

FEMALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Amanda Marshall	31	Omaha	NE	17:27	1:03:24	45:52	2:10:00

MALE OVERALL

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Ryan Long	31	Omaha	NE	13:13	45:51	38:20	1:38:59

FEMALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Sarah Voss	16	Des Moines	IA	18:39	1:11:03	53:19	2:25:44

MALE INDIVIDUAL AGE GROUP: 1 - 19

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Matt Haijsman	17	McClelland	IA	23:18	58:03	43:20	2:07:16

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Rachel Gallagher	26	Omaha	NE	20:38	1:10:30	57:29	2:34:08
2	Skyler Dewitt	29	Bellevue	NE	30:54	1:23:41	59:53	2:59:53

MALE INDIVIDUAL AGE GROUP: 25 - 29

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Chad Belt	25	Council Bluffs	IA	19:48	1:09:15	46:04	2:18:41
2	Michael Harper	28	Bellevue	CA	18:55	59:25	1:00:40	2:22:35
3	Danny Steffensmeie	29	Omaha	NE	19:25	1:08:39	52:43	2:26:42

FEMALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Stephanie Semple	33	Omaha	NE	20:06	1:02:27	47:15	2:13:53
2	Julie Fanshier	30	Omaha	NE	22:13	1:04:10	47:06	2:17:09
3	Melodie Buss	30	La Vitsa	NE	22:59	1:05:48	47:30	2:20:41

MALE INDIVIDUAL AGE GROUP: 30 - 34

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Caleb Smidt	31	Omaha	NE	16:05	49:10	38:23	1:46:02
2	Jeff Torson	30	Omaha	NE	18:32	50:55	42:18	1:55:12
3	Aaron Lightfoot	33	Papillion	NE	18:36	53:00	43:49	1:57:54

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Angie Zabawa	36	Lincoln	NE	22:24	56:41	50:18	2:12:51
2	Megan Becker	35	Council Bluffs	IA	17:29	1:01:39	1:06:59	2:31:25
3	Karol Dvorak-Kirby	38	Omaha	NE	22:00	1:08:47	1:04:44	2:42:17

MALE INDIVIDUAL AGE GROUP: 35 - 39

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Gerald Kubiak	38	Omaha	NE	14:41	48:34	36:37	1:41:43
2	Peter Ward	39	Papillion	NE	23:38	56:21	40:55	2:04:10
3	Seth Tracy	38	Elkhorn	NE	14:56	53:29	54:14	2:05:50

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Megan Berry Barlow	44	Weeping Water	NE	22:00	59:39	50:04	2:14:16
2	Molly Kroeker	42	Lincoln	NE	20:24	58:31	55:47	2:18:14
3	Kim Schwab	40	Omaha	NE	21:15	1:06:19	51:31	2:25:34

MALE INDIVIDUAL AGE GROUP: 40 - 44

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Rob Shradar	40	Bennington	NE	15:08	47:39	44:19	1:49:33
2	Brian Yueill	44	Omaha	NE	16:51	50:18	45:01	1:54:41
3	Brett Heimes	41	Omaha	NE	19:28	56:09	48:59	2:06:46

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Gina Samland	49	Omaha	NE	18:30	1:02:52	49:30	2:13:27
2	Tommora Shaw	46	Bellevue	NE	23:15	1:00:54	1:10:33	2:39:31
3	Marilyn Fife	48	Pacific Junction	IA	30:37	1:16:56	1:12:35	3:06:07

MALE INDIVIDUAL AGE GROUP: 45 - 49

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Jon Theobald	46	Elkhorn	NE	19:35	55:12	52:11	2:09:53
2	Mike Ward	48	Bellevue	NE	21:31	1:04:57	57:37	2:27:46
3	Mark Genereux	49	Council Bluffs	IA	22:10	1:03:14	58:43	2:29:00

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Anne Day	51	Omaha	NE	23:19	1:02:44	55:29	2:24:50
2	Sally Grandick	51	Council Bluffs	IA	23:44	1:17:37	1:16:33	3:02:14
3	Michele Rooney	54	Omaha	NE	25:38	1:20:47	1:30:30	3:22:25

MALE INDIVIDUAL AGE GROUP: 50 - 54

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	John Marsh	54	Kearney	NE	16:46	48:48	44:00	1:51:28
2	Jim Rogers	51	Omaha	NE	15:01	52:05	46:15	1:55:49
3	Mark Odell	51	Omaha	NE	15:40	52:24	50:52	2:01:24

MALE INDIVIDUAL AGE GROUP: 55 - 59

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Lincoln Murdoch	56	Omaha	NE	14:57	47:41	48:54	1:53:09
2	Michael Schreiber	57	Omaha	NE	21:06	52:37	57:32	2:14:28
3	Paul Knott	56	Council Bluffs	IA	25:30	1:07:47	1:04:20	2:51:56

FEMALE INDIVIDUAL AGE GROUP: 60 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Mariana Phipps	69	Omaha	NE	20:01	1:00:08	1:04:09	2:29:12
2	Patricia Weber	60	Omaha	NE	21:19	1:07:52	1:01:45	2:34:37

MALE INDIVIDUAL AGE GROUP: 60 - 99

Place	Name	Age	City	St	Swim	Bike	Run	Time
1	Mike Huggenberger	63	Fort Calhoun	NE	19:55	53:50	54:00	2:10:18
2	Greg Crisman	65	Omaha	NE	24:34	58:17	53:37	2:19:50
3	Gaylen Baker	61	Omaha	NE	24:14	58:06	1:02:00	2:28:12

TEAM CATEGORY: Male

1	Kealy Team		12:22	51:53	36:07	1:41:54
	Tom Kealy	Kurt Blesch		Jim Kealy		
2	Team Bracker		14:59	54:22	37:09	1:47:48
	Kent Wirth	Bill Bracker		Jimmy Smiddy		
3	Tri Guys		18:03	56:50	44:18	2:00:44
	Sam Fischer-Spear	Jason Melton		Giovanni Bustos		

TEAM CATEGORY: Female

1	We Keep Tri'n		25:30	1:01:41	39:36	2:08:19
	Susie Duncan	Mary Timmerman		Leslie Murrell		
2	Cain Team		16:07	57:54	54:42	2:10:12
	Amy Cain	Carrie Taylor		Traci Deland		
3	Scheffler Team		21:22	1:03:04	49:13	2:15:07
	Toni Scheffler	Heather Maasson		Stephanie Harder		

TEAM CATEGORY: Coed

1	Team O'brien		14:33	54:09	38:23	1:48:34
	Jim Maaske	Tyler O'Brien		Michelle Brown		
2	District 13		25:01	59:04	55:48	2:21:18
	Trisha Troia	Thad Greiner		Meagan Kennington		
3	1st Time Tri		25:33	58:58	58:48	2:24:48
	Doug Barlow	Janelle Kenny		Tiffaney Kuper		