | 5:57 | 1:04 | 15 | 1:07:20 | 22.3 | 1:23 | 46 | 57:19 | 9:15 | 2:25:29 | |
| 29 | MIKIO WATANABE | 23 | 20:27 | 6:36 | 1:44 | 51 | 1:19:02 | 19.0 | 1:55 | 15 | 42:26 | 6:51 | 2:25:33 | |
| 30 | REFUND BILL DELVEAUX | 34 | 21:50 | 7:03 | 2:24 | 24 | 1:09:13 | 21.7 | 3:02 | 37 | 49:36 | 8:00 | 2:26:03 | |
| 31 | SHOGO FUKUZAWA | 15 | 19:09 | 6:11 | 1:41 | 37 | 1:14:16 | 20.2 | 1:49 | 36 | 49:13 | 7:57 | 2:26:05 | |
| 32 | YASUTAKA NUKINA | 27 | 21:01 | 6:47 | 1:42 | 35 | 1:12:38 | 20.7 | 2:05 | 35 | 48:58 | 7:54 | 2:26:21 | |
| 33 | HIROMI KOZONO | 37 | 22:30 | 7:16 | 1:50 | 26 | 1:10:29 | 21.3 | 3:14 | 33 | 48:22 | 7:48 | 2:26:23 | |
| 34 | YOSHIHISA TSUBAKI | 28 | 21:05 | 6:48 | 1:22 | 46 | 1:17:09 | 19.4 | 1:05 | 30 | 47:11 | 7:37 | 2:27:52 | |
| 35 | GEOFF GRANT | 36 | 22:21 | 7:13 | 1:56 | 30 | 1:11:23 | 21.0 | 1:52 | 39 | 50:28 | 8:09 | 2:27:59 | |
| 36 | BRIAN JOHNSON | 46 | 25:16 | 8:09 | 1:23 | 18 | 1:08:16 | 22.0 | 1:33 | 40 | 50:33 | 8:10 | 2:28:59 | 2:00 |
| 37 | BOCAR WANE | 19 | 19:36 | 6:20 | 2:04 | 48 | 1:18:30 | 19.1 | 2:03 | 31 | 47:21 | 7:39 | 2:29:32 | |
| 38 | KAZUHIRO TAKAGI | 32 | 21:42 | 7:00 | 1:45 | 50 | 1:19:01 | 19.0 | 1:56 | 22 | 45:19 | 7:19 | 2:29:40 | |
| 39 | YASUTAKA HASEGAWA | 44 | 24:29 | 7:54 | 1:46 | 34 | 1:12:09 | 20.8 | 1:37 | 42 | 53:09 | 8:35 | 2:33:08 | |
| 40 | ANDREW ASHCROFT | 54 | 28:10 | 9:06 | 2:34 | 39 | 1:14:44 | 20.1 | 1:58 | 27 | 46:11 | 7:27 | 2:33:35 | |
| 41 | ANGELO ALVAREZ | 39 | 22:45 | 7:21 | 2:34 | 31 | 1:11:44 | 20.9 | 1:46 | 45 | 57:00 | 9:12 | 2:35:47 | |
| 42 | RAY MARIANO | 35 | 22:19 | 7:12 | 2:55 | 47 | 1:17:19 | 19.4 | 3:45 | 38 | 49:38 | 8:01 | 2:35:54 | |
| 43 | NAOTAKA TAKIGUCHI | 43 | 23:46 | 7:40 | 1:41 | 55 | 1:27:02 | 17.2 | 2:02 | 18 | 43:35 | 7:02 | 2:38:05 | |
| 44 | BRANDON SEVERSON | 41 | 23:04 | 7:27 | 2:38 | 49 | 1:19:00 | 19.0 | 2:36 | 41 | 51:19 | 8:17 | 2:38:35 | |
| 45 | SEIJI FUKUOKA | 45 | 24:29 | 7:54 | 2:02 | 32 | 1:11:57 | 20.8 | 2:21 | 51 | 59:40 | 9:38 | 2:40:27 | |
| 46 | DALE YAKE | 47 | 25:18 | 8:10 | 1:58 | 41 | 1:15:09 | 20.0 | 1:30 | 44 | 56:41 | 9:09 | 2:40:34 | |
| 47 | KAZUAKI YAMANA | 31 | 21:40 | 7:00 | 2:14 | 52 | 1:19:57 | 18.8 | 1:47 | 43 | 55:04 | 8:53 | 2:40:39 | |
| 48 | SCOTT NAKAGAWA | 52 | 26:46 | 8:38 | 1:53 | 44 | 1:15:43 | 19.8 | 1:36 | 47 | 58:35 | 9:27 | 2:46:32 | 2:00 |
| 49 | DIMITRI KACZMAREK | 50 | 25:33 | 8:15 | 3:57 | 42 | 1:15:11 | 20.0 | 4:03 | 50 | 59:04 | 9:32 | 2:47:47 | |
| 50 | ERIC GIETZEN | 49 | 25:33 | 8:15 | 3:56 | 40 | 1:15:05 | 20.0 | 4:09 | 49 | 59:04 | 9:32 | 2:47:47 | |
| 51 | JEFFERY BACHA | 51 | 26:42 | 8:37 | 2:19 | 43 | 1:15:28 | 19.9 | 3:29 | 52 | 59:59 | 9:41 | 2:47:55 | |
| 52 | GORDON THORN | 53 | 27:23 | 8:50 | 2:44 | 54 | 1:26:01 | 17.4 | 2:22 | 48 | 58:41 | 9:28 | 2:57:10 | |
| 53 | JON FORST | 48 | 25:21 | 8:11 | 4:44 | 45 | 1:17:00 | 19.5 | 3:56 | 53 | 1:12:11 | 11:39 | 3:03:12 | |
| 54 | SATOSHI HARA | 40 | 23:00 | 7:26 | 2:56 | 53 | 1:22:33 | 18.2 | 3:06 | 54 | 1:12:24 | 11:41 | 3:05:57 | 2:00 |
| 55 | MINORU HATAKEYAMA | 55 | 29:37 | 9:34 | 2:23 | 1 | 1:31 | 989. | 0 1:53:2 | 4 | | | | |

Honolulu Triathlon
 Sunday, 17 May 2009 6:00 a.m. Start
 Island of Oahu
 5k Run, 40K Bike, 10K Run

***** AWARDS LIST *****

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|------------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | MELINDA HAYMAN | 3 | 21:10 | 6:50 | 1:49 | 2 | 1:10:04 | 21.4 | 1:41 | 1 | 42:26 | 6:51 | 2:17:07 | |
| 2 | LISA RAINSBERGER | 1 | 19:41 | 6:21 | 1:30 | 3 | 1:12:26 | 20.7 | 1:16 | 2 | 42:44 | 6:54 | 2:17:34 | |
| 3 | SHOKO PAUL | 2 | 20:16 | 6:33 | 1:29 | 1 | 1:10:03 | 21.4 | 2:56 | 3 | 47:44 | 7:42 | 2:22:25 | |
| 4 | NANCY KATAYAMA | 6 | 28:06 | 9:04 | 2:13 | 4 | 1:17:30 | 19.4 | 2:28 | 4 | 1:02:29 | 10:05 | 2:52:43 | |
| 5 | TYRA WAIPA | 5 | 27:16 | 8:48 | 3:01 | 5 | 1:23:14 | 18.0 | 3:24 | 6 | 1:08:03 | 10:59 | 3:04:56 | |
| 6 | BETSY NOONAN | 4 | 26:38 | 8:36 | 5:44 | 7 | 1:28:17 | 17.0 | 3:39 | 5 | 1:04:50 | 10:28 | 3:09:06 | |
| 7 | TRUDIE RANSOM | 8 | 30:32 | 9:51 | 3:22 | 6 | 1:28:08 | 17.0 | 2:52 | 7 | 1:15:35 | 12:12 | 3:20:28 | |
| 8 | YUKO YANAGITA | 7 | 29:37 | 9:34 | 2:25 | 8 | 1:52:23 | 13.3 | 2:30 | 8 | 1:17:40 | 12:32 | 3:46:33 | 2:00 |

MALE INDIVIDUAL AGE GROUP: 45 - 49

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|----------------------|------|-------|------|------|------|---------|------|-------|------|---------|-------|---------|---------|
| 1 | MARK WANT | 3 | 18:33 | 5:59 | 0:55 | 1 | 1:02:06 | 24.2 | 0:58 | 1 | 37:09 | 6:00 | 1:59:39 | |
| 2 | MICHAEL WALKER | 1 | 18:04 | 5:50 | 1:14 | 3 | 1:03:36 | 23.6 | 1:16 | 3 | 37:38 | 6:05 | 2:03:46 | 2:00 |
| 3 | ERIC SANDERS | 2 | 18:20 | 5:55 | 1:34 | 2 | 1:03:03 | 23.8 | 1:55 | 6 | 41:40 | 6:44 | 2:06:30 | |
| 4 | ERICH KUSTER | 4 | 18:33 | 5:59 | 1:18 | 4 | 1:05:20 | 23.0 | 1:03 | 5 | 41:38 | 6:43 | 2:07:50 | |
| 5 | TODD TAMANAHA | 5 | 19:03 | 6:09 | 1:12 | 8 | 1:10:09 | 21.4 | 1:26 | 9 | 42:41 | 6:54 | 2:14:29 | |
| 6 | HIDEAKI INOUE | 8 | 19:51 | 6:25 | 1:53 | 12 | 1:11:30 | 21.0 | 2:02 | 7 | 41:47 | 6:45 | 2:17:00 | |
| 7 | TAKAHIRO YOSANO | 12 | 20:37 | 6:39 | 1:58 | 14 | 1:12:25 | 20.7 | 1:56 | 4 | 40:37 | 6:34 | 2:17:30 | |
| 8 | EDDIE JOHNSON | 7 | 19:31 | 6:18 | 1:50 | 6 | 1:08:09 | 22.0 | 11:17 | 2 | 37:32 | 6:04 | 2:18:17 | |
| 9 | KEVIN BURNS | 14 | 20:58 | 6:46 | 1:35 | 5 | 1:07:50 | 22.1 | 1:30 | 15 | 47:17 | 7:38 | 2:19:09 | |
| 10 | GENICHI TAMATSUKA | 9 | 19:52 | 6:25 | 2:17 | 11 | 1:11:06 | 21.1 | 2:07 | 8 | 42:12 | 6:49 | 2:19:31 | 2:00 |
| 11 | FERDINAND YAMAGUCHI | 13 | 20:55 | 6:45 | 1:42 | 9 | 1:10:25 | 21.3 | 1:13 | 13 | 46:49 | 7:33 | 2:21:02 | |
| 12 | PHIL MCGAIN | 21 | 24:19 | 7:51 | 1:58 | 7 | 1:09:30 | 21.6 | 1:38 | 12 | 45:44 | 7:23 | 2:23:07 | |
| 13 | MATT KAYSER | 10 | 19:59 | 6:27 | 2:46 | 13 | 1:12:04 | 20.8 | 2:35 | 14 | 46:52 | 7:34 | 2:24:14 | |
| 14 | CHARLES FLOWERS | 6 | 19:08 | 6:11 | 2:46 | 10 | 1:11:03 | 21.1 | 3:07 | 17 | 49:35 | 8:00 | 2:25:37 | |
| 15 | BOBBY MCKAIG | 18 | 22:00 | 7:06 | 1:40 | 15 | 1:14:08 | 20.2 | 1:39 | 16 | 47:22 | 7:39 | 2:26:48 | |
| 16 | KOJIRO NOJIRI | 16 | 21:34 | 6:58 | 1:44 | 19 | 1:17:55 | 19.3 | 1:48 | 11 | 44:53 | 7:15 | 2:27:52 | |
| 17 | OSAMU KUBOTA | 19 | 22:22 | 7:13 | 2:09 | 24 | 1:20:41 | 18.6 | 2:17 | 10 | 43:45 | 7:04 | 2:31:12 | |
| 18 | MASAHARU HASHIMOTO | 15 | 21:23 | 6:54 | 2:01 | 17 | 1:17:17 | 19.4 | 1:48 | 20 | 51:35 | 8:20 | 2:34:03 | |
| 19 | JOHN WOLLENBECKER | 20 | 23:33 | 7:36 | 1:18 | 16 | 1:16:45 | 19.5 | 1:55 | 19 | 51:33 | 8:19 | 2:35:02 | |
| 20 | EUGENE BOSE | 24 | 26:13 | 8:28 | 1:49 | 18 | 1:17:35 | 19.3 | 1:48 | 21 | 54:26 | 8:47 | 2:41:48 | |
| 21 | YAMAKAWA MASAYUKI | 11 | 20:03 | 6:29 | 2:49 | 22 | 1:19:42 | 18.8 | 2:37 | 22 | 58:15 | 9:24 | 2:43:25 | |
| 22 | CHRISTOPHER MARSHALL | 17 | 21:35 | 6:58 | 2:41 | 25 | 1:26:02 | 17.4 | 2:38 | 18 | 51:08 | 8:15 | 2:44:02 | |
| 23 | JASON SANFORD | 22 | 25:34 | 8:15 | 2:15 | 23 | 1:19:49 | 18.8 | 2:24 | 23 | 59:03 | 9:32 | 2:49:04 | |
| 24 | HITOSHI YANO | 25 | 27:17 | 8:48 | 2:23 | 20 | 1:18:13 | 19.2 | 2:14 | 24 | 1:05:14 | 10:32 | 2:55:19 | |
| 25 | RICK HOLMES | 23 | 25:57 | 8:23 | 1:52 | 21 | 1:19:33 | 18.9 | 2:02 | 25 | 1:08:16 | 11:01 | 2:57:40 | |

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|----------------|------|-------|------|------|------|---------|------|------|------|---------|------|---------|---------|
| 1 | GWEN JUDD | 1 | 23:34 | 7:37 | 1:27 | 1 | 1:10:28 | 21.3 | 1:26 | 1 | 50:15 | 8:07 | 2:27:08 | |
| 2 | MILDRED COOKE | 2 | 26:21 | 8:30 | 2:15 | 2 | 1:16:43 | 19.6 | 1:47 | 4 | 1:00:53 | 9:50 | 2:47:57 | |
| 3 | SAWAKO HASHIDA | 3 | 27:11 | 8:47 | 2:14 | 3 | 1:24:29 | 17.8 | 1:46 | 2 | 58:07 | 9:23 | 2:53:46 | |
| 4 | DOREEN PEREZ | 4 | 27:17 | 8:48 | 2:33 | 4 | 1:25:47 | 17.5 | 1:43 | 3 | 58:44 | 9:29 | 2:56:02 | |

MALE INDIVIDUAL AGE GROUP: 50 - 54

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-----------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | RICHARD PESSAH | 1 | 18:34 | 6:00 | 1:04 | 1 | 1:02:24 | 24.0 | 1:21 | 1 | 40:00 | 6:28 | 2:03:21 | |
| 2 | MARK BAKER | 4 | 19:35 | 6:19 | 1:27 | 2 | 1:06:06 | 22.7 | 1:26 | 3 | 41:23 | 6:41 | 2:09:55 | |
| 3 | ROB SEAVER | 5 | 21:11 | 6:50 | 1:40 | 3 | 1:06:10 | 22.7 | 1:44 | 2 | 41:15 | 6:40 | 2:11:59 | |
| 4 | AVEN OKAMURA | 9 | 22:50 | 7:22 | 2:21 | 4 | 1:07:22 | 22.3 | 2:20 | 6 | 45:45 | 7:23 | 2:20:37 | |
| 5 | HIROSHI SUGO | 3 | 19:31 | 6:18 | 2:25 | 9 | 1:14:09 | 20.2 | 2:38 | 5 | 44:58 | 7:16 | 2:23:40 | |
| 6 | AKIRA MATSUI | 2 | 19:27 | 6:17 | 2:01 | 11 | 1:16:18 | 19.7 | 3:28 | 4 | 42:46 | 6:54 | 2:23:58 | |
| 7 | MANABU YOSHIDA | 8 | 22:43 | 7:20 | 2:09 | 6 | 1:09:48 | 21.5 | 1:52 | 9 | 47:47 | 7:43 | 2:24:17 | |
| 8 | OMATSU TOMOKAZU | 6 | 22:27 | 7:15 | 2:12 | 7 | 1:12:34 | 20.7 | 1:41 | 8 | 47:18 | 7:38 | 2:26:10 | |
| 9 | DAVID LITRELL | 10 | 23:09 | 7:28 | 2:32 | 13 | 1:17:02 | 19.5 | 1:58 | 7 | 46:36 | 7:31 | 2:31:15 | |
| 10 | IAN WALKER | 12 | 24:06 | 7:47 | 2:12 | 5 | 1:09:44 | 21.5 | 2:50 | 10 | 53:27 | 8:38 | 2:32:17 | |
| 11 | TAKASHI SAWADA | 7 | 22:31 | 7:16 | 1:46 | 14 | 1:19:42 | 18.8 | 1:34 | 11 | 56:17 | 9:05 | 2:41:49 | |
| 12 | FUMIO TAKASHIMA | 13 | 24:33 | 7:56 | 1:43 | 8 | 1:14:03 | 20.3 | 1:36 | 13 | 1:00:51 | 9:49 | 2:42:44 | |
| 13 | NAOKI MORITA | 11 | 23:52 | 7:42 | 1:39 | 15 | 1:20:08 | 18.7 | 2:17 | 12 | 57:33 | 9:17 | 2:45:27 | |
| 14 | ERIC COPELAND | 14 | 25:20 | 8:11 | 2:12 | 12 | 1:16:49 | 19.5 | 2:39 | 15 | 1:03:35 | 10:16 | 2:50:33 | |
| 15 | WILLIAM JONES | 17 | 28:04 | 9:04 | 2:21 | 10 | 1:16:09 | 19.7 | 2:59 | 16 | 1:07:37 | 10:55 | 2:57:07 | |
| 16 | CRAIG BARNARD | 16 | 27:59 | 9:02 | 2:53 | 16 | 1:21:00 | 18.5 | 3:09 | 14 | 1:02:21 | 10:04 | 2:57:20 | |
| 17 | ROGER MENDEZ | 15 | 26:17 | 8:29 | 4:55 | 17 | 1:26:10 | 17.4 | 5:08 | 17 | 1:07:56 | 10:58 | 3:10:25 | |

Honolulu Triathlon
Sunday, 17 May 2009 6:00 a.m. Start
Island of Oahu
5k Run, 40K Bike, 10K Run

***** AWARDS LIST *****

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-----------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | JO ANN SITTIG | 1 | 21:24 | 6:54 | 2:16 | 1 | 1:12:47 | 20.6 | 2:02 | 2 | 47:33 | 7:41 | 2:25:59 | |
| 2 | LEE COLLINS | 2 | 25:57 | 8:22 | 1:48 | 2 | 1:17:39 | 19.3 | 1:56 | 4 | 56:19 | 9:05 | 2:43:37 | |
| 3 | KAZUKO HASEGAWA | 5 | 28:39 | 9:15 | 4:32 | 3 | 1:32:30 | 16.2 | 3:41 | 1 | 34:59 | 5:39 | 2:44:20 | |
| 4 | MICHIKO HOSHINO | 3 | 27:35 | 8:54 | 2:18 | 4 | 1:32:51 | 16.2 | 2:12 | 3 | 56:08 | 9:04 | 3:01:02 | |
| 5 | KAREN GLANZ | 6 | 29:57 | 9:40 | 3:00 | 5 | 1:41:00 | 14.9 | 3:14 | 5 | 1:22:21 | 13:17 | 3:39:29 | |
| 6 | ELETAH ELASH | 4 | 28:25 | 9:10 | 1:53 | 6 | 1:57:58 | 12.7 | 8:11 | | | | | |

MALE INDIVIDUAL AGE GROUP: 55 - 59

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|------------------|------|-------|------|------|------|---------|------|------|------|-------|------|---------|---------|
| 1 | NICHOLAS KAISER | 2 | 18:15 | 5:53 | 1:55 | 1 | 1:06:08 | 22.7 | 1:30 | 1 | 39:14 | 6:20 | 2:07:01 | |
| 2 | NAONORI YAMADA | 4 | 19:23 | 6:16 | 1:09 | 2 | 1:06:11 | 22.7 | 1:06 | 2 | 39:36 | 6:24 | 2:07:23 | |
| 3 | JOHN MAYERS | 3 | 18:54 | 6:06 | 1:12 | 3 | 1:10:46 | 21.2 | 1:10 | 3 | 44:51 | 7:14 | 2:16:51 | |
| 4 | VERNE SANTOS | 7 | 23:27 | 7:34 | 1:22 | 4 | 1:11:22 | 21.0 | 1:54 | 4 | 48:34 | 7:50 | 2:26:38 | |
| 5 | MASAAKI SHINTAKU | 6 | 23:23 | 7:33 | 1:48 | 6 | 1:15:34 | 19.9 | 1:37 | 6 | 54:49 | 8:51 | 2:37:10 | |
| 6 | ALAN MURAKI | 9 | 27:04 | 8:44 | 1:54 | 7 | 1:16:34 | 19.6 | 1:34 | 5 | 53:33 | 8:39 | 2:40:37 | |
| 7 | VICTOR CHING | 8 | 25:32 | 8:15 | 2:13 | 9 | 2:07:07 | 11.8 | 1:37 | | | | | |
| 8 | MARK BRADBURY | 1 | 17:19 | 5:36 | 1:26 | 5 | 1:12:11 | 20.8 | 1:44 | | | | | |
| 9 | KAGAWA YOSHITAMI | 5 | 22:53 | 7:23 | 3:17 | 8 | 1:18:47 | 19.0 | 5:10 | | | | | |

MALE INDIVIDUAL AGE GROUP: 60 - 64

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|----------------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | CHUCK MILLER | 3 | 23:45 | 7:40 | 1:48 | 1 | 1:10:32 | 21.3 | 2:19 | 1 | 47:25 | 7:39 | 2:25:47 | |
| 2 | RICHARD MCDOWELL | 1 | 22:33 | 7:17 | 2:05 | 2 | 1:14:03 | 20.3 | 2:40 | 2 | 47:30 | 7:40 | 2:28:48 | |
| 3 | DON WILSON | 2 | 22:49 | 7:22 | 2:25 | 3 | 1:14:42 | 20.1 | 3:13 | 4 | 52:12 | 8:26 | 2:35:18 | |
| 4 | HARUMICHI NAKAMURA | 4 | 23:59 | 7:44 | 3:53 | 6 | 1:17:42 | 19.3 | 2:50 | 3 | 51:57 | 8:23 | 2:40:19 | |
| 5 | KOHICHI KAWAHARAYAMA | 6 | 27:22 | 8:50 | 1:58 | 4 | 1:14:50 | 20.0 | 2:33 | 5 | 1:00:52 | 9:49 | 2:47:33 | |
| 6 | MASAYOSHI KANATA | 5 | 25:56 | 8:22 | 2:10 | 5 | 1:16:37 | 19.6 | 3:07 | 6 | 1:05:10 | 10:31 | 2:52:58 | |

FEMALE INDIVIDUAL AGE GROUP: 60 - 64

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|------------------|------|-------|-------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | LINDA BROWNHOLTZ | 1 | 37:49 | 12:12 | 4:17 | 1 | 1:38:57 | 15.2 | 5:14 | 1 | 55:33 | 8:58 | 3:21:49 | |
| 2 | CLAIRE IERLEY | 2 | 45:21 | 14:38 | 5:45 | 2 | 1:59:25 | 12.6 | 5:39 | 2 | 1:34:52 | 15:18 | 4:31:00 | |

MALE INDIVIDUAL AGE GROUP: 65 - 69

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|------------|------|-------|------|------|------|---------|------|------|------|-------|------|---------|---------|
| 1 | TOM HUSTER | 1 | 25:47 | 8:19 | 2:40 | 1 | 1:21:00 | 18.5 | 3:17 | 1 | 51:57 | 8:23 | 2:44:39 | |

FEMALE INDIVIDUAL AGE GROUP: 65 - 69

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-----------------|------|-------|-------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | ALICE LACHMAN | 2 | 37:48 | 12:12 | 2:24 | 1 | 1:41:49 | 14.7 | 2:45 | 1 | 1:26:21 | 13:56 | 3:51:05 | |
| 2 | BEVERLY CSORDAS | 1 | 31:00 | 10:00 | 2:23 | | | | | | | | | |

MALE INDIVIDUAL AGE GROUP: 70 - 74

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-----------------|------|-------|-------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | SUSUMU HASEGAWA | 1 | 23:49 | 7:41 | 1:46 | 2 | 1:35:24 | 15.7 | 1:51 | 1 | 56:07 | 9:04 | 2:58:55 | |
| 2 | NAOHIRO OTANI | 2 | 37:31 | 12:06 | 2:31 | 1 | 1:25:10 | 17.6 | 4:10 | 2 | 1:14:00 | 11:57 | 3:23:20 | |

FEMALE INDIVIDUAL AGE GROUP: 70 - 74

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|------------------|------|-------|-------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | ELEANOR KITAGAWA | 1 | 35:17 | 11:23 | 2:13 | 1 | 1:40:48 | 14.9 | 2:06 | 1 | 1:09:19 | 11:11 | 3:29:41 | |

Athena INDIVIDUAL AGE GROUP: 1 - 99

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|----------------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | MARGARET WILSON | 2 | 23:36 | 7:37 | 2:22 | 1 | 1:10:04 | 21.4 | 2:53 | 1 | 49:54 | 8:03 | 2:30:47 | 2:00 |
| 2 | SAYOKO BLODGETT-FORD | 1 | 23:31 | 7:36 | 2:18 | 3 | 1:18:22 | 19.1 | 2:13 | 2 | 50:49 | 8:12 | 2:37:12 | |
| 3 | DINA BLAIR | 3 | 29:13 | 9:26 | 2:08 | 2 | 1:16:51 | 19.5 | 1:34 | 3 | 1:03:07 | 10:11 | 2:52:50 | |

Honolulu Triathlon
 Sunday, 17 May 2009 6:00 a.m. Start
 Island of Oahu
 5k Run, 40K Bike, 10K Run

***** AWARDS LIST *****

Clyds INDIVIDUAL AGE GROUP: 1 - 99

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|----------------|------|-------|------|------|------|---------|------|------|------|---------|-------|--------------|---------|
| 1 | JASON ZAHARRIS | 1 | 22:33 | 7:17 | 1:46 | 2 | 1:13:22 | 20.4 | 1:32 | 2 | 50:59 | 8:14 | 2:30:09 | |
| 2 | ARLO ROTH | 3 | 24:30 | 7:55 | 2:00 | 1 | 1:10:48 | 21.2 | 2:34 | 3 | 52:52 | 8:32 | 2:32:42 | |
| 3 | FLOYD TUCKER | 6 | 26:01 | 8:24 | 2:16 | 3 | 1:16:58 | 19.5 | 2:15 | 1 | 50:14 | 8:07 | 2:37:42 | |
| 4 | THOMAS CONWAY | 5 | 25:31 | 8:14 | 1:53 | 4 | 1:18:23 | 19.1 | 2:03 | 4 | 57:32 | 9:17 | 2:45:20 | |
| 5 | RANDY BARRAS | 4 | 24:51 | 8:01 | 2:51 | 6 | 1:25:18 | 17.6 | 3:46 | 5 | 57:37 | 9:18 | 2:56:21 2:00 | |
| 6 | DANA WIELINS | 2 | 23:59 | 7:44 | 2:38 | 5 | 1:19:44 | 18.8 | 2:53 | 6 | 1:19:32 | 12:50 | 3:08:44 | |

F-Mil INDIVIDUAL AGE GROUP: 1 - 99

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|----------------|------|-------|------|------|------|---------|------|------|------|-------|------|---------|---------|
| 1 | RACHEL BANKS | 1 | 20:06 | 6:29 | 1:36 | 1 | 1:12:16 | 20.8 | 1:24 | 1 | 45:13 | 7:18 | 2:20:34 | |
| 2 | KRYSTAL MORRIS | 2 | 21:47 | 7:02 | 2:11 | 3 | 1:19:13 | 18.9 | 1:56 | 3 | 53:58 | 8:43 | 2:39:03 | |
| 3 | AMBER STUBBS | 3 | 25:01 | 8:04 | 2:17 | 2 | 1:18:36 | 19.1 | 1:52 | 2 | 51:45 | 8:21 | 2:39:29 | |

M-Mil INDIVIDUAL AGE GROUP: 1 - 99

| Place | Name | Rank | Run1 | Pace | T1 | Rank | Bike | MPH | T2 | Rank | Run | Pace | Time | Penalty |
|-------|-----------------|------|-------|------|------|------|---------|------|------|------|---------|-------|---------|---------|
| 1 | JUSTIN CORBETT | 1 | 16:46 | 5:25 | 1:07 | 2 | 1:02:33 | 24.0 | 0:55 | 6 | 41:09 | 6:39 | 2:02:27 | |
| 2 | CAMERON INGRAM | 4 | 18:40 | 6:02 | 1:12 | 7 | 1:06:54 | 22.4 | 1:07 | 3 | 38:40 | 6:15 | 2:06:32 | |
| 3 | MAURICIO PUERTO | 8 | 19:26 | 6:16 | 1:28 | 1 | 1:00:25 | 24.8 | 1:22 | 13 | 44:28 | 7:11 | 2:07:07 | |
| 4 | JASON TULLIUS | 11 | 20:16 | 6:33 | 1:11 | 6 | 1:06:43 | 22.5 | 1:32 | 1 | 37:50 | 6:06 | 2:07:30 | |
| 5 | SHAWN COLLINS | 7 | 18:46 | 6:04 | 1:54 | 5 | 1:06:01 | 22.7 | 1:48 | 5 | 40:27 | 6:32 | 2:08:54 | |
| 6 | TOBIN MCKEARIN | 6 | 18:41 | 6:02 | 2:00 | 9 | 1:08:22 | 21.9 | 1:49 | 8 | 42:25 | 6:51 | 2:13:14 | |
| 7 | JACOB SWEATLAND | 2 | 17:19 | 5:35 | 1:26 | 14 | 1:12:23 | 20.7 | 2:08 | 2 | 38:04 | 6:09 | 2:13:18 | 2:00 |
| 8 | JAMES JOHNSTON | 3 | 18:28 | 5:58 | 1:20 | 12 | 1:11:36 | 20.9 | 1:21 | 7 | 41:56 | 6:46 | 2:14:39 | |
| 9 | MICHAEL KANESS | 12 | 20:20 | 6:34 | 1:21 | 4 | 1:05:49 | 22.8 | 1:16 | 14 | 46:11 | 7:27 | 2:14:55 | |
| 10 | MARK BOUSSY | 13 | 20:33 | 6:38 | 2:12 | 3 | 1:05:08 | 23.0 | 2:13 | 9 | 42:55 | 6:56 | 2:14:59 | 2:00 |
| 11 | QUENTIN WALSH | 9 | 19:28 | 6:17 | 1:17 | 16 | 1:14:40 | 20.1 | 1:22 | 4 | 39:51 | 6:26 | 2:16:36 | |
| 12 | KEITH PIERSON | 5 | 18:41 | 6:02 | 1:36 | 11 | 1:11:07 | 21.1 | 1:32 | 10 | 43:03 | 6:57 | 2:17:57 | 2:00 |
| 13 | JOEL JEFFSON | 10 | 19:35 | 6:19 | 2:00 | 13 | 1:11:44 | 20.9 | 1:45 | 11 | 43:20 | 7:00 | 2:18:22 | |
| 14 | JASON RAYMOND | 14 | 20:42 | 6:41 | 1:26 | 8 | 1:07:50 | 22.1 | 1:57 | 15 | 48:10 | 7:47 | 2:20:03 | |
| 15 | JAMES OWEN | 15 | 20:42 | 6:41 | 1:43 | 15 | 1:12:51 | 20.6 | 1:56 | 12 | 43:58 | 7:06 | 2:21:09 | |
| 16 | JOSE RENDON | 17 | 23:01 | 7:26 | 2:09 | 10 | 1:10:50 | 21.2 | 1:40 | 16 | 51:25 | 8:18 | 2:29:03 | |
| 17 | MICHAEL HOUSER | 16 | 22:04 | 7:08 | 2:15 | 17 | 1:19:24 | 18.9 | 3:55 | 17 | 1:04:21 | 10:23 | 2:51:57 | |

Honolulu Triathlon
Sunday, 17 May 2009 6:00 a.m. Start
Island of Oahu
5K Run, 40K Bike, 10K Run

| Place | No. | Name | Div | Div | Rank | Run1 | Pace | TRANS | Rank | Bike | MPH | TRANS | Rank | Run | Pace | Time | Penalty |
|-------|------|----------------------|-----|--------|------|-------|------|-------|------|---------|------|-------|------|-------|------|---------|---------|
| 1 | 1361 | ALEXANDER EILER | 1 | M***** | 2 | 14:40 | 4:44 | 1:04 | 2 | 56:01 | 26.8 | 0:58 | 2 | 31:28 | 5:05 | 1:44:08 | |
| 2 | 1005 | RICHARD COCHRANE | 2 | M***** | 1 | 14:39 | 4:44 | 1:00 | 10 | 59:34 | 25.2 | 1:07 | 1 | 31:18 | 5:03 | 1:47:35 | |
| 3 | 1227 | MIKE FERREIRA | 3 | M***** | 3 | 15:53 | 5:08 | 0:45 | 6 | 57:40 | 26.0 | 0:53 | 3 | 32:54 | 5:19 | 1:48:03 | |
| 4 | 1277 | GREG PRICE | 1 | M40-44 | 12 | 16:39 | 5:23 | 0:58 | 4 | 57:24 | 26.1 | 1:00 | 4 | 33:24 | 5:24 | 1:49:24 | |
| 5 | 1386 | YU YUMOTO | 1 | M30-34 | 6 | 16:09 | 5:13 | 0:54 | 7 | 57:53 | 25.9 | 0:49 | 8 | 34:20 | 5:33 | 1:50:03 | |
| 6 | 1385 | ERIC KOLLAJ | 2 | M30-34 | 7 | 16:17 | 5:16 | 1:19 | 5 | 57:26 | 26.1 | 0:56 | 6 | 34:15 | 5:32 | 1:50:10 | |
| 7 | 1303 | AARON WALLEN | 1 | M35-39 | 13 | 16:43 | 5:24 | 1:00 | 3 | 57:18 | 26.2 | 0:58 | 11 | 35:52 | 5:48 | 1:51:50 | |
| 8 | 1390 | TAI BLECHTA | 3 | M30-34 | 9 | 16:21 | 5:17 | 1:13 | 8 | 58:36 | 25.6 | 1:01 | 30 | 38:13 | 6:10 | 1:55:23 | |
| 9 | 1482 | EDUARDO SA | 2 | M40-44 | 15 | 17:09 | 5:32 | 1:06 | 9 | 59:24 | 25.3 | 1:07 | 32 | 38:27 | 6:12 | 1:57:12 | |
| 10 | 1427 | JAY PAUL-PAZ | 3 | M40-44 | 33 | 18:00 | 5:49 | 1:09 | 14 | 1:01:29 | 24.4 | 1:02 | 14 | 36:39 | 5:55 | 1:58:17 | |
| 11 | 1401 | SATOSHI IWATA | 1 | M25-29 | 20 | 17:29 | 5:39 | 0:54 | 24 | 1:03:12 | 23.7 | 0:58 | 13 | 36:10 | 5:50 | 1:58:42 | |
| 12 | 1093 | JESSICA TRANCHINA | 1 | F***** | 10 | 16:36 | 5:22 | 0:56 | 31 | 1:04:14 | 23.4 | 1:40 | 10 | 35:48 | 5:47 | 1:59:11 | |
| 13 | 1253 | TARO SHIRATO | 4 | M40-44 | 27 | 17:35 | 5:41 | 0:56 | 17 | 1:02:09 | 24.1 | 0:56 | 24 | 37:40 | 6:05 | 1:59:13 | |
| 14 | 1402 | MATT DYKHUIZEN | 2 | M25-29 | 64 | 19:09 | 6:11 | 1:15 | 13 | 1:01:08 | 24.5 | 1:21 | 16 | 36:46 | 5:56 | 1:59:37 | |
| 15 | 1200 | MARK WANT | 1 | M45-49 | 43 | 18:33 | 5:59 | 0:55 | 16 | 1:02:06 | 24.2 | 0:58 | 19 | 37:09 | 6:00 | 1:59:39 | |
| 16 | 1499 | MATTHEW RAULS | 2 | M35-39 | 48 | 18:36 | 6:00 | 1:21 | 15 | 1:01:36 | 24.4 | 1:01 | 20 | 37:11 | 6:00 | 1:59:43 | |
| 17 | 1004 | MICHAEL TARATKO | 3 | M35-39 | 11 | 16:38 | 5:22 | 1:18 | 12 | 1:00:54 | 24.6 | 1:11 | 49 | 40:22 | 6:31 | 2:00:21 | |
| 18 | 1135 | CYNTHIA ANDERSON | 2 | F***** | 4 | 15:59 | 5:10 | 1:25 | 73 | 1:07:40 | 22.2 | 1:28 | 7 | 34:15 | 5:32 | 2:00:46 | |
| 19 | 1056 | SANDRA FERREIRA | 3 | F***** | 28 | 17:44 | 5:43 | 1:00 | 25 | 1:03:26 | 23.6 | 1:15 | 27 | 37:56 | 6:07 | 2:01:18 | |
| 20 | 1327 | GO MARUYAMA | 4 | M35-39 | 26 | 17:35 | 5:41 | 1:04 | 27 | 1:03:34 | 23.6 | 1:11 | 29 | 38:08 | 6:09 | 2:01:30 | |
| 21 | 1230 | COLIN KUSTER | 5 | M40-44 | 36 | 18:08 | 5:51 | 1:02 | 18 | 1:02:20 | 24.1 | 1:15 | 35 | 38:55 | 6:17 | 2:01:39 | |
| 22 | 1435 | MACHIKO NAKANISHI | 1 | F30-34 | 23 | 17:32 | 5:40 | 0:54 | 43 | 1:05:46 | 22.8 | 1:04 | 17 | 36:52 | 5:57 | 2:02:06 | |
| 23 | 1411 | JUSTIN CORBETT | 1 | M-MIL | 14 | 16:46 | 5:25 | 1:07 | 20 | 1:02:33 | 24.0 | 0:55 | 65 | 41:09 | 6:39 | 2:02:27 | |
| 24 | 1236 | SHAWN SULLIVAN | 6 | M40-44 | 41 | 18:25 | 5:57 | 1:14 | 21 | 1:02:34 | 24.0 | 1:12 | 41 | 39:33 | 6:23 | 2:02:56 | |
| 25 | 1360 | HIDENARI TSURUMI | 4 | M30-34 | 5 | 16:01 | 5:10 | 1:20 | 114 | 1:10:35 | 21.3 | 1:14 | 5 | 33:59 | 5:29 | 2:03:08 | |
| 26 | 1187 | RICHARD PESSAH | 1 | M50-54 | 47 | 18:34 | 6:00 | 1:04 | 19 | 1:02:24 | 24.0 | 1:21 | 45 | 40:00 | 6:28 | 2:03:21 | |
| 27 | 1204 | MICHAEL WALKER | 2 | M45-49 | 35 | 18:04 | 5:50 | 1:14 | 28 | 1:03:36 | 23.6 | 1:16 | 23 | 37:38 | 6:05 | 2:03:46 | 2:00 |
| 28 | 1323 | BURT SENAS | 5 | M35-39 | 25 | 17:33 | 5:40 | 1:01 | 26 | 1:03:34 | 23.6 | 1:00 | 62 | 40:59 | 6:37 | 2:04:06 | |
| 29 | 1357 | YOSHIYUKI MIKAMI | 5 | M30-34 | 24 | 17:33 | 5:40 | 0:57 | 32 | 1:04:17 | 23.3 | 1:10 | 54 | 40:32 | 6:33 | 2:04:27 | |
| 30 | 1239 | ALAN TSUHAKO | 7 | M40-44 | 16 | 17:11 | 5:33 | 0:54 | 88 | 1:08:39 | 21.8 | 0:45 | 18 | 37:05 | 5:59 | 2:04:32 | |
| 31 | 1497 | AMY BENNETT | 2 | F30-34 | 49 | 18:39 | 6:01 | 1:05 | 23 | 1:03:10 | 23.7 | 1:06 | 58 | 40:49 | 6:35 | 2:04:47 | |
| 32 | 1397 | BRYCE WILLIAMS | 6 | M30-34 | 8 | 16:20 | 5:16 | 1:20 | 108 | 1:10:09 | 21.4 | 1:14 | 12 | 35:58 | 5:48 | 2:04:59 | |
| 33 | 1322 | YUKI YAMAURA | 6 | M35-39 | 59 | 19:00 | 6:08 | 1:22 | 45 | 1:05:56 | 22.8 | 1:29 | 22 | 37:34 | 6:04 | 2:05:20 | |
| 34 | 1248 | SATOSHI NAMEKATA | 8 | M40-44 | 21 | 17:31 | 5:39 | 1:06 | 90 | 1:08:54 | 21.8 | 1:33 | 15 | 36:43 | 5:56 | 2:05:44 | |
| 35 | 1388 | KEVIN GEARY | 7 | M30-34 | 19 | 17:26 | 5:38 | 1:25 | 74 | 1:07:43 | 22.2 | 1:37 | 25 | 37:40 | 6:05 | 2:05:50 | |
| 36 | 1208 | ERIC SANDERS | 3 | M45-49 | 39 | 18:20 | 5:55 | 1:34 | 22 | 1:03:03 | 23.8 | 1:55 | 71 | 41:40 | 6:44 | 2:06:30 | |
| 37 | 1406 | CAMERON INGRAM | 2 | M-MIL | 50 | 18:40 | 6:02 | 1:12 | 60 | 1:06:54 | 22.4 | 1:07 | 34 | 38:40 | 6:15 | 2:06:32 | |
| 38 | 1060 | SHARON SPROULE | 1 | F35-39 | 65 | 19:11 | 6:12 | 1:17 | 57 | 1:06:26 | 22.6 | 1:17 | 33 | 38:38 | 6:14 | 2:06:46 | |
| 39 | 1176 | NICHOLAS KAISER | 1 | M55-59 | 37 | 18:15 | 5:53 | 1:55 | 49 | 1:06:08 | 22.7 | 1:30 | 39 | 39:14 | 6:20 | 2:07:01 | |
| 40 | 1003 | MAURICIO PUERTO | 3 | M-MIL | 77 | 19:26 | 6:16 | 1:28 | 11 | 1:00:25 | 24.8 | 1:22 | 106 | 44:28 | 7:11 | 2:07:07 | |
| 41 | 1174 | NAONORI YAMADA | 2 | M55-59 | 73 | 19:23 | 6:16 | 1:09 | 52 | 1:06:11 | 22.7 | 1:06 | 42 | 39:36 | 6:24 | 2:07:23 | |
| 42 | 1367 | JASON TULLIUS | 4 | M-MIL | 110 | 20:16 | 6:33 | 1:11 | 58 | 1:06:43 | 22.5 | 1:32 | 26 | 37:50 | 6:06 | 2:07:30 | |
| 43 | 1251 | EFRAIM MANZANO | 9 | M40-44 | 31 | 18:00 | 5:49 | 2:01 | 41 | 1:05:35 | 22.9 | 1:28 | 53 | 40:31 | 6:33 | 2:07:33 | |
| 44 | 1221 | ERICH KUSTER | 4 | M45-49 | 44 | 18:33 | 5:59 | 1:18 | 36 | 1:05:20 | 23.0 | 1:03 | 70 | 41:38 | 6:43 | 2:07:50 | |
| 45 | 1456 | SHAWN COLLINS | 5 | M-MIL | 55 | 18:46 | 6:04 | 1:54 | 46 | 1:06:01 | 22.7 | 1:48 | 50 | 40:27 | 6:32 | 2:08:54 | |
| 46 | 1258 | GREGORY KUGLE | 10 | M40-44 | 29 | 17:44 | 5:44 | 1:19 | 30 | 1:03:42 | 23.5 | 1:15 | 37 | 39:10 | 6:19 | 2:09:08 | 6:00 |
| 47 | 1405 | STUART NAYLOR | 3 | M25-29 | 57 | 18:55 | 6:07 | 1:22 | 63 | 1:07:09 | 22.3 | 1:15 | 55 | 40:36 | 6:33 | 2:09:15 | |
| 48 | 1491 | MIGUEL MEJIA | 7 | M35-39 | 18 | 17:20 | 5:36 | 1:18 | 103 | 1:09:58 | 21.4 | 1:29 | 38 | 39:12 | 6:20 | 2:09:16 | |
| 49 | 1280 | HIROFUMI UCHIYAMA | 11 | M40-44 | 30 | 17:45 | 5:44 | 1:22 | 75 | 1:07:44 | 22.1 | 1:25 | 63 | 41:03 | 6:38 | 2:09:18 | |
| 50 | 1414 | AARON VAN BOER | 4 | M25-29 | 53 | 18:43 | 6:02 | 1:39 | 87 | 1:08:31 | 21.9 | 1:21 | 36 | 39:07 | 6:19 | 2:09:19 | |
| 51 | 1418 | TIM KUTARA | 1 | M20-24 | 146 | 21:23 | 6:54 | 1:18 | 34 | 1:05:01 | 23.1 | 1:06 | 57 | 40:41 | 6:34 | 2:09:28 | |
| 52 | 1125 | JEANIE WARD-WALLER | 1 | F25-29 | 70 | 19:20 | 6:15 | 1:33 | 53 | 1:06:13 | 22.7 | 1:33 | 59 | 40:53 | 6:36 | 2:09:31 | |
| 53 | 1331 | ZACK SOLOMON | 8 | M35-39 | 75 | 19:24 | 6:16 | 1:20 | 33 | 1:04:39 | 23.2 | 1:17 | 88 | 42:55 | 6:56 | 2:09:33 | |
| 54 | 1352 | DAVID WILLIAMS | 8 | M30-34 | 34 | 18:01 | 5:49 | 1:34 | 62 | 1:07:03 | 22.4 | 2:03 | 60 | 40:55 | 6:36 | 2:09:35 | |
| 55 | 1181 | MARK BAKER | 2 | M50-54 | 89 | 19:35 | 6:19 | 1:27 | 47 | 1:06:06 | 22.7 | 1:26 | 67 | 41:23 | 6:41 | 2:09:55 | |
| 56 | 1121 | JENNY SELAN | 2 | F25-29 | 67 | 19:13 | 6:12 | 1:20 | 94 | 1:09:08 | 21.7 | 1:08 | 40 | 39:24 | 6:22 | 2:10:11 | |
| 57 | 1348 | CHAD UYEHARA | 9 | M30-34 | 61 | 19:08 | 6:11 | 1:19 | 82 | 1:08:17 | 22.0 | 1:34 | 47 | 40:14 | 6:30 | 2:10:30 | |
| 58 | 1308 | GO YAMAMOTO | 9 | M35-39 | 54 | 18:44 | 6:03 | 1:38 | 71 | 1:07:35 | 22.2 | 1:37 | 61 | 40:59 | 6:37 | 2:10:31 | |
| 59 | 1403 | MICHAEL EWENS | 5 | M25-29 | 123 | 20:44 | 6:42 | 1:35 | 50 | 1:06:09 | 22.7 | 1:36 | 52 | 40:31 | 6:33 | 2:10:33 | |
| 60 | 1245 | BRIAN WHITEHOUSE | 12 | M40-44 | 69 | 19:19 | 6:14 | 1:27 | 39 | 1:05:31 | 22.9 | 1:41 | 85 | 42:45 | 6:54 | 2:10:42 | |
| 61 | 1244 | FRANCIS OBERT III | 13 | M40-44 | 71 | 19:22 | 6:15 | 1:14 | 59 | 1:06:50 | 22.4 | 1:46 | 68 | 41:32 | 6:42 | 2:10:42 | |
| 62 | 1382 | DERRICK DELOS SANTOS | 10 | M30-34 | 38 | 18:17 | 5:54 | 1:49 | 89 | 1:08:40 | 21.8 | 1:42 | 48 | 40:17 | 6:30 | 2:10:44 | |
| 63 | 1321 | JERRY BARTOLOME | 10 | M35-39 | 102 | 20:01 | 6:28 | 1:35 | 54 | 1:06:17 | 22.6 | 1:09 | 72 | 41:44 | 6:44 | 2:10:44 | |
| 64 | 1383 | CHRIS KIDAWSKI | 11 | M30-34 | 106 | 20:11 | 6:31 | 1:28 | 61 | 1:07:03 | 22.4 | 1:37 | 51 | 40:30 | 6:32 | 2:10:48 | |
| 65 | 1365 | JEREMY YAMAMOTO | 12 | M30-34 | 45 | 18:34 | 6:00 | 1:18 | 138 | 1:11:48 | 20.9 | 0:59 | 31 | 38:21 | 6:12 | 2:10:58 | |
| 66 | 1266 | ALAN KOHLL | 14 | M40-44 | 32 | 18:00 | 5:49 | 1:23 | 119 | 1:10:59 | 21.1 | 1:34 | 44 | 39:54 | 6:27 | 2:11:48 | |
| 67 | 1196 | ROB SEAVER | 3 | M50-54 | 141 | 21:11 | 6:50 | 1:40 | 51 | 1:06:10 | 22.7 | 1:44 | 66 | 41:15 | 6:40 | 2:11:59 | |
| 68 | 1309 | RAFAEL BAEZ | 11 | M35-39 | 94 | 19:43 | 6:22 | 1:09 | 65 | 1:07:16 | 22.3 | 1:23 | 92 | 42:58 | 6:56 | 2:12:28 | |
| 69 | 1294 | LAWRENCE CHIEN | 12 | M35-39 | 99 | 19:52 | 6:25 | 1:50 | 29 | 1:03:39 | 23.6 | 1:51 | 121 | 45:41 | 7:23 | 2:12:53 | |
| 70 | 1120 | NATALIE IGNACIO | 3 | F25-29 | 132 | 21:01 | 6:47 | 1:32 | 70 | 1:07:32 | 22.2 | 1:21 | 69 | 41:35 | 6:43 | 2:12:58 | |
| 71 | 1369 | TOBIN MCKEARIN | 6 | M-MIL | 52 | 18:41 | 6:02 | 2:00 | 84 | 1:08:22 | 21.9 | 1:49 | 79 | 42:25 | 6:51 | 2:13:14 | |
| 72 | 1489 | JACOB SWEATLAND | 7 | M-MIL | 17 | 17:19 | 5:35 | 1:26 | 146 | 1:12:23 | 20.7 | 2:08 | 28 | 38:04 | 6:09 | 2:13:18 | 2:00 |
| 73 | 1138 | LAUREN RINCK | 4 | F25-29 | 85 | 19:32 | 6:18 | 2:13 | 86 | 1:08:26 | 21.9 | 1:31 | 73 | 41:44 | 6:44 | 2:13:25 | |
| 74 | 1496 | EIRK ECK | 13 | M35-39 | 81 | 19:28 | 6:17 | 1:07 | 55 | 1:06:17 | 22.6 | 1:42 | 120 | 45:38 | 7:22 | 2:14:10 | |
| 75 | 1371 | DILLON CAMERON | 13 | M30-34 | 95 | 19:45 | 6:23 | 1:40 | 48 | 1:06:08 | 22.7 | 1:19 | 118 | 45:32 | 7:21 | 2:14:21 | |
| 76 | 1337 | MICHAEL DANCH | 14 | M35-39 | 119 | 20:33 | 6:38 | | | | | | | | | | |

Honolulu Triathlon
Sunday, 17 May 2009 6:00 a.m. Start
Island of Oahu
5K Run, 40K Bike, 10K Run

| Place | No. | Name | Div | Div | Rank | Run1 | Pace | TRANS | Rank | Bike | MPH | TRANS | Rank | Run | Pace | Time | Penalty |
|-------|------|----------------------|-----|--------|------|-------|------|-------|------|---------|------|-------|------|-------|------|---------|---------|
| 77 | 1214 | TODD TAMANAHA | 5 | M45-49 | 60 | 19:03 | 6:09 | 1:12 | 107 | 1:10:09 | 21.4 | 1:26 | 83 | 42:41 | 6:54 | 2:14:29 | |
| 78 | 1143 | JACQUELINE HARRILL | 1 | F20-24 | 84 | 19:31 | 6:18 | 1:41 | 139 | 1:11:48 | 20.9 | 1:36 | 46 | 40:04 | 6:28 | 2:14:37 | |
| 79 | 1275 | PAUL NOBLE | 15 | M40-44 | 158 | 21:49 | 7:03 | 1:37 | 42 | 1:05:39 | 22.8 | 1:24 | 105 | 44:12 | 7:08 | 2:14:38 | |
| 80 | 1298 | JAMES JOHNSTON | 8 | M-MIL | 42 | 18:28 | 5:58 | 1:20 | 130 | 1:11:36 | 20.9 | 1:21 | 75 | 41:56 | 6:46 | 2:14:39 | |
| 81 | 1070 | SARAH HUGHES | 2 | F35-39 | 130 | 20:59 | 6:47 | 1:29 | 79 | 1:07:52 | 22.1 | 1:16 | 94 | 43:07 | 6:58 | 2:14:41 | |
| 82 | 1400 | RICHARD KLOBUCHAR, J | 6 | M25-29 | 96 | 19:50 | 6:24 | 1:40 | 91 | 1:08:56 | 21.8 | 1:31 | 87 | 42:47 | 6:54 | 2:14:42 | |
| 83 | 1395 | MICHAEL KANESS | 9 | M-MIL | 112 | 20:20 | 6:34 | 1:21 | 44 | 1:05:49 | 22.8 | 1:16 | 127 | 46:11 | 7:27 | 2:14:55 | |
| 84 | 1450 | MARK BOUSSY | 10 | M-MIL | 118 | 20:33 | 6:38 | 2:12 | 35 | 1:05:08 | 23.0 | 2:13 | 89 | 42:55 | 6:56 | 2:14:59 | 2:00 |
| 85 | 1428 | NAOYUKI HONDA | 16 | M40-44 | 125 | 20:54 | 6:45 | 1:46 | 56 | 1:06:23 | 22.6 | 1:25 | 108 | 44:38 | 7:12 | 2:15:05 | |
| 86 | 1333 | KIYOAKI TAKASHINA | 15 | M35-39 | 86 | 19:32 | 6:18 | 1:24 | 69 | 1:07:31 | 22.2 | 1:16 | 98 | 43:41 | 7:03 | 2:15:23 | 2:00 |
| 87 | 1366 | JASON DIAS | 14 | M30-34 | 108 | 20:14 | 6:32 | 2:10 | 64 | 1:07:14 | 22.3 | 1:21 | 107 | 44:31 | 7:11 | 2:15:27 | |
| 88 | 1285 | NGUYEN LE | 17 | M40-44 | 113 | 20:21 | 6:34 | 2:06 | 38 | 1:05:24 | 22.9 | 2:07 | 122 | 45:42 | 7:23 | 2:15:39 | |
| 89 | 1341 | TAGE RAINSFORD | 16 | M35-39 | 115 | 20:29 | 6:37 | 1:34 | 76 | 1:07:47 | 22.1 | 1:51 | 103 | 44:09 | 7:08 | 2:15:49 | |
| 90 | 1462 | JEFFREY RITGER | 7 | M25-29 | 117 | 20:32 | 6:38 | 1:57 | 102 | 1:09:52 | 21.5 | 2:08 | 76 | 42:08 | 6:48 | 2:16:36 | |
| 91 | 1420 | QUENTIN WALSH | 11 | M-MIL | 80 | 19:28 | 6:17 | 1:17 | 175 | 1:14:40 | 20.1 | 1:22 | 43 | 39:51 | 6:26 | 2:16:36 | |
| 92 | 1171 | JOHN MAYERS | 3 | M55-59 | 56 | 18:54 | 6:06 | 1:12 | 115 | 1:10:46 | 21.2 | 1:10 | 110 | 44:51 | 7:14 | 2:16:51 | |
| 93 | 1057 | LONI GRAY | 1 | F40-44 | 142 | 21:14 | 6:51 | 1:30 | 72 | 1:07:38 | 22.2 | 1:31 | 113 | 45:04 | 7:17 | 2:16:54 | |
| 94 | 1220 | HIDEAKI INOUE | 6 | M45-49 | 97 | 19:51 | 6:25 | 1:53 | 129 | 1:11:30 | 21.0 | 2:02 | 74 | 41:47 | 6:45 | 2:17:00 | |
| 95 | 1451 | MELINDA HAYMAN | 1 | F45-49 | 140 | 21:10 | 6:50 | 1:49 | 105 | 1:10:04 | 21.4 | 1:41 | 80 | 42:26 | 6:51 | 2:17:07 | |
| 96 | 1124 | DANA STIMMEL | 5 | F25-29 | 87 | 19:34 | 6:19 | 1:33 | 134 | 1:11:42 | 20.9 | 1:32 | 91 | 42:56 | 6:56 | 2:17:15 | |
| 97 | 1210 | TAKAHIRO YOSANO | 7 | M45-49 | 120 | 20:37 | 6:39 | 1:58 | 147 | 1:12:25 | 20.7 | 1:56 | 56 | 40:37 | 6:34 | 2:17:30 | |
| 98 | 1001 | LISA RAINSBERGER | 2 | F45-49 | 93 | 19:41 | 6:21 | 1:30 | 148 | 1:12:26 | 20.7 | 1:16 | 84 | 42:44 | 6:54 | 2:17:34 | |
| 99 | 1362 | YASUHIRO FUJIMOTO | 15 | M30-34 | 74 | 19:24 | 6:16 | 1:16 | 85 | 1:08:25 | 21.9 | 1:27 | 137 | 47:11 | 7:37 | 2:17:41 | |
| 100 | 1263 | MASAHARU KOBAYASHI | 18 | M40-44 | 107 | 20:14 | 6:32 | 1:18 | 97 | 1:09:26 | 21.6 | 1:05 | 125 | 45:54 | 7:25 | 2:17:55 | |
| 101 | 1237 | KAWIKA LIU | 19 | M40-44 | 139 | 21:09 | 6:50 | 1:47 | 142 | 1:12:06 | 20.8 | 1:52 | 64 | 41:04 | 6:38 | 2:17:56 | |
| 102 | 1302 | KEITH PIERSON | 12 | M-MIL | 51 | 18:41 | 6:02 | 1:36 | 123 | 1:11:07 | 21.1 | 1:32 | 93 | 43:03 | 6:57 | 2:17:57 | 2:00 |
| 103 | 1325 | ATSUMASA SUZUKI | 17 | M35-39 | 188 | 22:53 | 7:23 | 1:31 | 96 | 1:09:17 | 21.7 | 1:26 | 90 | 42:55 | 6:56 | 2:18:01 | |
| 104 | 1274 | TAKANORI HAMAGUCHI | 20 | M40-44 | 116 | 20:31 | 6:37 | 1:46 | 68 | 1:07:26 | 22.2 | 2:46 | 119 | 45:34 | 7:21 | 2:18:01 | |
| 105 | 1381 | JOHN LEWIS | 16 | M30-34 | 72 | 19:23 | 6:16 | 3:40 | 37 | 1:05:22 | 22.9 | 1:59 | 153 | 47:50 | 7:43 | 2:18:11 | |
| 106 | 1225 | EDDIE JOHNSON | 8 | M45-49 | 82 | 19:31 | 6:18 | 1:50 | 80 | 1:08:09 | 22.0 | 1:17 | 21 | 37:32 | 6:04 | 2:18:17 | |
| 107 | 1241 | JOEL JEFFSON | 13 | M-MIL | 88 | 19:35 | 6:19 | 2:00 | 136 | 1:11:44 | 20.9 | 1:45 | 95 | 43:20 | 7:00 | 2:18:22 | |
| 108 | 1273 | ROBERT RENAUD | 21 | M40-44 | 131 | 21:00 | 6:47 | 1:15 | 124 | 1:11:09 | 21.1 | 1:24 | 104 | 44:11 | 7:08 | 2:18:58 | |
| 109 | 1377 | TOSHIHIDE OHNO | 17 | M30-34 | 22 | 17:32 | 5:40 | 1:14 | 120 | 1:11:01 | 21.1 | 1:44 | 148 | 47:33 | 7:41 | 2:19:02 | |
| 110 | 1207 | KEVIN BURNS | 9 | M45-49 | 129 | 20:58 | 6:46 | 1:35 | 77 | 1:07:50 | 22.1 | 1:30 | 140 | 47:17 | 7:38 | 2:19:09 | |
| 111 | 1289 | NOBUAKI ITO | 22 | M40-44 | 46 | 18:34 | 6:00 | 1:22 | 112 | 1:10:29 | 21.3 | 1:23 | 117 | 45:27 | 7:20 | 2:19:13 | 2:00 |
| 112 | 1212 | GENICHI TAMATSUKA | 10 | M45-49 | 98 | 19:52 | 6:25 | 2:17 | 122 | 1:11:06 | 21.1 | 2:07 | 77 | 42:12 | 6:49 | 2:19:31 | 2:00 |
| 113 | 1271 | ALI AMINPOUR | 23 | M40-44 | 78 | 19:27 | 6:17 | 1:36 | 174 | 1:14:37 | 20.1 | 1:42 | 82 | 42:31 | 6:52 | 2:19:51 | |
| 114 | 1334 | JASON RAYMOND | 14 | M-MIL | 121 | 20:42 | 6:41 | 1:26 | 78 | 1:07:50 | 22.1 | 1:57 | 155 | 48:10 | 7:47 | 2:20:03 | |
| 115 | 1261 | JASON SUGAR | 24 | M40-44 | 91 | 19:36 | 6:20 | 1:49 | 83 | 1:08:18 | 22.0 | 2:11 | 159 | 48:32 | 7:50 | 2:20:25 | |
| 116 | 1113 | RACHEL BANKS | 1 | F-MIL | 104 | 20:06 | 6:29 | 1:36 | 145 | 1:12:16 | 20.8 | 1:24 | 115 | 45:13 | 7:18 | 2:20:34 | |
| 117 | 1182 | AVEN OKAMURA | 4 | M50-54 | 186 | 22:50 | 7:22 | 2:21 | 67 | 1:07:22 | 22.3 | 2:20 | 124 | 45:45 | 7:23 | 2:20:37 | |
| 118 | 1211 | FERDINAND YAMAGUCHI | 11 | M45-49 | 126 | 20:55 | 6:45 | 1:42 | 109 | 1:10:25 | 21.3 | 1:13 | 130 | 46:49 | 7:33 | 2:21:02 | |
| 119 | 1320 | JAMES OWEN | 15 | M-MIL | 122 | 20:42 | 6:41 | 1:43 | 158 | 1:12:51 | 20.6 | 1:56 | 101 | 43:58 | 7:06 | 2:21:09 | |
| 120 | 1318 | RICHARD BERG | 18 | M35-39 | 124 | 20:51 | 6:44 | 1:34 | 118 | 1:10:51 | 21.2 | 1:09 | 142 | 47:21 | 7:39 | 2:21:44 | |
| 121 | 1332 | CRAYTON SIMMONS | 19 | M35-39 | 111 | 20:16 | 6:33 | 1:35 | 131 | 1:11:36 | 20.9 | 1:40 | 134 | 46:55 | 7:34 | 2:22:01 | |
| 122 | 1391 | GIANNI RUSSELLO | 18 | M30-34 | 154 | 21:37 | 6:59 | 2:12 | 125 | 1:11:10 | 21.1 | 2:22 | 109 | 44:45 | 7:13 | 2:22:03 | |
| 123 | 1458 | SHOKO PAUL | 3 | F45-49 | 109 | 20:16 | 6:33 | 1:29 | 104 | 1:10:03 | 21.4 | 2:56 | 149 | 47:44 | 7:42 | 2:22:25 | |
| 124 | 1398 | DAVID TURPIN | 19 | M30-34 | 92 | 19:37 | 6:20 | 1:28 | 132 | 1:11:40 | 20.9 | 1:36 | 162 | 48:39 | 7:51 | 2:22:58 | |
| 125 | 1219 | PHIL MCGAIN | 12 | M45-49 | 225 | 24:19 | 7:51 | 1:58 | 98 | 1:09:30 | 21.6 | 1:38 | 123 | 45:44 | 7:23 | 2:23:07 | |
| 126 | 1195 | HIROSHI SUGO | 5 | M50-54 | 83 | 19:31 | 6:18 | 2:25 | 170 | 1:14:09 | 20.2 | 2:38 | 112 | 44:58 | 7:16 | 2:23:40 | |
| 127 | 1265 | KENICHI INAMOTO | 25 | M40-44 | 174 | 22:31 | 7:16 | 1:51 | 92 | 1:09:06 | 21.7 | 1:33 | 133 | 46:53 | 7:34 | 2:23:52 | 2:00 |
| 128 | 1498 | GJYLAMETI KRIS | 8 | M25-29 | 138 | 21:08 | 6:49 | 1:39 | 149 | 1:12:26 | 20.7 | 1:33 | 139 | 47:12 | 7:37 | 2:23:56 | |
| 129 | 1178 | AKIRA MATSUI | 6 | M50-54 | 79 | 19:27 | 6:17 | 2:01 | 194 | 1:16:18 | 19.7 | 3:28 | 86 | 42:46 | 6:54 | 2:23:58 | |
| 130 | 1249 | ANDRE BOTHA | 26 | M40-44 | 136 | 21:06 | 6:49 | 1:30 | 155 | 1:12:47 | 20.6 | 1:44 | 135 | 47:03 | 7:36 | 2:24:08 | |
| 131 | 1201 | MATT KAYSER | 13 | M45-49 | 101 | 19:59 | 6:27 | 2:46 | 141 | 1:12:04 | 20.8 | 2:35 | 132 | 46:52 | 7:34 | 2:24:14 | |
| 132 | 1184 | MANABU YOSHIDA | 7 | M50-54 | 180 | 22:43 | 7:20 | 2:09 | 101 | 1:09:48 | 21.5 | 1:52 | 151 | 47:47 | 7:43 | 2:24:17 | |
| 133 | 1374 | GIDEON DUNGEY | 20 | M30-34 | 68 | 19:15 | 6:13 | 1:40 | 133 | 1:11:41 | 20.9 | 1:57 | 178 | 49:49 | 8:02 | 2:24:20 | |
| 134 | 1483 | YOZO TACHIBANA | 20 | M35-39 | 58 | 18:56 | 6:07 | 1:24 | 260 | 1:20:13 | 18.7 | 1:42 | 78 | 42:17 | 6:50 | 2:24:30 | |
| 135 | 1306 | FUTOSHI FURUSATO | 21 | M35-39 | 193 | 23:08 | 7:28 | 1:57 | 157 | 1:12:48 | 20.6 | 1:21 | 99 | 43:42 | 7:03 | 2:24:54 | 2:00 |
| 136 | 1410 | STUAT QUEL | 9 | M25-29 | 137 | 21:07 | 6:49 | 1:39 | 161 | 1:13:11 | 20.5 | 1:56 | 136 | 47:07 | 7:36 | 2:24:58 | |
| 137 | 1246 | TODD KUNIYOSHI | 27 | M40-44 | 196 | 23:22 | 7:32 | 2:36 | 93 | 1:09:07 | 21.7 | 1:58 | 154 | 48:08 | 7:46 | 2:25:08 | |
| 138 | 1394 | WILY WOO | 21 | M30-34 | 144 | 21:16 | 6:52 | 1:35 | 162 | 1:13:12 | 20.5 | 1:31 | 150 | 47:46 | 7:43 | 2:25:18 | |
| 139 | 1264 | AYATO MATSUYAMA | 28 | M40-44 | 40 | 18:25 | 5:57 | 1:04 | 66 | 1:07:20 | 22.3 | 1:23 | 253 | 57:19 | 9:15 | 2:25:29 | |
| 140 | 1279 | MIKIO WATANABE | 29 | M40-44 | 114 | 20:27 | 6:36 | 1:44 | 239 | 1:19:02 | 19.0 | 1:55 | 81 | 42:26 | 6:51 | 2:25:33 | |
| 141 | 1223 | CHARLES FLOWERS | 14 | M45-49 | 62 | 19:08 | 6:11 | 2:46 | 121 | 1:11:03 | 21.1 | 3:07 | 172 | 49:35 | 8:00 | 2:25:37 | |
| 142 | 1162 | CHUCK MILLER | 1 | M60-64 | 212 | 23:45 | 7:40 | 1:48 | 113 | 1:10:32 | 21.3 | 2:19 | 145 | 47:25 | 7:39 | 2:25:47 | |
| 143 | 1020 | JO ANN SITTING | 1 | F55-59 | 147 | 21:24 | 6:54 | 2:16 | 154 | 1:12:47 | 20.6 | 2:02 | 147 | 47:33 | 7:41 | 2:25:59 | |
| 144 | 1287 | REFUND BILL DELVEAUX | 30 | M40-44 | 159 | 21:50 | 7:03 | 2:24 | 95 | 1:09:13 | 21.7 | 3:02 | 175 | 49:36 | 8:00 | 2:26:03 | |
| 145 | 1282 | SHOGO FUKUZAWA | 31 | M40-44 | 63 | 19:09 | 6:11 | 1:41 | 171 | 1:14:16 | 20.2 | 1:49 | 167 | 49:13 | 7:57 | 2:26:05 | |
| 146 | 1192 | OMATSU TOMOKAZU | 8 | M50-54 | 171 | 22:27 | 7:15 | 2:12 | 150 | 1:12:34 | 20.7 | 1:41 | 141 | 47:18 | 7:38 | 2:26:10 | |
| 147 | 1291 | HIROYUKI SHIMA | 22 | M35-39 | 128 | 20:56 | 6:45 | 1:56 | 143 | 1:12:08 | 20.8 | 1:46 | 173 | 49:36 | 8:00 | 2:26:19 | |
| 148 | 1252 | YASUTAKA NUKINA | 32 | M40-44 | 133 | 21:01 | 6:47 | 1:42 | 152 | 1:12:38 | 20.7 | 2:05 | 165 | 48:58 | 7:54 | 2:26:21 | |
| 149 | 1233 | HIROMI KOZONO | 33 | M40-44 | 173 | 22:30 | 7:16 | 1:50 | 111 | 1:10:29 | 21.3 | 3:14 | 158 | 48:22 | 7:48 | 2:26:23 | |
| 150 | 1481 | ARLYN ROBINSON | 3 | F35-39 | 165 | 22:04 | | | | | | | | | | | |

Honolulu Triathlon
Sunday, 17 May 2009 6:00 a.m. Start
Island of Oahu
5K Run, 40K Bike, 10K Run

| Place | No. | Name | Div | Div | Rank | Run1 | Pace | TRANS | Rank | Bike | MPH | TRANS | Rank | Run | Pace | Time | Penalty |
|-------|------|----------------------|-----|--------|------|-------|------|-------|------|---------|------|-------|------|-------|------|---------|---------|
| 153 | 1026 | GWEN JUDD | 1 | F50-54 | 207 | 23:34 | 7:37 | 1:27 | 110 | 1:10:28 | 21.3 | 1:26 | 184 | 50:15 | 8:07 | 2:27:08 | |
| 154 | 1314 | TSUGUNE SAITO | 23 | M35-39 | 181 | 22:44 | 7:20 | 1:17 | 153 | 1:12:44 | 20.6 | 2:10 | 161 | 48:35 | 7:51 | 2:27:28 | |
| 155 | 1288 | YOSHIHISA TSUBAKI | 34 | M40-44 | 135 | 21:05 | 6:48 | 1:22 | 212 | 1:17:09 | 19.4 | 1:05 | 138 | 47:11 | 7:37 | 2:27:52 | |
| 156 | 1222 | KOJIRO NOJIRI | 16 | M45-49 | 152 | 21:34 | 6:58 | 1:44 | 224 | 1:17:55 | 19.3 | 1:48 | 111 | 44:53 | 7:15 | 2:27:52 | |
| 157 | 1494 | GEOFF GRANT | 35 | M40-44 | 169 | 22:21 | 7:13 | 1:56 | 127 | 1:11:23 | 21.0 | 1:52 | 187 | 50:28 | 8:09 | 2:27:59 | |
| 158 | 1399 | TIMOTHY BRAUNSCHWEIG | 22 | M30-34 | 200 | 23:26 | 7:34 | 1:58 | 128 | 1:11:26 | 21.0 | 1:26 | 185 | 50:27 | 8:09 | 2:28:42 | |
| 159 | 1490 | RICHARD MCDOWELL | 2 | M60-64 | 177 | 22:33 | 7:17 | 2:05 | 167 | 1:14:03 | 20.3 | 2:40 | 146 | 47:30 | 7:40 | 2:28:48 | |
| 160 | 1234 | BRIAN JOHNSON | 36 | M40-44 | 245 | 25:16 | 8:09 | 1:23 | 81 | 1:08:16 | 22.0 | 1:33 | 188 | 50:33 | 8:10 | 2:28:59 | 2:00 |
| 161 | 1335 | DANIEL MCMULLEN | 24 | M35-39 | 179 | 22:36 | 7:18 | 2:08 | 156 | 1:12:48 | 20.6 | 1:57 | 174 | 49:36 | 8:00 | 2:29:02 | |
| 162 | 1404 | JOSE RENDON | 16 | M-MIL | 191 | 23:01 | 7:26 | 2:09 | 117 | 1:10:50 | 21.2 | 1:40 | 201 | 51:25 | 8:18 | 2:29:03 | |
| 163 | 1286 | BOCAR WANE | 37 | M40-44 | 90 | 19:36 | 6:20 | 2:04 | 234 | 1:18:30 | 19.1 | 2:03 | 143 | 47:21 | 7:39 | 2:29:32 | |
| 164 | 1250 | KAZUHIRO TAKAGI | 38 | M40-44 | 156 | 21:42 | 7:00 | 1:45 | 238 | 1:19:01 | 19.0 | 1:56 | 116 | 45:19 | 7:19 | 2:29:40 | |
| 165 | 1486 | KEVIN REALE | 1 | R-MALE | 298 | 26:50 | 8:40 | 1:27 | 195 | 1:16:18 | 19.7 | 1:18 | 102 | 44:02 | 7:07 | 2:29:52 | |
| 166 | 1358 | JASON ZAHARRIS | 1 | Clydsd | 176 | 22:33 | 7:17 | 1:46 | 165 | 1:13:22 | 20.4 | 1:32 | 194 | 50:59 | 8:14 | 2:30:09 | |
| 167 | 1119 | MARGARET WILSON | 1 | Athena | 209 | 23:36 | 7:37 | 2:22 | 106 | 1:10:04 | 21.4 | 2:53 | 179 | 49:54 | 8:03 | 2:30:47 | 2:00 |
| 168 | 1144 | KATHRYN TAYLOR | 2 | F20-24 | 195 | 23:18 | 7:31 | 1:22 | 137 | 1:11:46 | 20.9 | 1:22 | 223 | 53:24 | 8:37 | 2:31:10 | |
| 169 | 1224 | OSAMU KUBOTA | 17 | M45-49 | 170 | 22:22 | 7:13 | 2:09 | 262 | 1:20:41 | 18.6 | 2:17 | 100 | 43:45 | 7:04 | 2:31:12 | |
| 170 | 1189 | DAVID LITTRELL | 9 | M50-54 | 194 | 23:09 | 7:28 | 2:32 | 210 | 1:17:02 | 19.5 | 1:58 | 129 | 46:36 | 7:31 | 2:31:15 | |
| 171 | 1084 | NORMA BUSTOS | 3 | F30-34 | 148 | 21:27 | 6:56 | 1:27 | 166 | 1:14:02 | 20.3 | 1:19 | 222 | 53:23 | 8:37 | 2:31:36 | |
| 172 | 1493 | WESLEY LAM | 23 | M30-34 | 76 | 19:24 | 6:16 | 1:21 | 255 | 1:19:56 | 18.8 | 1:49 | 171 | 49:35 | 8:00 | 2:32:04 | |
| 173 | 1179 | IAN WALKER | 10 | M50-54 | 221 | 24:06 | 7:47 | 2:12 | 99 | 1:09:44 | 21.5 | 2:50 | 224 | 53:27 | 8:38 | 2:32:17 | |
| 174 | 1080 | KATHRYN ACORDA | 4 | F35-39 | 199 | 23:25 | 7:33 | 2:22 | 172 | 1:14:22 | 20.2 | 2:01 | 183 | 50:14 | 8:07 | 2:32:21 | |
| 175 | 1301 | TOSHIHARU HIJIKATA | 25 | M35-39 | 149 | 21:29 | 6:56 | 2:39 | 203 | 1:16:45 | 19.5 | 1:59 | 177 | 49:45 | 8:02 | 2:32:36 | |
| 176 | 1213 | ARLO ROTH | 2 | Clydsd | 228 | 24:30 | 7:55 | 2:00 | 116 | 1:10:48 | 21.2 | 2:34 | 216 | 52:52 | 8:32 | 2:32:42 | |
| 177 | 1260 | YASUTAKA HASEGAWA | 39 | M40-44 | 226 | 24:29 | 7:54 | 1:46 | 144 | 1:12:09 | 20.8 | 1:37 | 219 | 53:09 | 8:35 | 2:33:08 | |
| 178 | 1063 | EIKO CHINN | 5 | F35-39 | 143 | 21:14 | 6:51 | 1:39 | 226 | 1:18:14 | 19.2 | 3:33 | 164 | 48:53 | 7:54 | 2:33:32 | |
| 179 | 1281 | ANDREW ASHCROFT | 40 | M40-44 | 323 | 28:10 | 9:06 | 2:34 | 179 | 1:14:44 | 20.1 | 1:58 | 126 | 46:11 | 7:27 | 2:33:35 | |
| 180 | 1372 | TAKU HANZAWA | 24 | M30-34 | 100 | 19:55 | 6:26 | 2:58 | 269 | 1:21:40 | 18.4 | 1:43 | 152 | 47:47 | 7:43 | 2:34:01 | |
| 181 | 1364 | MASAKATSU HAYASHI | 25 | M30-34 | 160 | 21:53 | 7:04 | 2:34 | 197 | 1:16:22 | 19.6 | 2:16 | 193 | 50:58 | 8:14 | 2:34:02 | |
| 182 | 1205 | MASAHARU HASHIMOTO | 18 | M45-49 | 145 | 21:23 | 6:54 | 2:01 | 213 | 1:17:17 | 19.4 | 1:48 | 205 | 51:35 | 8:20 | 2:34:03 | |
| 183 | 1310 | HIROKI ISHIKAWA | 26 | M35-39 | 167 | 22:12 | 7:10 | 1:50 | 176 | 1:14:41 | 20.1 | 2:50 | 215 | 52:38 | 8:30 | 2:34:10 | |
| 184 | 1409 | DARREN CHAN | 10 | M25-29 | 127 | 20:55 | 6:45 | 1:54 | 159 | 1:13:04 | 20.5 | 2:13 | 243 | 56:07 | 9:03 | 2:34:11 | |
| 185 | 1297 | SHIGEO KAGAMI | 27 | M35-39 | 210 | 23:38 | 7:38 | 2:16 | 151 | 1:12:37 | 20.7 | 1:40 | 228 | 54:06 | 8:44 | 2:34:16 | |
| 186 | 1312 | SHANE KIHARA | 28 | M35-39 | 299 | 26:57 | 8:42 | 1:58 | 177 | 1:14:41 | 20.1 | 1:59 | 131 | 46:50 | 7:34 | 2:34:23 | 2:00 |
| 187 | 1083 | TOMOMI MUTO | 4 | F30-34 | 220 | 24:01 | 7:45 | 1:46 | 205 | 1:16:48 | 19.5 | 2:10 | 180 | 50:00 | 8:04 | 2:34:44 | |
| 188 | 1217 | JOHN WOLLENBECKER | 19 | M45-49 | 206 | 23:33 | 7:36 | 1:18 | 204 | 1:16:45 | 19.5 | 1:55 | 204 | 51:33 | 8:19 | 2:35:02 | |
| 189 | 1103 | NAHOKO NIWA | 5 | F30-34 | 205 | 23:32 | 7:36 | 1:57 | 242 | 1:19:10 | 18.9 | 1:41 | 163 | 48:51 | 7:53 | 2:35:10 | |
| 190 | 1160 | DON WILSON | 3 | M60-64 | 184 | 22:49 | 7:22 | 2:25 | 178 | 1:14:42 | 20.1 | 3:13 | 211 | 52:12 | 8:26 | 2:35:18 | |
| 191 | 1324 | NORIMASA TSUKADA | 29 | M35-39 | 187 | 22:52 | 7:23 | 1:45 | 233 | 1:18:28 | 19.1 | 1:37 | 191 | 50:48 | 8:12 | 2:35:29 | |
| 192 | 1346 | BRENT OKUHATA | 30 | M35-39 | 189 | 22:54 | 7:23 | 1:59 | 227 | 1:18:15 | 19.2 | 1:59 | 186 | 50:28 | 8:09 | 2:35:34 | |
| 193 | 1240 | ANGELO ALVAREZ | 41 | M40-44 | 182 | 22:45 | 7:21 | 2:34 | 135 | 1:11:44 | 20.9 | 1:46 | 252 | 57:00 | 9:12 | 2:35:47 | |
| 194 | 1380 | STEVE GARRETT | 26 | M30-34 | 208 | 23:35 | 7:37 | 2:35 | 100 | 1:09:45 | 21.5 | 2:25 | 202 | 51:30 | 8:19 | 2:35:49 | 6:00 |
| 195 | 1351 | JOSHUA MITCHELL | 27 | M30-34 | 214 | 23:48 | 7:41 | 1:50 | 240 | 1:19:03 | 19.0 | 1:48 | 169 | 49:26 | 7:59 | 2:35:53 | |
| 196 | 1232 | RAY MARIANO | 42 | M40-44 | 168 | 22:19 | 7:12 | 2:55 | 214 | 1:17:19 | 19.4 | 3:45 | 176 | 49:38 | 8:01 | 2:35:54 | |
| 197 | 1090 | CHRISTIE MCJANNET | 6 | F30-34 | 235 | 24:53 | 8:02 | 1:59 | 190 | 1:16:03 | 19.7 | 2:00 | 203 | 51:30 | 8:19 | 2:36:23 | |
| 198 | 1345 | KEISUKE MITSUTA | 31 | M35-39 | 172 | 22:28 | 7:15 | 2:07 | 200 | 1:16:36 | 19.6 | 2:46 | 218 | 53:04 | 8:34 | 2:36:59 | |
| 199 | 1175 | MASAAKI SHINTAKU | 5 | M55-59 | 197 | 23:23 | 7:33 | 1:48 | 188 | 1:15:34 | 19.9 | 1:37 | 233 | 54:49 | 8:51 | 2:37:10 | |
| 200 | 1050 | SAYOKO BLODGETT-FORD | 2 | Athena | 203 | 23:31 | 7:36 | 2:18 | 230 | 1:18:22 | 19.1 | 2:13 | 192 | 50:49 | 8:12 | 2:37:12 | |
| 201 | 1123 | CARRIE FRY | 6 | F25-29 | 256 | 25:27 | 8:13 | 1:38 | 196 | 1:16:21 | 19.6 | 1:34 | 212 | 52:14 | 8:26 | 2:37:12 | |
| 202 | 1423 | CONNOR HILL | 1 | M15-19 | 105 | 20:07 | 6:30 | 1:51 | 253 | 1:19:52 | 18.8 | 2:28 | 220 | 53:13 | 8:35 | 2:37:29 | |
| 203 | 1353 | KAZUHIRO KAWANA | 28 | M30-34 | 150 | 21:29 | 6:56 | 2:22 | 192 | 1:16:06 | 19.7 | 2:31 | 237 | 55:05 | 8:54 | 2:37:31 | |
| 204 | 1408 | FLOYD TUCKER | 3 | Clydsd | 277 | 26:01 | 8:24 | 2:16 | 208 | 1:16:58 | 19.5 | 2:15 | 182 | 50:14 | 8:07 | 2:37:42 | |
| 205 | 1081 | VICKI RIEGER | 7 | F30-34 | 202 | 23:28 | 7:35 | 1:26 | 232 | 1:18:26 | 19.1 | 1:19 | 221 | 53:19 | 8:36 | 2:37:56 | |
| 206 | 1267 | NAOTAKA TAKIGUCHI | 43 | M40-44 | 213 | 23:46 | 7:40 | 1:41 | 301 | 1:27:02 | 17.2 | 2:02 | 97 | 43:35 | 7:02 | 2:38:05 | |
| 207 | 1268 | BRANDON SEVERSON | 44 | M40-44 | 192 | 23:04 | 7:27 | 2:38 | 237 | 1:19:00 | 19.0 | 2:36 | 200 | 51:19 | 8:17 | 2:38:35 | |
| 208 | 1099 | SELENA MAXWELL | 8 | F30-34 | 230 | 24:32 | 7:55 | 2:03 | 223 | 1:17:43 | 19.3 | 1:41 | 217 | 53:03 | 8:34 | 2:39:00 | |
| 209 | 1111 | KRYSTAL MORRIS | 2 | F-MIL | 157 | 21:47 | 7:02 | 2:11 | 243 | 1:19:13 | 18.9 | 1:56 | 227 | 53:58 | 8:43 | 2:39:03 | |
| 210 | 1096 | KRISTIN MAYNE | 9 | F30-34 | 247 | 25:17 | 8:10 | 3:04 | 198 | 1:16:29 | 19.6 | 3:21 | 199 | 51:10 | 8:16 | 2:39:19 | |
| 211 | 1002 | AMBER STUBBS | 3 | F-MIL | 236 | 25:01 | 8:04 | 2:17 | 236 | 1:18:36 | 19.1 | 1:52 | 206 | 51:45 | 8:21 | 2:39:29 | |
| 212 | 1343 | DARREN KIMURA | 32 | M35-39 | 178 | 22:34 | 7:17 | 1:06 | 284 | 1:23:36 | 17.9 | 1:00 | 210 | 51:57 | 8:23 | 2:40:13 | |
| 213 | 1375 | RYOJI MATSUOKA | 29 | M30-34 | 163 | 22:02 | 7:07 | 1:31 | 302 | 1:27:05 | 17.2 | 1:21 | 157 | 48:19 | 7:48 | 2:40:16 | |
| 214 | 1108 | SHANNON WITT | 7 | F25-29 | 272 | 25:51 | 8:21 | 1:39 | 261 | 1:20:37 | 18.6 | 1:37 | 189 | 50:36 | 8:10 | 2:40:17 | |
| 215 | 1164 | HARUMICHI NAKAMURA | 4 | M60-64 | 218 | 23:59 | 7:44 | 3:53 | 222 | 1:17:42 | 19.3 | 2:50 | 209 | 51:57 | 8:23 | 2:40:19 | |
| 216 | 1283 | SEIJI FUKUOKA | 45 | M40-44 | 227 | 24:29 | 7:54 | 2:02 | 140 | 1:11:57 | 20.8 | 2:21 | 271 | 59:40 | 9:38 | 2:40:27 | |
| 217 | 1272 | DALE YAKE | 46 | M40-44 | 249 | 25:18 | 8:10 | 1:58 | 184 | 1:15:09 | 20.0 | 1:30 | 250 | 56:41 | 9:09 | 2:40:34 | |
| 218 | 1170 | ALAN MURAKI | 6 | M55-59 | 301 | 27:04 | 8:44 | 1:54 | 199 | 1:16:34 | 19.6 | 1:34 | 225 | 53:33 | 8:39 | 2:40:37 | |
| 219 | 1118 | NILO KOIZUMI | 8 | F25-29 | 222 | 24:07 | 7:47 | 2:17 | 247 | 1:19:38 | 18.8 | 2:32 | 181 | 50:06 | 8:05 | 2:40:38 | 2:00 |
| 220 | 1276 | KAZUAKI YAMANA | 47 | M40-44 | 155 | 21:40 | 7:00 | 2:14 | 256 | 1:19:57 | 18.8 | 1:47 | 235 | 55:04 | 8:53 | 2:40:39 | |
| 221 | 1115 | MICHELLE IAFIOLIO | 9 | F25-29 | 246 | 25:17 | 8:10 | 1:37 | 241 | 1:19:09 | 19.0 | 1:31 | 198 | 51:10 | 8:16 | 2:40:41 | 2:00 |
| 222 | 1100 | KARINA LARANJEIRA | 10 | F30-34 | 312 | 27:23 | 8:50 | 2:28 | 268 | 1:21:38 | 18.4 | 2:58 | 128 | 46:27 | 7:30 | 2:40:52 | |
| 223 | 1311 | HISAYUKI SHIRAI | 33 | M35-39 | 151 | 21:31 | 6:57 | 2:55 | 186 | 1:15:14 | 19.9 | 4:19 | 236 | 55:05 | 8:53 | 2:41:02 | 2:00 |
| 224 | 1495 | EMILY YAKE | 10 | F25-29 | 248 | 25:18 | 8:10 | 1:55 | 218 | 1:17:35 | 19.3 | 2:19 | 229 | 54:21 | 8:46 | 2:41:26 | |
| 225 | 1492 | LORI FRIEDENBERG | 11 | F30-34 | 239 | 25:09 | 8:07 | 2:01 | 248 | 1:19:42 | 18 | | | | | | |

Honolulu Triathlon
Sunday, 17 May 2009 6:00 a.m. Start
Island of Oahu
5K Run, 40K Bike, 10K Run

| Place | No. | Name | Div | Div | Rank | Run1 | Pace | TRANS | Rank | Bike | MPH | TRANS | Rank | Run | Pace | Time | Penalty |
|-------|------|----------------------|-----|--------|------|-------|------|-------|------|---------|------|-------|--------|-------|-------|---------|---------|
| 229 | 1440 | YAMAKAWA MASAYUKI | 21 | M45-49 | 103 | 20:03 | 6:29 | 2:49 | 249 | 1:19:42 | 18.8 | 2:37 | 262 | 58:15 | 9:24 | 2:43:25 | |
| 230 | 1419 | ANDREW SU | 2 | M20-24 | 254 | 25:23 | 8:12 | 2:10 | 235 | 1:18:34 | 19.1 | 2:21 | 238 | 55:09 | 8:54 | 2:43:36 | |
| 231 | 1022 | LEE COLLINS | 2 | F55-59 | 274 | 25:57 | 8:22 | 1:48 | 220 | 1:17:39 | 19.3 | 1:56 | 247 | 56:19 | 9:05 | 2:43:37 | |
| 232 | 1112 | LISA BARRETT | 11 | F25-29 | 240 | 25:11 | 8:08 | 2:56 | 276 | 1:22:47 | 18.1 | 2:06 | 190 | 50:38 | 8:10 | 2:43:37 | |
| 233 | 1059 | ELAINE ENGOTT | 6 | F35-39 | 223 | 24:09 | 7:48 | 3:05 | 277 | 1:22:52 | 18.1 | 2:26 | 197 | 51:10 | 8:16 | 2:43:40 | |
| 234 | 1296 | MICHAEL GOTZIAMAN | 34 | M35-39 | 266 | 25:40 | 8:17 | 1:53 | 285 | 1:23:49 | 17.9 | 3:34 | 166 | 49:00 | 7:55 | 2:43:55 | |
| 235 | 1136 | JAMIE KOPERA | 12 | F25-29 | 289 | 26:24 | 8:31 | 1:33 | 254 | 1:19:56 | 18.8 | 1:33 | 232 | 54:37 | 8:49 | 2:44:02 | |
| 236 | 1206 | CHRISTOPHER MARSHALL | 22 | M45-49 | 153 | 21:35 | 6:58 | 2:41 | 296 | 1:26:02 | 17.4 | 2:38 | 196 | 51:08 | 8:15 | 2:44:02 | |
| 237 | 1094 | HEATHER BRIEN | 12 | F30-34 | 244 | 25:15 | 8:09 | 2:06 | 282 | 1:23:16 | 18.0 | 1:35 | 207 | 51:56 | 8:23 | 2:44:06 | |
| 238 | 1455 | KAMMIE AGUADA | 13 | F30-34 | 308 | 27:19 | 8:49 | 2:17 | 283 | 1:23:19 | 18.0 | 1:59 | 168 | 49:23 | 7:58 | 2:44:15 | |
| 239 | 1017 | KAZUKO HASEGAWA | 3 | F55-59 | 326 | 28:39 | 9:15 | 4:32 | 321 | 1:32:30 | 16.2 | 3:41 | 9 | 34:59 | 5:39 | 2:44:20 | |
| 240 | 1158 | TOM HUSTER | 1 | M65-69 | 270 | 25:47 | 8:19 | 2:40 | 264 | 1:21:00 | 18.5 | 3:17 | 208 | 51:57 | 8:23 | 2:44:39 | |
| 241 | 1065 | MICHELLE AITRO | 7 | F35-39 | 211 | 23:40 | 7:38 | 1:56 | 303 | 1:27:16 | 17.2 | 2:19 | 170 | 49:35 | 8:00 | 2:44:44 | |
| 242 | 1368 | BRYAN TAMURA | 30 | M30-34 | 233 | 24:43 | 7:59 | 2:28 | 211 | 1:17:04 | 19.5 | 2:45 | 260 | 58:00 | 9:22 | 2:44:58 | |
| 243 | 1045 | SANDRA KIMBALL | 2 | F40-44 | 271 | 25:49 | 8:20 | 1:42 | 191 | 1:16:06 | 19.7 | 2:41 | 267 | 58:54 | 9:30 | 2:45:11 | |
| 244 | 1199 | THOMAS CONWAY | 4 | Clydsd | 261 | 25:31 | 8:14 | 1:53 | 231 | 1:18:23 | 19.1 | 2:03 | 254 | 57:32 | 9:17 | 2:45:20 | |
| 245 | 1197 | NAOKI MORITA | 13 | M50-54 | 217 | 23:52 | 7:42 | 1:39 | 257 | 1:20:08 | 18.7 | 2:17 | 256 | 57:33 | 9:17 | 2:45:27 | |
| 246 | 1430 | SATOSHI TOMINAGA | 31 | M30-34 | 185 | 22:49 | 7:22 | 2:25 | 258 | 1:20:12 | 18.7 | 2:31 | 259 | 57:55 | 9:21 | 2:45:52 | |
| 247 | 1231 | SCOTT NAKAGAWA | 48 | M40-44 | 297 | 26:46 | 8:38 | 1:53 | 189 | 1:15:43 | 19.8 | 1:36 | 264 | 58:35 | 9:27 | 2:46:32 | 2:00 |
| 248 | 1336 | SHOKEI SUDA | 35 | M35-39 | 134 | 21:03 | 6:48 | 2:14 | 173 | 1:14:31 | 20.1 | 3:41 | 309 1: | 05:07 | 10:31 | 2:46:33 | |
| 249 | 1305 | LANI STARKEY | 36 | M35-39 | 300 | 26:59 | 8:42 | 3:08 | 219 | 1:17:38 | 19.3 | 3:59 | 239 | 55:14 | 8:55 | 2:46:56 | |
| 250 | 1147 | HEATHER BARCLAY | 3 | F20-24 | 242 | 25:13 | 8:09 | 2:40 | 281 | 1:23:15 | 18.0 | 1:32 | 230 | 54:22 | 8:47 | 2:47:00 | |
| 251 | 1500 | TAKESHI OKAZAKI | 3 | M20-24 | 66 | 19:12 | 6:12 | 1:23 | 339 | 1:41:13 | 14.8 | 1:56 | 96 | 43:30 | 7:01 | 2:47:13 | |
| 252 | 1163 | KOHICHI KAWAHARAYAMA | 5 | M60-64 | 310 | 27:22 | 8:50 | 1:58 | 181 | 1:14:50 | 20.0 | 2:33 | 280 1: | 00:52 | 9:49 | 2:47:33 | |
| 253 | 1137 | AN NGUYEN | 13 | F25-29 | 224 | 24:15 | 7:50 | 1:56 | 266 | 1:21:07 | 18.5 | 1:57 | 263 | 58:20 | 9:25 | 2:47:33 | |
| 254 | 1247 | DIMITRI KACZMAREK | 49 | M40-44 | 263 | 25:33 | 8:15 | 3:57 | 185 | 1:15:11 | 20.0 | 4:03 | 270 | 59:04 | 9:32 | 2:47:47 | |
| 255 | 1243 | ERIC GIETZEN | 50 | M40-44 | 262 | 25:33 | 8:15 | 3:56 | 183 | 1:15:05 | 20.0 | 4:09 | 269 | 59:04 | 9:32 | 2:47:47 | |
| 256 | 1270 | JEFFERY BACHA | 51 | M40-44 | 296 | 26:42 | 8:37 | 2:19 | 187 | 1:15:28 | 19.9 | 3:29 | 274 | 59:59 | 9:41 | 2:47:55 | |
| 257 | 1025 | MILDRED COOKE | 2 | F50-54 | 285 | 26:21 | 8:30 | 2:15 | 202 | 1:16:43 | 19.6 | 1:47 | 281 1: | 00:53 | 9:50 | 2:47:57 | |
| 258 | 1317 | GAYLORD GORGONIO | 37 | M35-39 | 286 | 26:22 | 8:31 | 1:51 | 160 | 1:13:07 | 20.5 | 2:06 | 304 1: | 04:35 | 10:25 | 2:47:59 | |
| 259 | 1073 | ALICIA ROMERO | 8 | F35-39 | 290 | 26:24 | 8:31 | 2:38 | 286 | 1:23:56 | 17.9 | 2:45 | 214 | 52:24 | 8:28 | 2:48:05 | |
| 260 | 1042 | ROXANE TORRES | 3 | F40-44 | 232 | 24:33 | 7:56 | 2:37 | 273 | 1:22:07 | 18.3 | 2:22 | 249 | 56:30 | 9:07 | 2:48:07 | |
| 261 | 1218 | JASON SANFORD | 23 | M45-49 | 264 | 25:34 | 8:15 | 2:15 | 252 | 1:19:49 | 18.8 | 2:24 | 268 | 59:03 | 9:32 | 2:49:04 | |
| 262 | 1313 | ERIC BECKER | 38 | M35-39 | 216 | 23:51 | 7:42 | 3:08 | 180 | 1:14:47 | 20.1 | 3:16 | 307 1: | 04:49 | 10:28 | 2:49:49 | |
| 263 | 1454 | BRANDY STRAGTMAN | 32 | M30-34 | 279 | 26:02 | 8:24 | 2:01 | 182 | 1:14:55 | 20.0 | 2:21 | 310 1: | 05:07 | 10:31 | 2:50:24 | |
| 264 | 1193 | ERIC COPELAND | 14 | M50-54 | 250 | 25:20 | 8:11 | 2:12 | 206 | 1:16:49 | 19.5 | 2:39 | 298 1: | 03:35 | 10:16 | 2:50:33 | |
| 265 | 1052 | ERIN GAYNOR | 4 | F40-44 | 318 | 27:37 | 8:55 | 2:16 | 271 | 1:22:01 | 18.3 | 1:58 | 251 | 56:58 | 9:12 | 2:50:48 | |
| 266 | 1328 | MASAKIYO MAEZONO | 39 | M35-39 | 162 | 22:01 | 7:07 | 2:02 | 221 | 1:17:42 | 19.3 | 3:04 | 302 1: | 04:02 | 10:20 | 2:50:49 | 2:00 |
| 267 | 1363 | KEITA NOGAMI | 33 | M30-34 | 238 | 25:06 | 8:06 | 2:13 | 228 | 1:18:20 | 19.1 | 2:22 | 297 1: | 03:20 | 10:13 | 2:51:21 | |
| 268 | 1257 | MICHAEL HOUSER | 17 | M-MIL | 166 | 22:04 | 7:08 | 2:15 | 244 | 1:19:24 | 18.9 | 3:55 | 303 1: | 04:21 | 10:23 | 2:51:57 | |
| 269 | 1091 | ALICIA ARAGON | 14 | F30-34 | 255 | 25:25 | 8:12 | 1:32 | 245 | 1:19:31 | 18.9 | 2:18 | 285 1: | 01:16 | 9:53 | 2:52:01 | 2:00 |
| 270 | 1339 | HIROO KAGI | 40 | M35-39 | 265 | 25:37 | 8:16 | 3:31 | 215 | 1:17:29 | 19.4 | 2:25 | 294 1: | 03:03 | 10:11 | 2:52:02 | |
| 271 | 1032 | NANCY KATAYAMA | 4 | F45-49 | 322 | 28:06 | 9:04 | 2:13 | 216 | 1:17:30 | 19.4 | 2:28 | 293 1: | 02:29 | 10:05 | 2:52:43 | |
| 272 | 1039 | DINA BLAIR | 3 | Athena | 327 | 29:13 | 9:26 | 2:08 | 207 | 1:16:51 | 19.5 | 1:34 | 295 1: | 03:07 | 10:11 | 2:52:50 | |
| 273 | 1161 | MASAYOSHI KANATA | 6 | M60-64 | 273 | 25:56 | 8:22 | 2:10 | 201 | 1:16:37 | 19.6 | 3:07 | 311 1: | 05:10 | 10:31 | 2:52:58 | |
| 274 | 1082 | MARIKO ALVAREZ | 15 | F30-34 | 204 | 23:32 | 7:36 | 2:11 | 310 | 1:28:33 | 16.9 | 2:47 | 242 | 55:59 | 9:02 | 2:53:00 | |
| 275 | 1116 | KELLY MAILLY | 14 | F25-29 | 328 | 29:13 | 9:26 | 1:45 | 259 | 1:20:13 | 18.7 | 1:52 | 275 1: | 00:02 | 9:41 | 2:53:03 | |
| 276 | 1079 | SHANNON VAN GIESON | 9 | F35-39 | 292 | 26:33 | 8:34 | 1:21 | 229 | 1:18:22 | 19.1 | 1:15 | 313 1: | 06:14 | 10:41 | 2:53:43 | |
| 277 | 1379 | ALEJANDRO ESCALANTE- | 34 | M30-34 | 241 | 25:12 | 8:08 | 2:04 | 300 | 1:27:01 | 17.2 | 1:55 | 255 | 57:33 | 9:17 | 2:53:44 | |
| 278 | 1024 | SAWAKO HASHIDA | 3 | F50-54 | 304 | 27:11 | 8:47 | 2:14 | 288 | 1:24:29 | 17.8 | 1:46 | 261 | 58:07 | 9:23 | 2:53:46 | |
| 279 | 1109 | JENNY SCHMIDT | 15 | F25-29 | 259 | 25:28 | 8:13 | 3:03 | 267 | 1:21:20 | 18.4 | 2:53 | 287 1: | 01:27 | 9:55 | 2:54:10 | |
| 280 | 1069 | LORI RAYMOND | 10 | F35-39 | 287 | 26:23 | 8:31 | 2:31 | 309 | 1:28:33 | 16.9 | 2:24 | 234 | 54:58 | 8:52 | 2:54:46 | |
| 281 | 1216 | HITOSHI YANO | 24 | M45-49 | 306 | 27:17 | 8:48 | 2:23 | 225 | 1:18:13 | 19.2 | 2:14 | 312 1: | 05:14 | 10:32 | 2:55:19 | |
| 282 | 1075 | YUKA KAWAHARAYAMA | 11 | F35-39 | 303 | 27:11 | 8:46 | 1:38 | 263 | 1:20:47 | 18.6 | 1:51 | 301 1: | 03:54 | 10:19 | 2:55:19 | |
| 283 | 1023 | DOREEN PEREZ | 4 | F50-54 | 307 | 27:17 | 8:48 | 2:33 | 294 | 1:25:47 | 17.5 | 1:43 | 266 | 58:44 | 9:29 | 2:56:02 | |
| 284 | 1028 | RANDY BARRAS | 5 | Clydsd | 234 | 24:51 | 8:01 | 2:51 | 292 | 1:25:18 | 17.6 | 3:46 | 257 | 57:37 | 9:18 | 2:56:21 | 2:00 |
| 285 | 1106 | MARLENA OSHAN | 16 | F30-34 | 268 | 25:42 | 8:18 | 2:33 | 289 | 1:24:49 | 17.7 | 2:31 | 286 1: | 01:26 | 9:55 | 2:57:00 | |
| 286 | 1188 | WILLIAM JONES | 15 | M50-54 | 321 | 28:04 | 9:04 | 2:21 | 193 | 1:16:09 | 19.7 | 2:59 | 314 1: | 07:37 | 10:55 | 2:57:07 | |
| 287 | 1259 | GORDON THORN | 52 | M40-44 | 314 | 27:23 | 8:50 | 2:44 | 295 | 1:26:01 | 17.4 | 2:22 | 265 | 58:41 | 9:28 | 2:57:10 | |
| 288 | 1140 | FIONA GAIL NUNEZ | 4 | F20-24 | 278 | 26:02 | 8:24 | 2:01 | 293 | 1:25:28 | 17.6 | 1:41 | 290 1: | 02:10 | 10:02 | 2:57:20 | |
| 289 | 1194 | CRAIG BARNARD | 16 | M50-54 | 320 | 27:59 | 9:02 | 2:53 | 265 | 1:21:00 | 18.5 | 3:09 | 292 1: | 02:21 | 10:04 | 2:57:20 | |
| 290 | 1215 | RICK HOLMES | 25 | M45-49 | 275 | 25:57 | 8:23 | 1:52 | 246 | 1:19:33 | 18.9 | 2:02 | 322 1: | 08:16 | 11:01 | 2:57:40 | |
| 291 | 1131 | KATHERINE HUTCHINGS | 16 | F25-29 | 258 | 25:28 | 8:13 | 3:32 | 304 | 1:27:20 | 17.2 | 2:04 | 276 1: | 00:11 | 9:43 | 2:58:33 | |
| 292 | 1105 | LEIGH-ANNE TRAVERS | 17 | F30-34 | 253 | 25:23 | 8:12 | 3:43 | 317 | 1:30:32 | 16.6 | 3:14 | 241 | 55:48 | 9:00 | 2:58:38 | |
| 293 | 1157 | SUSUMU HASEGAWA | 1 | M70-74 | 215 | 23:49 | 7:41 | 1:46 | 330 | 1:35:24 | 15.7 | 1:51 | 244 | 56:07 | 9:04 | 2:58:55 | |
| 294 | 1128 | ALEXIS STRONG | 17 | F25-29 | 313 | 27:23 | 8:50 | 2:21 | 299 | 1:26:20 | 17.4 | 2:13 | 283 1: | 01:01 | 9:51 | 2:59:16 | |
| 295 | 1062 | STACEY BORQUEZ | 12 | F35-39 | 315 | 27:33 | 8:54 | 2:28 | 287 | 1:24:10 | 17.8 | 2:40 | 296 1: | 03:14 | 10:12 | 3:00:04 | |
| 296 | 1048 | JENNIFER THORN | 5 | F40-44 | 309 | 27:20 | 8:49 | 2:24 | 320 | 1:32:14 | 16.3 | 2:28 | 248 | 56:25 | 9:06 | 3:00:49 | |
| 297 | 1071 | KIMBERLY MITCHELL | 13 | F35-39 | 288 | 26:23 | 8:31 | 2:31 | 311 | 1:28:34 | 16.9 | 2:23 | 284 1: | 01:09 | 9:52 | 3:00:58 | |
| 298 | 1018 | MICHIKO HOSHINO | 4 | F55-59 | 317 | 27:35 | 8:54 | 2:18 | 324 | 1:32:51 | 16.2 | 2:12 | 245 | 56:08 | 9:04 | 3:01:02 | |
| 299 | 1426 | YUTA OMORI | 1 | M01-14 | 164 | 22:03 | 7:07 | 1:19 | 342 | 1:45:38 | 14.2 | 1:28 | 195 | 51:06 | 8:15 | 3:01:33 | |
| 300 | 1085 | ALEXANDRA SOROTA | 18 | F30-34 | 276 | 26:00 | 8:24 | 3:46 | 312 | 1:29:23 | 16.8 | 2:48 | 272 | 59:52 | 9:40 | 3:01:48 | |
| 301 | 1095 | JAMIE RIGGS-NAGY | 19 | F30-34 | 337 | 30:48 | | | | | | | | | | | |

Honolulu Triathlon
Sunday, 17 May 2009 6:00 a.m. Start
Island of Oahu
5K Run, 40K Bike, 10K Run

| Place | No. | Name | Div | Div | Rank | Run1 | Pace | TRANS | Rank | Bike | MPH | TRANS | Rank | Run | Pace | Time | Penalty |
|-------|------|--------------------|-----|--------|------|-------|-------|-------|------|---------|-------|---------|--------|-------|-------|---------|---------|
| 305 | 1127 | JULIENNE PACHECO | 19 | F25-29 | 282 | 26:14 | 8:28 | 2:05 | 278 | 1:23:12 | 18.0 | 2:03 | 328 1: | 10:01 | 11:18 | 3:03:33 | |
| 306 | 1134 | MOLLY SUTHERLAND | 20 | F25-29 | 319 | 27:51 | 8:59 | 1:36 | 318 | 1:31:37 | 16.4 | 1:57 | 277 1: | 00:36 | 9:47 | 3:03:36 | |
| 307 | 1087 | MELANIE RICHARDSON | 20 | F30-34 | 243 | 25:13 | 8:09 | 2:55 | 322 | 1:32:33 | 16.2 | 2:13 | 282 1: | 00:58 | 9:50 | 3:03:51 | |
| 308 | 1074 | KERI PANG | 14 | F35-39 | 311 | 27:22 | 8:50 | 2:53 | 279 | 1:23:12 | 18.0 | 3:26 | 319 1: | 08:04 | 10:59 | 3:04:56 | |
| 309 | 1036 | TYRA WAIPA | 5 | F45-49 | 305 | 27:16 | 8:48 | 3:01 | 280 | 1:23:14 | 18.0 | 3:24 | 317 1: | 08:03 | 10:59 | 3:04:56 | |
| 310 | 1255 | SATOSHI HARA | 54 | M40-44 | 190 | 23:00 | 7:26 | 2:56 | 275 | 1:22:33 | 18.2 | 3:06 | 333 1: | 12:24 | 11:41 | 3:05:57 | 2:00 |
| 311 | 1413 | JONATHAN SOCKELL | 11 | M25-29 | 280 | 26:04 | 8:25 | 3:44 | 315 | 1:30:04 | 16.7 | 2:20 | 305 1: | 04:41 | 10:26 | 3:06:52 | |
| 312 | 1110 | CARISSA FRISBIE | 21 | F25-29 | 283 | 26:16 | 8:29 | 2:05 | 319 | 1:31:50 | 16.3 | 2:57 | 300 1: | 03:53 | 10:19 | 3:06:57 | |
| 313 | 1452 | MAYU GAMO | 22 | F25-29 | 237 | 25:05 | 8:06 | 2:01 | 332 | 1:36:46 | 15.5 | 1:50 | 288 1: | 01:32 | 9:56 | 3:07:12 | |
| 314 | 1066 | TAMMY ENGLISH | 15 | F35-39 | 251 | 25:21 | 8:11 | 2:47 | 306 | 1:28:16 | 17.0 | 3:15 | 318 1: | 08:03 | 10:59 | 3:07:41 | |
| 315 | 1088 | LISA BRIN | 21 | F30-34 | 316 | 27:34 | 8:54 | 2:31 | 327 | 1:34:13 | 15.9 | 2:06 | 289 1: | 02:07 | 10:01 | 3:08:29 | |
| 316 | 1347 | DANA WIELINS | 6 | Clydsd | 219 | 23:59 | 7:44 | 2:38 | 251 | 1:19:44 | 18.8 | 2:53 | 341 1: | 19:32 | 12:50 | 3:08:44 | |
| 317 | 1407 | LANCE MUNSELLE | 12 | M25-29 | 260 | 25:30 | 8:14 | 1:53 | 163 | 1:13:17 | 20.5 | 3:38 | 343 1: | 24:34 | 13:39 | 3:08:50 | |
| 318 | 1461 | BETSY NOONAN | 6 | F45-49 | 293 | 26:38 | 8:36 | 5:44 | 307 | 1:28:17 | 17.0 | 3:39 | 308 1: | 04:50 | 10:28 | 3:09:06 | |
| 319 | 1064 | ROBIN BROOKE | 16 | F35-39 | 332 | 29:52 | 9:38 | 3:41 | 313 | 1:29:41 | 16.7 | 2:48 | 299 1: | 03:38 | 10:16 | 3:09:38 | |
| 320 | 1129 | KATHRYN LEE | 23 | F25-29 | 269 | 25:43 | 8:18 | 3:27 | 328 | 1:35:02 | 15.8 | 3:18 | 291 1: | 02:12 | 10:02 | 3:09:40 | |
| 321 | 1484 | KOJI KIKURA | 35 | M30-34 | 198 | 23:25 | 7:33 | 2:21 | 343 | 1:47:57 | 13.9 | 2:46 | 226 | 53:53 | 8:42 | 3:10:20 | |
| 322 | 1190 | ROGER MENDEZ | 17 | M50-54 | 284 | 26:17 | 8:29 | 4:55 | 298 | 1:26:10 | 17.4 | 5:08 | 316 1: | 07:56 | 10:58 | 3:10:25 | |
| 323 | 1152 | DORI HUTCHINGS | 22 | F30-34 | 257 | 25:27 | 8:13 | 3:42 | 316 | 1:30:18 | 16.6 | 3:05 | 321 1: | 08:16 | 11:01 | 3:10:46 | |
| 324 | 1132 | KELLY ANSALDO | 24 | F25-29 | 334 | 30:31 | 9:51 | 2:14 | 297 | 1:26:07 | 17.4 | 2:01 | 326 1: | 09:57 | 11:17 | 3:10:49 | |
| 325 | 1102 | ALLISON SOON | 23 | F30-34 | 294 | 26:41 | 8:37 | 2:50 | 326 | 1:33:08 | 16.1 | 2:30 | 315 1: | 07:53 | 10:57 | 3:13:01 | |
| 326 | 1142 | JANICE LESKO | 5 | F20-24 | 338 | 31:31 | 10:10 | 2:37 | 308 | 1:28:29 | 17.0 | 2:14 | 323 1: | 08:18 | 11:01 | 3:13:08 | |
| 327 | 1098 | KATHRYN HENDRIX | 24 | F30-34 | 339 | 31:33 | 10:11 | 3:16 | 323 | 1:32:34 | 16.2 | 3:06 | 306 1: | 04:43 | 10:27 | 3:15:11 | |
| 328 | 1101 | PRISCILLA DRISCOLL | 25 | F30-34 | 341 | 32:55 | 10:37 | 1:46 | 274 | 1:22:18 | 18.2 | 4:01 | 338 1: | 14:46 | 12:04 | 3:15:44 | |
| 329 | 1145 | LYNDSAY FISHER | 6 | F20-24 | 302 | 27:10 | 8:46 | 3:55 | 325 | 1:33:00 | 16.1 | 4:08 | 327 1: | 09:57 | 11:17 | 3:18:09 | |
| 330 | 1097 | ELIZABETH FORST | 26 | F30-34 | 333 | 30:22 | 9:48 | 3:43 | 314 | 1:30:01 | 16.7 | 2:31 | 331 1: | 11:52 | 11:36 | 3:18:28 | |
| 331 | 1035 | TRUDIE RANSOM | 7 | F45-49 | 335 | 30:32 | 9:51 | 3:22 | 305 | 1:28:08 | 17.0 | 2:52 | 339 1: | 15:35 | 12:12 | 3:20:28 | |
| 332 | 1051 | MONICA BLUT | 6 | F40-44 | 329 | 29:33 | 9:32 | 1:44 | 341 | 1:45:28 | 14.2 | 3:38 | 278 1: | 00:43 | 9:48 | 3:21:05 | |
| 333 | 1012 | LINDA BROWNHOLTZ | 1 | F60-64 | 346 | 37:49 | 12:12 | 4:17 | 335 | 1:38:57 | 15.2 | 5:14 | 240 | 55:33 | 8:58 | 3:21:49 | |
| 334 | 1154 | NAOHIRO OTANI | 2 | M70-74 | 345 | 37:31 | 12:06 | 2:31 | 291 | 1:25:10 | 17.6 | 4:10 | 337 1: | 14:00 | 11:57 | 3:23:20 | |
| 335 | 1148 | HAYLEY OLDHAM | 7 | F20-24 | 325 | 28:29 | 9:12 | 3:44 | 340 | 1:43:21 | 14.5 | 3:02 | 320 1: | 08:12 | 11:00 | 3:26:45 | |
| 336 | 1141 | LESLIE OSTERLOH | 8 | F20-24 | 183 | 22:47 | 7:21 | 1:36 | 346 | 2:03:30 | 12.1 | 1:31 | 258 | 57:47 | 9:20 | 3:27:09 | |
| 337 | 1330 | HIROKI KOBAYASHI | 42 | M35-39 | 336 | 30:35 | 9:52 | 4:17 | 334 | 1:37:44 | 15.3 | 3:22 | 334 1: | 12:29 | 11:42 | 3:28:26 | |
| 338 | 1054 | ATSUKO KOBAYASHI | 7 | F40-44 | 340 | 32:06 | 10:22 | 2:53 | 333 | 1:37:35 | 15.4 | 3:23 | 335 1: | 12:30 | 11:42 | 3:28:26 | |
| 339 | 1114 | MICHELE MCTAVISH | 25 | F25-29 | 343 | 33:52 | 10:56 | 2:24 | 336 | 1:38:57 | 15.2 | 2:27 | 330 1: | 11:51 | 11:36 | 3:29:29 | |
| 340 | 1457 | ELEANOR KITAGAWA | 1 | F70-74 | 344 | 35:17 | 11:23 | 2:13 | 338 | 1:40:48 | 14.9 | 2:06 | 324 1: | 09:19 | 11:11 | 3:29:41 | |
| 341 | 1417 | TAISHI SAWADA | 4 | M20-24 | 229 | 24:31 | 7:55 | 2:23 | 344 | 1:49:34 | 13.7 | 1:58 | 336 1: | 13:41 | 11:53 | 3:32:05 | |
| 342 | 1049 | KARLA BECKER | 8 | F40-44 | 330 | 29:36 | 9:33 | 3:35 | 337 | 1:39:31 | 15.1 | 2:52 | 340 1: | 16:57 | 12:25 | 3:32:30 | |
| 343 | 1068 | SHANNON BURKEY | 17 | F35-39 | 342 | 33:04 | 10:40 | 3:30 | 331 | 1:36:20 | 15.6 | 3:40 | 342 1: | 19:32 | 12:50 | 3:36:04 | |
| 344 | 1086 | NEEVA LEMMEL-DUERR | 27 | F30-34 | 291 | 26:32 | 8:34 | 2:02 | 329 | 1:35:03 | 15.8 | 5:57 | | | | | |
| 345 | 1014 | ELETAH ELASH | 5 | F55-59 | 324 | 28:25 | 9:10 | 1:53 | 345 | 1:57:58 | 12.7 | 8:11 | | | | | |
| 346 | 1238 | MINORU HATAKEYAMA | 55 | M40-44 | 331 | 29:37 | 9:34 | 2:23 | 1 | 1:31 | 989.0 | 1:53:24 | | | | | |

Honolulu Triathlon
Sunday, 18 May 2008 6:00 a.m. Start
Island of Oahu
5K Run, 40K Bike, 10K Run
Team Listing

TEAM RESULTS

| Place | NO. | NAME | DIV | PLC | Run1 | PACE | T-1 | PLC | BIKE | MPH | T-2 | PLC | RUN | PACE | TIME | Penalty |
|-------|------|---|---------|-----|-------|-------|------|-----|---------|------|------|-----|---------|-------|---------|---------|
| 1 | 1439 | CHET THE JET BLANTON KEVIN ENRIQUE ANDREW TAYLOR | R-MALE | 1 | 14:54 | 9:56 | 0:51 | 2 | 1:07:12 | 11.2 | 0:52 | 1 | 29:58 | 9:40 | 1:53:45 | |
| 2 | 1378 | WILLIAM FRIAR MIKE BOSACK | R-MALE | 2 | 17:57 | 11:58 | 0:53 | 1 | 1:00:56 | 12.3 | 0:51 | 3 | 40:39 | 13:07 | 2:01:14 | |
| 3 | 1446 | MATTHEW STANK RYAN POTE MIKE IWASHITA | R-MALE | 4 | 19:21 | 12:54 | 1:02 | 9 | 1:18:10 | 9.6 | 0:46 | 2 | 36:15 | 11:42 | 2:15:32 | |
| 4 | 1434 | KIM FONG JULIE DOHENEY JULIE DOHENEY | R-FEMAL | 3 | 18:59 | 12:39 | 0:56 | 7 | 1:13:29 | 10.2 | 0:54 | 4 | 41:23 | 13:21 | 2:15:38 | |
| 5 | 1441 | MICHAEL HAHN NAOKI YAMAGAM YUTAKA CHINO | R-MALE | 11 | 28:08 | 18:46 | 1:07 | 3 | 1:09:34 | 10.8 | 0:50 | 5 | 44:32 | 14:22 | 2:24:09 | |
| 6 | 1007 | KENNETH KIDD VERA PRICE MICHAEL BAUMA | R-MIXED | 7 | 22:10 | 14:47 | 0:57 | 5 | 1:11:10 | 10.5 | 1:13 | 8 | 53:04 | 17:07 | 2:28:33 | |
| 7 | 1444 | DAISEI ABE SHUGO KAMEMOT KYOKO YAMANAK | R-MALE | 9 | 24:03 | 16:02 | 1:14 | 8 | 1:17:51 | 9.6 | 1:00 | 7 | 51:08 | 16:30 | 2:35:14 | |
| 8 | 1006 | ANDREW TROZZI SHIRLEE TROZZ | R-MIXED | 10 | 26:32 | 17:42 | 1:16 | 6 | 1:13:06 | 10.3 | 1:12 | 11 | 1:00:18 | 19:27 | 2:42:21 | |
| 9 | 1445 | JOEL CANTOR RAMY MALATY TONY CANTAFIO | R-MALE | 5 | 19:42 | 13:08 | 1:05 | 10 | 1:26:50 | 8.6 | 1:10 | 10 | 59:08 | 19:05 | 2:47:54 | |
| 10 | 1437 | JILLIAN BARBER DARCY GARD | R-FEMAL | 6 | 20:50 | 13:54 | 1:01 | 12 | 1:41:49 | 7.4 | 0:58 | 6 | 47:58 | 15:29 | 2:52:35 | |
| 11 | 1432 | CHRISTINE LAWSON NICOLE SILVER DIANE SWEENEY | R-FEMAL | 12 | 31:48 | 21:12 | 1:21 | 11 | 1:29:15 | 8.4 | 1:19 | 9 | 57:57 | 18:42 | 3:01:37 | |
| 12 | 1442 | LOREN PENNEY DANA MUELLER CHARLES PIETE | R-MALE | 8 | 23:11 | 15:27 | 1:11 | 4 | 1:09:48 | 10.7 | 0:51 | | | | | 2:00 |