

**Kathy Zeiler's Race Results**  
Last Updated June 2011

S = SWIM (pace in avg. min/100m)  
B = BIKE (pace in avg. mph)  
R = RUN (pace in avg. min/mile)

| EVENT   | DATE     | LEG 1    |          |           |                                | LEG 2    |          |           |                                    | LEG 3   |         |      |                                 | OVERALL TIME | AGE GRP PLACE              | GENDER PLACE        | OVERALL PLACE       |
|---|----------|----------|----------|-----------|--------------------------------|----------|----------|-----------|------------------------------------|---------|---------|------|---------------------------------|--------------|----------------------------|---------------------|---------------------|
|   |          | DIST.    | TIME     | PACE      | PLACE                          | DIST.    | TIME     | PACE      | PLACE                              | DIST.   | TIME    | PACE | PLACE                           |              |                            |                     |                     |
| <b>2011</b>                                       |          |          |          |           |                                |          |          |           |                                    |         |         |      |                                 |              |                            |                     |                     |
| Ford Ironman Louisville (Kona qualifier)          | Aug 11   | 2.4m S   |          |           |                                | 112m B   |          |           |                                    | 26.2m R |         |      |                                 |              |                            |                     |                     |
| Amica Ironman 70.3 RI (Kona qualifier)            | July 11  | 1.2m S   |          |           |                                | 56m B    |          |           |                                    | 13.1m R |         |      |                                 |              |                            |                     |                     |
| Rev 3 Quassy Olympic Dist. Triathlon              | June 11  | 0.9m S   | 0:25:49  | 1:46/100m | 1/44 (F40-44)<br>23/196 female | 25.7m B  | 1:20:44  | 19.0mph   | 2/44 (F40-44)<br>16/196 female     | 6.2m R  | 0:49:53 | 8:02 | 2/44 (F40-44)<br>19/196 F       | 22:41:27     | 2/44 (1%)                  | 19/196 (10%)        |                     |
| Boston Marathon (PR)                              | April 11 | 26.2m R  | 3:30:47  | 8:02      | 208/1844<br>(F40-44)           |          |          |           |                                    |         |         |      |                                 | 3:30:47      | 208/1844<br>F40-44 (11%)   | 1484/10285<br>(14%) | 7910/24349<br>(32%) |
| National Half Marathon                            | March 11 | 13.1m R  | 1:41:07  | 7:43      | 11/506 (F40-44)                |          |          |           |                                    |         |         |      |                                 | 1:41:07      | 11/506<br>F40-44 (2%)      | 218/5213 (4%)       | 996/9299<br>(11%)   |
| <b>2010</b>                                       |          |          |          |           |                                |          |          |           |                                    |         |         |      |                                 |              |                            |                     |                     |
| Somerville Jingle Bell Run 5K                     | Dec 10   | 3.1m R   | 22:28    | 7:14      | 5/337<br>(F40-49)              |          |          |           |                                    |         |         |      |                                 | 22:28        | 5/337 (1%)                 |                     | 353/4718 (7%)       |
| Gobble Gobble Gobble 4-miler (Somerville)         | Nov 10   | 4 m R    | 29:39    | 7:25      | 3/192<br>(F40-49)              |          |          |           |                                    |         |         |      |                                 | 29:39        | 3/192 F40-49 (2%)          | 64/1255 (5%)        | 289/2278 (13%)      |
| Hartford Marathon (QUALIFIED FOR BOSTON)          | Oct 10   | 26.2m R  | 3:41:18  | 8:27      |                                |          |          |           |                                    |         |         |      |                                 | 3:41:18      | 13/155 (8%)                |                     | 440/2267 (19%)      |
| Charlie Baker Time Trial                          | Aug 10   | 9.75m B  | 25:06    | 23.3mph   |                                |          |          |           |                                    |         |         |      |                                 |              |                            |                     |                     |
| Charlie Baker Time Trial                          | Aug 10   | 9.75m B  | 25:39    | 22.8mph   |                                |          |          |           |                                    |         |         |      |                                 |              |                            |                     |                     |
| Charlie Baker Time Trial                          | Aug 10   | 9.75m B  | 25:51    | 22.6mph   |                                |          |          |           |                                    |         |         |      |                                 |              |                            |                     |                     |
| Ford Couer d'Alene Ironman (Kona qualifier)       | June 10  | 2.4m S   | 1:13:17  | 1:56/100m | 24/118<br>(F40-44)             | 112m B   | 5:55:30  | 18.9mph   | 13/118<br>(F40-44)                 | 26.2m R | 4:16:04 | 9:47 | 16/118<br>(F40-44)              | 11:34:53     | 17/118 (15%)               |                     | 445/2265 (20%)      |
| Williamsburg Half Marathon                        | Feb 10   | 13.1m R  | 1:43:07  | 7:50      |                                |          |          |           |                                    |         |         |      |                                 | 1:43:07      | 3rd ( F40+)                |                     | 189/678 (28%)       |
| <b>2009</b>                                       |          |          |          |           |                                |          |          |           |                                    |         |         |      |                                 |              |                            |                     |                     |
| Ford Ironman Louisville (QUALIFIED FOR KONA - PR) | Aug 09   | 2.4m S   | 1:15:09  | 1:57/100m | 15/128<br>(F40-44)             | 112m B   | 5:43:34  | 19.56mph  | 7/128<br>(F40-44)                  | 26.2m R | 3:44:24 | 8:34 | 3/128<br>(F40-44)               | 10:55:22     | 3/128 (2%)                 | 37/660 (6%)         | 271/2388 (11%)      |
| Amica Ironman 70.3 RI (Kona qualifier)            | July 09  | 1.2m S   | 32:42:00 | 1:43/100m | 414/1598 OA                    | 56m B    | 2:47:30  | 20.06mph  | 483/1598 OA                        | 13.1m R | 1:54:14 | 8:43 | 440/1598 OA                     | 5:19:55      | 13/71 (18%)                | 93/483 (19%)        | 440/1598 (28%)      |
| US Coast Guard MWR Duathlon 09                    | May 09   | 2 m R    | 14:30    | 7:15      | 4/18                           | 12 m B   | 34:51:00 | 21.95 mph | 2/18                               | 2 m R   | 15:04   | 7:32 | 4/18                            | 1:06:55      | 3/18 (17%)                 | 6                   | 59/264 (22%)        |
| Boston Marathon (PR)                              | April 09 | 26.2m R  | 3:30:54  | 8:03      | 1037/5093 (F18-39)             |          |          |           |                                    |         |         |      |                                 | 3:30:54      | 1037/5023 (21%)<br>F 18-39 | 1304/9302<br>(14%)  | 7550/22849<br>(33%) |
| National Half Marathon (PR)                       | March 09 | 13.1m R  | 1:40:16  | 7:39      | 19/320                         |          |          |           |                                    |         |         |      |                                 | 1:40:16      | 19/320 (6%)                | 110/2281 (5%)       | 492/4151 (12%)      |
| Hynes Road Race (Lowell, MA)                      | March 09 | 5m R     | 37:00    | 7:24      | 3/118 AG                       |          |          |           |                                    |         |         |      |                                 | 37:00        | 3/118 (3%)                 | 17/336 (5%)         | 116/787 (15%)       |
| <b>2008</b>                                       |          |          |          |           |                                |          |          |           |                                    |         |         |      |                                 |              |                            |                     |                     |
| Somerville Jingle Bell Run 5K                     | Dec 08   | 3.1m R   | 22:22    | 7:12      | 23/627 AG                      |          |          |           |                                    |         |         |      |                                 | 22:22        | 23/627 (4%)                |                     | 315/3181 (10%)      |
| Gobble Gobble Gobble 4-miler (Somerville)         | Nov 08   | 4m R     | 28:37    | 7:10      | 16/445 AG                      |          |          |           |                                    |         |         |      |                                 | 28:37        | 16/445 (4%)                |                     | 232/2071 (12%)      |
| Vineman Ironman (official)                        | Aug 08   | 2.4m S   | 1:03:52  | 1:39/100m | 4/24 AG 18/109<br>F 69/380 OA  | 112m B   | 6:59:11  |           | 11/24 AG<br>34/109 F<br>214/380 OA | 26.2m R | 4:19:04 | 9:53 | 2/24 AG<br>4/109 F<br>29/380 OA | 12:37:50     | 5/24 (21%)                 | 12/109 (11%)        | 80/380 (21%)        |
| Vineman Ironman minus time for 3 flat tires       |          |          |          |           |                                |          | 6:15:42  | 17.9mph   | 8/109 F<br>102/380 OA              |         |         |      |                                 | 11:54:21     | 2/24                       | 6/109               | 41/380              |
| Patriot Half Ironman (PR)                         | July 08  | 1.2m S   | 32:46    | 1:41/100m | 36/343                         | 58.6m B  | 2:46:56  | 21mph     | 55/343                             | 13.1m R | 1:49:42 | 8:22 | 89/343                          | 5:13:31      | 1/18                       | 4                   | 56/343              |
| Mooseman Olympic Distance Tri                     | June 08  | 0.6m S   | 16:16    | 1:41/100m | 108/730                        | 27.25m B | 1:19:52  | 20.5mph   | 99/730                             | 6.2m R  | 47:11   | 7:36 | 191/730                         | 2:26:53      | 8/69                       | 22/322              | 117/730             |
| Hopkinton Sprint Tri                              | May 08   | 0.25m S  | 9:14     | 2:19/100m | 44/231                         | 11.8m B  | 36:04    | 19.7mph   | 30/231                             | 3.1m R  | 20:33   | 6:38 | 59/231                          | 1:09:12      | 2/17                       | 4                   | 46/231              |
| Hyannis Marathon (QUALIFIED FOR BOSTON)           | Feb 08   | 26.2 m R | 3:44:07  | 8:33      | 10/22 AG                       |          |          |           |                                    |         |         |      |                                 | 3:44:07      |                            |                     |                     |
| <b>2007</b>                                       |          |          |          |           |                                |          |          |           |                                    |         |         |      |                                 |              |                            |                     |                     |
| Twin Cities 10 Mile                               | Oct 07   | 10m R    |          |           |                                |          |          |           |                                    |         |         |      |                                 | 2:00:00      | paced friend               |                     |                     |
| Timberman Half Ironman                            | Aug 07   | 1.2m S   | 35:23    | 1:50/100m | 13/106 AG<br>(313/1461)        | 56m B    | 2:54:37  | 19.2mph   | 12/106 AG<br>(525/1461)            | 13.1m R | 1:52:02 | 8:34 | 21/106 AG<br>(493/1461)         | 5:29:18      | 14/106 (f 35-39)           | 77/475              | 461/1461            |
| Massachusetts State Tri (olympic)                 | July 07  | 0.9m S   | 20:15    | 1:21/100m | 24/129                         | 13m B    | 40:41    | 19.5mph   | 21/129                             | 6.2m R  | 45:37   | 7:22 | 48/129                          | 1:50:49      | 1/9 (f 35-39)              | 5                   | 26/129              |
| Hyannis Sprint Triathlon                          | June 07  | 0.25m S  | 6:58     | 1:45/100m | 236/696                        | 10m B    | 29:04    | 20.6mph   | 125/696                            | 3.5m R  | 27:29   | 7:51 | 201/696                         | 1:08:08      | 5/52 (f 35-39)             |                     | 148/696             |
| Hopkinton Sprint Duathlon                         | May 07   | 2m R     | 14:23    | 7:12      | 34/79                          | 12.1m B  | 40:59    | 17.7mph   | 33/79                              | 3m R    | 23:33   | 7:51 | 36/79                           | 1:20:19      | 2/4 (f 35-39)              | 7/33                | 32/79               |
| <b>2006</b>                                       |          |          |          |           |                                |          |          |           |                                    |         |         |      |                                 |              |                            |                     |                     |
| Baltimore Half Marathon                           | Oct 06   | 13.1m R  | 2:27:09  | 11:14     |                                |          |          |           |                                    |         |         |      |                                 | 2:27:09      | paced friend               |                     |                     |
| New York Biathlon                                 | Sept 06  | 2m R     | 16:16    | 8:08      | 83/258                         | 12m B    | 39:09    | 18.5mph   | 60/258                             | 2m R    | 16:51   | 8:26 | 73/258                          | 1:12:16      | 2/17 (f 35-39)             | 7/78                | 68/258              |

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| EVENT                                   | DATE     | LEG 1    |          |           |          | LEG 2   |         |          |          | LEG 3   |          |       |          | OVERALL TIME | AGE GRP PLACE    | GENDER PLACE | OVERALL PLACE |
|---|----------|----------|----------|-----------|----------|---------|---------|----------|----------|---------|----------|-------|----------|--------------|------------------|--------------|---------------|
|   |          | DIST.    | TIME     | PACE      | PLACE    | DIST.   | TIME    | PACE     | PLACE    | DIST.   | TIME     | PACE  | PLACE    |              |                  |              |               |
| NewYork City Triathlon (olympic)        | July 06  | 0.93m S  | 19:33    | 1:18/100m | 28/139   | 40K B   | 1:21:45 | 17.4mph  | 20/139   | 6.2m R  | 51:03    | 8:14  | 36/139   | 2:41:28      | 24/139 (f 35-39) |              |               |
| Cherry Blossom 10-miler                 | April 06 | 10m R    | 1:22:21  | 8:14      |          |         |         |          |          |         |          |       |          | 1:22:21      |                  | 519/4077     |               |
| <b>2005</b>                             |          |          |          |           |          |         |         |          |          |         |          |       |          |              |                  |              |               |
| Chicago Marathon                        | Oct 05   | 26.2m R  | 4:54:00  |           |          |         |         |          |          |         |          |       |          | 4:54:00      | paced friend     |              |               |
| Culpepper Sprint Triathlon              | Aug 05   | 0.47m S  | 12:47    | 1:41/100m | 115/427  | 17m B   | 54:25   | 18.7 mph | 144/427  | 3.1m R  | 24:54    | 8:02  | 200/427  | 1:36:02      |                  |              | 147/427       |
| Philidelphia Triathlon (olympic)        | June 05  | 0.93m S  | 27:24    |           | 344/1003 | 24m B   | 1:19:43 | 18.7 mph | 406/1003 | 6.2m R  | 56:11    | 9:03  | 462/1003 | 2:48:55      | 14/35 (f 35-39)  | 62/261       | 379/1003      |
| Sallie Mae 10K                          | April 05 | 6.2m R   |          |           |          |         |         |          |          |         |          |       |          | 1:04:37      | paced friend     |              |               |
| Cherry Blossom 10-miler                 | April 05 | 10m R    | 1:49:02  | 10:54     |          |         |         |          |          |         |          |       |          | 1:49:02      | paced friend     |              |               |
| <b>2004</b>                             |          |          |          |           |          |         |         |          |          |         |          |       |          |              |                  |              |               |
| Duke Liver Center Half Ironman          | Sept 04  | 1.2m S   | 45:16    |           | 35/115   | 56m B   | 3:32:29 | 15.8 mph | 93/115   | 13.1m R | 2:20:23  | 10:41 | 72/115   | 6:47:07      |                  |              | 76/115        |
| Cherry Blossom 10-Miler                 | April 04 | 10m R    | 1:29:23  | 8:56      |          |         |         |          |          |         |          |       |          | 1:29:23      |                  |              |               |
| Danskin Chicagoland Triathlon (sprint)  | 04       | 0.5m S   | 8:44     |           | 1/503    | 12.4m B | 35:44   | 20.8 mph | 83/503   | 3.1m R  | 23:59    | 7:44  | 94/503   | 1:12:39      | 4/503 (f 35-39)  | 15/2981      | 15/2981       |
| <b>2003</b>                             |          |          |          |           |          |         |         |          |          |         |          |       |          |              |                  |              |               |
| NYC Marathon                            | Nov 03   | 26.2 m R | 5:30:19  |           |          |         |         |          |          |         |          |       |          | 5:30:19      | paced friend     |              |               |
| <b>2002</b>                             |          |          |          |           |          |         |         |          |          |         |          |       |          |              |                  |              |               |
| Bonelli Park Sprint Triathlon           | May 02   |          |          |           |          |         |         |          |          |         |          |       |          |              |                  |              |               |
| Camp Pendelton Duathlon                 | Apr 02   | 5K R     | 25:24:00 | 8:12      |          | 19 m B  | 1:02:00 | 18.4 mph |          | 5K R    | 29:14:00 | 9:26  |          |              |                  |              |               |
| <b>2001</b>                             |          |          |          |           |          |         |         |          |          |         |          |       |          |              |                  |              |               |
| LA Tri Series #2, San Dimas (sprint)    | May 01   | 500y S   |          |           |          | 14m B   |         |          |          | 2m R    |          |       |          | 1:15:00      | 8 (f 30-34)      |              |               |
| City of Los Angeles Triathlon (olympic) | Sept 01  | 0.93m S  | 31:35    |           | 1101     | 24m B   | 1:17    | 18.6mph  | 1212     | 6.2m R  | 55:34    | 8:58  | 1185     | 2:48:00      | 41 (f 30-34)     |              | 1117          |
| <b>1995</b>                             |          |          |          |           |          |         |         |          |          |         |          |       |          |              |                  |              |               |
| Los Angeles Marathon                    | 1995     |          |          |           |          |         |         |          |          | 26.2m R | 4:20     |       |          | 4:20:00      |                  |              |               |