

**2023 TRI-FITNESS WORLD CHALLENGE XXVI  
RESULTS**

**TRI-FITNESS OVERALL - GP, ROUTINE, OC, TG, SKILLS (Women)**

- 1 Suzy Perdomo, Florida
- 2 Misti Flomer, Alabama
- 3 Erin Miller, Florida
- 4 Meredith Butulis, Florida
- 5 Whitney Damianidis, Virginia
- 6 Liva Rivera, Florida
- 7 Sandy Crespo, Florida
- 8 Christy Beasley, Alabama

**TRI-FITNESS OPTIONAL - GP, OC, TG, SKILLS (Women)**

- 1 Suzy Perdomo, Florida
- 2 Kelly Stout, Pennsylvania
- 3 Ronshende Whittington, Maryland
- 4 Misti Flomer, Alabama
- 5 Amy Lyn, Florida
- 6 Jen Mo Fontana, Florida
- 7 Erin Miller, Florida
- 7 Lauren Chadwick-Sonnen, Florida
- 8 Whitney Damianidis, Virginia
- 9 Summer Lanier, Alabama
- 10 Sidney Jones, South Carolina

**TRI-FITNESS - OC, TG, SKILLS (Women)**

- 1 Melissa Goodrich, Florida
- 2 Suzy Perdomo, Florida
- 3 Kelly Stout, Pennsylvania
- 4 Ronshende Whittington, Maryland
- 5 Misti Flomer, Alabama
- 6 Jen Mo Fontana, Florida
- 7 Erin Miller, Florida
- 8 Lauren Chadwick-Sonnen, Florida
- 8 Amy Lyn, Florida
- 9 Jackie Callaway, Florida
- 9 Toni Couture, NC
- 10 Summer Lanier, Alabama

**TRI-FITNESS - OC, TG, SKILLS (MEN)**

- 1 Dakota Colangelo, Florida
- 2 Noah Houck, Florida
- 3 Robby Holsopple, Florida
- 4 Shane Beasley, Florida
- 5 Atillio Leonard, Hawaii

## GRACE & PHYSIQUE

1	Tina Davis, Georgia
2	Amy Lyn, Florida
3	Suzy Perdomo, Florida
4	Andrea Dodd, Alabama
5	Whitney Damianidis, Virginia
6	Sandy Crespo, Florida
7	Sidney Jones, Florida
8	Kelly Stout, Pennsylvania
9	Summer Lanier, Alabama
10	Ronshende Whittington, Maryland
11	Meredith Butulis, Florida
12	Misti Flomer, Alabama
13	Erin Miller, Florida
14	Adrienne Lally, Hawaii
15	Sharon Maloney, New Hampshire
16	Shannon Couture, Vermont
17	Jordyn Hayward, Virginia
18	Lauren Chadwick-Sonnen, Florida
19	Jen Mo Fontana, Florida
20	Tina Flanders, Texas

## FITNESS ROUTINES

1	Erin Miller, Florida
2	Adrienne Lally, Hawaii
3	Misti Flomer, Alabama
4	Meredith Butulis, Florida
5	Suzy Perdomo, Florida
6	Whitney Damianidis, Virginia
7	Liva Rivera, Florida
8	Christy Beasley, Alabama
9	Jennifer Batista, Colorado
10	Eirene Knott, Kansas
11	Sabrina Calixte, Florida
12	Sandy Crespo, Florida

## OBSTACLE COURSE (WOMEN)

1	Melissa Goodrich, Florida	53.81
2	Suzy Perdomo, Florida	56.12
3	Erin Miller, Florida	65.22
4	Jen Mo Fontana, Florida	67.53
5	Misti Flomer, Alabama	67.88
6	Kelly Stout, Pennsylvania	70.69
7	Ronshende Whittington, Maryland	71.47
8	Tina Davis, Georgia	72.22
9	Quinn Sonnen, Florida	73.78
10	Liva, Rivera, Florida	74.25

11	Lauren Chadwick-Sonnen	76.22
12	Summer Lanier, Alabama	79.43
13	Sidney Jones, South Carolina	79.69
14	Toni Couture, North Carolina	79.84
15	Amy Lyn, Florida	79.97
16	Jackie Callaway, Florida	81.03
17	Christina Spikowski	81.5
18	Sandy Crespo, Florida	83.75
19	Shannon Couture, Vermont	85
20	Sharon Maloney, New Hampshire	85.12

#### **OBSTACLE COURSE (MEN)**

1	Noah Houck, Florida	50.03
2	Dakota Colangelo, Florida	50.97
3	Robby Holsopple, Florida	52.25
4	Atilio Leonard, Hawaii	65.15
5	Shane Beasley, Alabama	66.96
6	Jared Goertzen, Alabama	70.44

#### **TRUE GRIT (WOMEN)**

1	Suzy Perdomo, Florida	99.56
2	Melissa Goodrich, Florida	104.34
3	Jen Mo Fontana, Florida	104.69
4	Kelly Stout, Pennsylvania	105.85
5	Misti Flomer, Alabama	106.21
6	Ronshende Whittington	109.72
7	Summer Lanier, Alabama	113.31
8	Sharon Maloney, New Hampshire	115.4
9	Erin Miller, Florida	116.88
10	Liva Rivera, Florida	117.15
11	Christina Spikowski, Florida	118.68
12	Lauren Chadwick-Sonnen	118.85
13	Amy Lyn, Florida	119.5
14	Jackie Callaway, Florida	120.94
15	Toni Couture, North Carolina	121.53
16	Christy Beasley, Alabama	122.53
17	Tomi Dinkins, South Carolina	124.13
18	Jordyn Hayward, Virginia	124.91
19	Shannon Couture, Vermont	124.94
20	Sandy Crespo, Florida	125.69

#### **TRUE GRIT (MEN)**

1	Dakota Colangelo, Florida	90.72
2	Noah Houck, Florida	97.22
3	Shane Beasley, Alabama	98.06
4	Robby Holsopple, Florida	99.34
5	Atilio Leonard, Hawaii	116.62

6	Stanley Adelson, Florida	127
7	Hans Ludgren, Maryland	143.06
8	Douglas Putt, Maryland	155.56

#### **FITNESS SKILLS (WOMEN)**

1	Melissa Goodrich, Florida	9.77
2	Ronshende Whittington, Maryland	9.67
3	Suzy Perdomo, Florida	9.57
4	Amy Lyn, Florida	9.3
5	Meredith Butulis, Florida	9.15
6	Whitney Damianidis, Virginia	9.12
7	Misti Flomer, Alabama	9.11
8	Lauen Chadwick-Sonnen, Florida	9.05
9	Jen Mo Fontana, Florida	8.8
10	Jackie Callaway, Florida	8.75
11	Toni Couture, North Carolina	8.72
12	Erin Miller, Florida	8.586
13	Sidney Jones, South Caoliina	8.583
14	Tina Flanders, Texas	8.53
15	Sandy Crespo, Florida	8.39
16	Tomi Dinkins, South Carolina	8.2
17	Shannon Couture, Vermont	8.19
18	Delaney Earl, Colorado	8.17
19	Summer Lanier, Alabama	8.09
20	Jordyn Hayward, Virginia	8.08

#### **FITNESS SKILLS (MEN)**

1	Jared Goertzen, Georgia	9.54
2	Shane Beasley, Alabama	9.37
3	Noah Houck, Florida	9.27
4	Robby Holsopple, Florida	9.25
5	Dakota Colangelo, Florida	9.15
6	Douglas Putt, Maryland	8.74
7	Atilio Leonard, Hawaii	8.63
8	Hans Lundgren, Maryland	7.73