

### Jeff Geloneck's 2010 Race Results

Event	Date	Total Time	Distance	AG Place	Comments
Gateway to the Bay Triathlon Festival	4/10/2010	2:40:25	Olympic	5	Super tough swim and cramped in the water and on way to T1
Silverlake Sprint Triathlon	5/16/2010	0:57:34	Sprint	3	6:36min/mi run best run split ever
Kona Eastside Triathlon-Super Sprint	5/23/2010	0:51:44	Sprint	1	No competition not even a good race
Sylvan Beach Triathlon	6/13/2010	1:48:55	Mix	3	
Bridgeland Triathlon	8/8/2010	1:13:42	Sprint	9	Broke 22mph avg for first time in race
The Austin Triathlon	9/5/2010	2:28:35	Olympic	27	Best Oly to date, 1:54 pace swim, 21mph, 7:09 run
Houston Triathlon	9/26/2010	2:42:07	Olympic	17	Raced after being injured and still not right
Ironman 70.3 Austin	10/17/2010	5:50:27	70.3	130	Same as houston not prepared b/c of injuries and still injured