

BLACK SQUIRREL TRIATHLON
August 24, 2013
Lake Manawa State Park, Concil Bluffs, Iowa

1000 Yard Swim - 19 Mile Bike - 6.2 Mile Run

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM plc	100 time	100 yds	TRAN time	BIKE plc	BIKE time	BIKE mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/12	Ryan Long	Omaha	NE	31	M	1	13:13	1:20	1:13	1	45:51	24.9	0:23	2	38:20	6:11	1:38:59
2	1/14	Gerald Kubiak	Omaha	NE	38	M	2	14:41	1:29	1:24	4	48:34	23.5	0:29	1	36:37	5:55	1:41:43
3	2/12	Caleb Smidt	Omaha	NE	31	M	10	16:05	1:37	1:32	6	49:10	23.2	0:54	3	38:23	6:12	1:46:02
4	1/10	Rob Shradar	Bennington	NE	40	M	7	15:08	1:31	1:54	2	47:39	23.9	0:34	12	44:19	7:09	1:49:33
5	1/13	John Marsh	Kearney	NE	54	M	11	16:46	1:41	1:14	5	48:48	23.4	0:42	10	44:00	7:06	1:51:28
6	1/3	Lincoln Murdoch	Omaha	NE	56	M	4	14:57	1:30	1:10	3	47:41	23.9	0:29	22	48:54	7:54	1:53:09
7	2/10	Brian Yueill	Omaha	NE	44	M	12	16:51	1:42	1:55	7	50:18	22.7	0:37	13	45:01	7:16	1:54:41
8	3/12	Jeff Torson	Omaha	NE	30	M	21	18:32	1:52	2:26	8	50:55	22.4	1:02	5	42:18	6:50	1:55:12
9	2/13	Jim Rogers	Omaha	NE	51	M	6	15:01	1:31	1:36	9	52:05	21.9	0:55	17	46:15	7:28	1:55:49
10	4/12	Aaron Lightfoot	Papillion	NE	33	M	22	18:36	1:52	1:25	12	53:00	21.5	1:07	9	43:49	7:04	1:57:54
11	3/13	Mark Odell	Omaha	NE	51	M	8	15:40	1:34	1:58	10	52:24	21.8	0:31	35	50:52	8:13	2:01:24
12	4/13	Steve Ermer	York	NE	51	M	9	15:42	1:35	1:54	16	54:14	21.0	0:31	27	49:54	8:03	2:02:13
13	2/14	Peter Ward	Papillion	NE	39	M	75	23:38	2:22	2:37	22	56:21	20.2	0:40	4	40:55	6:36	2:04:10
14	5/12	Allen Hart	Bellevue	NE	33	M	38	19:54	2:00	2:24	19	55:31	20.5	0:41	15	45:59	7:25	2:04:27
15	6/12	Matt Semple	Omaha	NE	34	M	40	19:56	2:00	3:03	27	57:53	19.7	1:36	6	43:10	6:58	2:05:35
16	3/14	Seth Tracy	Elkhorn	NE	38	M	3	14:56	1:30	2:16	13	53:29	21.3	0:56	54	54:14	8:45	2:05:50
17	3/10	Brett Heimes	Omaha	NE	41	M	30	19:28	1:57	1:32	20	56:09	20.3	0:41	23	48:59	7:54	2:06:46
18	1/1	Matt Haijsman	McClelland	IA	17	M	70	23:18	2:20	1:36	29	58:03	19.6	1:00	7	43:20	7:00	2:07:16
19	4/10	Randy Leeper	Omaha	NE	43	M	50	20:55	2:06	1:48	46	1:00:48	18.8	0:28	8	43:22	7:00	2:07:20
20	5/13	Christopher Herric	Omaha	NE	51	M	49	20:39	2:04	2:25	17	54:40	20.9	1:31	24	49:17	7:57	2:08:31
21	7/12	Steve Keenaly	Gretna	NE	32	M	27	19:14	1:56	3:16	44	1:00:36	18.8	1:12	11	44:16	7:09	2:08:32
22	6/13	Don Piper	Des Moines	IA	54	M	35	19:47	1:59	1:57	14	53:44	21.2	0:54	45	52:41	8:30	2:09:01
23	1/7	Jon Theobald	Elkhorn	NE	46	M	32	19:35	1:58	2:25	18	55:12	20.7	0:33	41	52:11	8:25	2:09:53
24	1/13	Amanda Marshall	Omaha	NE	31	F	15	17:27	1:45	2:40	60	1:03:24	18.0	0:39	14	45:52	7:24	2:10:00
25	1/6	Mike Huggenberger	Fort Calhoun	NE	63	M	39	19:55	2:00	1:44	15	53:50	21.2	0:50	53	54:00	8:43	2:10:18
26	7/13	John Hornig	Elkhorn	NE	54	M	17	17:31	1:46	2:20	45	1:00:39	18.8	0:37	28	49:57	8:04	2:11:02
27	8/13	Jorge Alvarez	Council Bluffs	IA	52	M	44	20:17	2:02	2:40	28	57:59	19.7	1:16	32	50:23	8:08	2:12:33
28	1/5	Angie Zabawa	Lincoln	NE	36	F	62	22:24	2:15	2:03	24	56:41	20.1	1:27	30	50:18	8:07	2:12:51
29	1/4	Gina Samland	Omaha	NE	49	F	20	18:30	1:51	1:43	58	1:02:52	18.1	0:54	25	49:30	7:59	2:13:27
30	5/10	Tyre McDowell	Lincoln	NE	41	M	76	23:40	2:22	2:44	23	56:35	20.1	1:05	26	49:31	8:00	2:13:32
31	6/10	Paul Baltes	Omaha	NE	41	M	13	17:07	1:43	2:51	25	57:18	19.9	0:41	62	55:54	9:01	2:13:48
32	2/13	Stephanie Semple	Omaha	NE	33	F	43	20:06	2:01	2:29	56	1:02:27	18.3	1:38	20	47:15	7:38	2:13:53
33	1/4	Megan Berry Barlow	Weeping Water	NE	44	F	57	22:00	2:12	1:42	39	59:39	19.1	0:53	29	50:04	8:05	2:14:16
34	2/3	Michael Schreiber	Omaha	NE	57	M	51	21:06	2:07	2:21	11	52:37	21.7	0:54	67	57:32	9:17	2:14:28
35	7/10	Larry McAlpine	Treynor	IA	41	M	46	20:25	2:03	1:43	36	59:27	19.2	1:12	48	53:01	8:34	2:15:47
36	9/13	Kevin Fink	Omaha	NE	51	M	33	19:35	1:58	2:49	34	59:10	19.3	1:09	51	53:35	8:39	2:16:16
37	8/12	Kevin Krebs	Omaha	NE	31	M	78	23:59	2:24	2:37	37	59:31	19.2	0:32	31	50:21	8:08	2:16:58
38	3/13	Julie Fanshier	Omaha	NE	30	F	60	22:13	2:14	2:16	63	1:04:10	17.8	1:26	18	47:06	7:36	2:17:09
39	9/12	Jeremy Seggermam	Beatrice	NE	30	M	42	20:06	2:01	2:03	50	1:01:16	18.6	1:21	49	53:18	8:36	2:18:02
40	2/4	Molly Kroeker	Lincoln	NE	42	F	45	20:24	2:03	2:17	33	58:31	19.5	1:17	60	55:47	9:00	2:18:14
41	1/4	Chad Belt	Council Bluffs	IA	25	M	36	19:48	1:59	2:55	84	1:09:15	16.5	0:40	16	46:04	7:26	2:18:41
42	4/14	Nick Gonzalez	Lansing	KS	35	M	34	19:38	1:58	1:55	43	1:00:23	18.9	1:48	61	55:53	9:01	2:19:35
43	2/6	Greg Crisman	Omaha	NE	65	M	85	24:34	2:28	2:15	31	58:17	19.6	1:09	52	53:37	8:39	2:19:50
44	10/13	Gib Botten	Fremont	NE	53	M	52	21:09	2:07	2:06	32	58:28	19.5	0:54	69	57:54	9:21	2:20:29
45	4/13	Melodie Buss	La Vista	NE	30	F	66	22:59	2:18	3:47	66	1:05:48	17.3	0:39	21	47:30	7:40	2:20:41
46	8/10	Charles Valle	Omaha	NE	40	M	94	27:27	2:45	3:38	21	56:11	20.3	0:57	43	52:31	8:29	2:20:43
47	5/13	Katie Bos	Omaha	NE	33	F	68	23:10	2:19	3:26	42	1:00:20	18.9	3:13	34	50:44	8:11	2:20:51
48	6/13	Amy Jobe	Omaha	NE	31	F	23	18:36	1:52	2:12	72	1:06:41	17.1	1:01	47	52:53	8:32	2:21:20
49	2/4	Michael Harper	Bellevue	CA	28	M	25	18:55	1:54	2:43	35	59:25	19.2	0:54	74	1:00:40	9:47	2:22:35
50	10/12	Steve Dugger	Omaha	NE	32	M	14	17:23	1:45	4:43	53	1:01:55	18.4	2:20	64	56:24	9:06	2:22:42
51	5/14	Jonathan Starkey	Omaha	NE	39	M	28	19:25	1:57	2:15	38	59:36	19.1	0:45	75	1:00:58	9:50	2:22:57
52	6/14	Chris Laferla	Council Bluffs	IA	35	M	19	18:26	1:51	2:37	65	1:05:05	17.5	0:38	65	57:25	9:16	2:24:09
53	7/14	Timothy Walkawicz	Norfolk	VA	39	M	5	15:00	1:30	2:52	26	57:39	19.8	0:53	89	1:07:57	10:58	2:24:19
54	11/12	Bryan Newman	Glenwood	IA	33	M	84	24:32	2:28	2:44	81	1:09:03	16.5	0:54	19	47:11	7:37	2:24:23
55	1/3	Anne Day	Omaha	NE	51	F	71	23:19	2:20	2:38	57	1:02:44	18.2	0:42	58	55:29	8:57	2:24:50
56	8/14	Brian Manzer	Omaha	NE	38	M	95	27:36	2:46	3:31	48	1:00:57	18.7	1:32	40	51:35	8:20	2:25:08
57	3/4	Kim Schwab	Omaha	NE	40	F	54	21:15	2:08	4:23	71	1:06:19	17.2	2:08	38	51:31	8:19	2:25:34
58	1/1	Sarah Voss	Des Moines	IA	16	F	24	18:39	1:52	1:48	91	1:11:03	16.0	0:58	50	53:19	8:36	2:25:44
59	3/4	Danny Steffensmeie	Omaha	NE	29	M	29	19:25	1:57	5:17	79	1:08:39	16.6	0:40	46	52:43	8:31	2:26:42
60	2/7	Mike Ward	Bellevue	NE	48	M	56	21:31	2:10	2:11	64	1:04:57	17.6	1:32	68	57:37	9:18	2:27:46
61	3/6	Gaylen Baker	Omaha	NE	61	M	80	24:14	2:26	2:05	30	58:06	19.6	1:48	79	1:02:00	10:00	2:28:12
62	11/13	Brad Johnston	Council Bluffs	IA	53	M	31	19:34	1:58	2:28	55	1:02:18	18.3	1:21	80	1:02:53	10:09	2:28:32
63	9/10	Dwight Brown	Lincoln	NE	42	M	81	24:16	2:26	3:07	85	1:09:15	16.5	0:51	36	51:15	8:16	2:28:42
64	3/7	Mark Genereux	Council Bluffs	IA	49	M	59	22:10	2:13	2:58	59	1:03:14	18.0	1:57	71	58:43	9:29	2:29:00
65	1/2	Mariana Phipps	Omaha	NE	69	F	41	20:01	2:01	3:28	41	1:00:08	19.0	1:28	81	1:04:09	10:21	2:29:12
66	7/13	Laura Lillie	Omaha	NE	33	F	79	24:09	2:25	2:37	89	1:10:53	16.1	1:10	33	50:37	8:10	2:29:23
67	12/13	Brooks Rump	Plattsmouth	NE	54	M	18	18:19	1:50	2:45	54	1:02:14	18.3	1:21	84	1:05:23	10:33	2:30:20
68	2/5	Megan Becker	Council Bluffs	IA	35	F	16	17:29	1:45	3:27	51	1:01:39	18.5	1:53	87	1:06:59	10:49	2:31:25
69	4/7	Scott Duncan	Omaha	NE	46	M	63	22:26	2:15	2:23	40	59:41	19.1	1:35	85	1:06:02	10:39	2:32:04
70	4/4	Bill Rollins	Omaha	NE	27	M	64	22:58	2:18	2:20	92	1:11:18	16.0	0:37	56	55:01	8:53	2:32:11
71	5/7	Larry Cohoon	Omaha	NE	48	M	37	19:48	1:59	4:09	69	1:06:10	17.2	0:54	77	1:01:44	9:58	2:32:43
72	9/14	Brian Haggerty	Bellevue	NE	38	M	53	21:15	2:08	2:36	95	1:16:26	14.9	0:23	42	52:12	8:26	2:32:49
73	10/14	James Lomax	Papillion	NE	39	M	86	25:25	2:33	4:52	83	1:09:11	16.5	1:35	44	52:37	8:30	2:33:37
74	11/14	Brian Martin	Council Bluffs	IA	39	M	67	23:07	2:19	3:13	90	1:10:58	16.1	0:44	59			

97	4/4	Carolyn Smith	Omaha	NE	40	F	100	31:07	3:07	3:36	102	1:23:42	13.6	1:37	73	59:54	9:40	2:59:54
98	6/6	Sam Martin	Plattsburg	MO	60	M	101	31:50	3:11	3:18	70	1:06:11	17.2	0:43	102	1:18:29	12:40	3:00:29
99	2/3	Sally Grandick	Council Bluffs	IA	51	F	77	23:44	2:23	3:53	98	1:17:37	14.7	0:29	101	1:16:33	12:21	3:02:14
100	5/5	Tammy Jackson	Papillion	NE	35	F	90	25:48	2:35	3:29	94	1:16:01	15.0	1:57	101	1:18:37	12:41	3:05:51
101	3/4	Marilyn Fife	Pacific Juncti	IA	48	F	98	30:37	3:04	2:18	96	1:16:56	14.8	3:43	94	1:12:35	11:43	3:06:07
102	4/4	Susane Johnson Gil	Des Moines	IA	45	F	97	28:18	2:50	3:10	103	1:24:55	13.4	2:37	93	1:11:28	11:32	3:10:27
103	13/13	Kodi Bebensee	Council Bluffs	IA	32	F	93	27:21	2:45	5:05	104	1:30:01	12.7	4:16	95	1:13:16	11:49	3:19:57
104	3/3	Michele Rooney	Omaha	NE	54	F	89	25:38	2:34	3:13	100	1:20:47	14.1	2:20	104	1:30:30	14:36	3:22:25

PROBLEM RESULTS

TOT PLC	DIV PLC	NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/1	Adam Little	Omaha	NE	31	M	2	13:47	1:23	1:10	2	44:56	25.4	0:24	2	31:13	5:02	1:31:28
2	1/1	Brady Murphy	Omaha	NE	43	M	1	12:46	1:17	1:35	3	45:36	25.0	0:26	3	31:52	5:09	1:32:11
3	1/1	Debbie Carstensen	Elkhorn	NE	36	F	4	19:34	1:58	1:40	5	55:49	20.4	0:48	1	22:25	3:37	1:40:14
4	1/1	Kristian Ehrhorn	Omaha	NE	47	M	3	15:17	1:32	2:18	4	52:21	21.8	1:10	4	39:46	6:25	1:50:50
5	1/1	Matthew Norrie	Omaha	NE	15	M	5	22:36	2:16	3:14	1	38:32	29.6	2:07	5	57:17	9:15	2:03:43

TEAM RESULTS

TOTAL PLACE	DIV PLC	TEAM	MEMBERS: SWIMMER, BIKER, RUNNER	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	1/5	Kealy Team =	Tom Kealy , Kurt Blesch , Jim Kealy	1	12:22	1:15	1:04	1	51:53	22.0	0:30	1	36:07	5:50	1:41:54
2	2/5	Team Bracker =	Kent Wirth , Bill Bracker , Jimmy Smiddy	3	14:59	1:30	1:02	4	54:22	21.0	0:18	2	37:09	6:00	1:47:48
3	1/7	Team O'brien =	Jim Maaske , Tyler O'Brien , Michelle Brown	2	14:33	1:28	1:15	3	54:09	21.1	0:17	3	38:23	6:12	1:48:34
4	3/5	Tri Guys =	Sam Fischer-Spears , Jason Melton , Giovanni Bustos	7	18:03	1:49	1:21	5	56:50	20.1	0:14	6	44:18	7:09	2:00:44
5	1/8	We Keep Tri'n =	Susie Duncan , Mary Timmerman , Leslie Murrell	16	25:30	2:33	1:14	11	1:01:41	18.5	0:20	4	39:36	6:24	2:08:19
6	2/8	Cain Team =	Amy Cain , Carrie Taylor , Traci Deland	5	16:07	1:37	1:10	6	57:54	19.7	0:21	12	54:42	8:50	2:10:12
7	3/8	Scheffler Team =	Toni Scheffler , Heather Maasson , Stephanie Harder	9	21:22	2:09	1:19	12	1:03:04	18.1	0:11	8	49:13	7:57	2:15:07
8	4/5	Clark/raymond =	Monte Clark , Kirk Raymond , Kirk Raymond	11	22:52	2:18	0:51	9	59:48	19.1	0:55	10	50:55	8:13	2:15:19
9	4/8	Vargas/canarga =	Eunice Vargas , Eunice Vargas , Melina Canarga	13	23:55	2:24	2:57	2	52:09	21.9	0:17	15	59:32	9:37	2:18:48
10	2/7	District 13 =	Trisha Troia , Thad Greiner , Meagan Kennington	15	25:01	2:31	1:09	8	59:04	19.3	0:19	13	55:48	9:00	2:21:18
11	3/7	1st Time Tri =	Doug Barlow , Janelle Kenny , Tiffaney Kuper	17	25:33	2:34	1:15	7	58:58	19.3	0:17	14	58:48	9:29	2:24:48
12	5/8	3 Non Blones =	April Sando , Heather Dall , Stephanie Cossette	12	23:29	2:21	1:05	10	1:00:45	18.8	0:19	16	1:00:53	9:50	2:26:29
13	4/7	Ms Powerhouse =	Kendall Ryalls , Brendan Thelen , Sandra Hock	19	28:32	2:52	1:56	14	1:10:28	16.2	0:17	7	46:24	7:29	2:27:35
14	5/7	Jjb =	James Kueffner , John Wroble , Barb Wehde	4	16:02	1:37	0:59	19	1:29:39	12.7	0:18	5	43:19	7:00	2:30:15
15	6/8	On Wisconsin! =	Stephanie Hood , Kate Peterson , Ashley Niebauer	8	19:55	2:00	1:11	18	1:18:02	14.6	0:33	9	50:37	8:10	2:30:15
16	6/7	L.A.P.Ya =	Andrea Genereux , Larry Carlson , Pam Carlson	10	22:21	2:15	1:15	13	1:06:45	17.1	0:20	18	1:04:16	10:22	2:34:54
17	7/7	Tlc =	Tracy Astorino , Lila Dvorak , Craig Christianson	14	24:57	2:30	1:27	17	1:17:44	14.7	0:17	11	52:17	8:26	2:36:41
18	5/5	Wymore Men Team =	Dan Wymore , Eric Samson , Pat Newman	6	16:57	1:42	1:08	15	1:13:42	15.5	0:20	19	1:08:52	11:07	2:40:58
19	7/8	Wymore Girl Team =	Jenny Wymore , Gina Petersen , Caitlin Newman	20	28:39	2:52	1:47	16	1:15:58	15.0	0:40	20	1:11:49	11:35	2:58:52
20	8/8	Baker/petratis =	Kelli Baker , Terri Petratis , Terri Petratis	18	28:19	2:50	3:57	20	1:35:48	11.9	0:21	17	1:03:58	10:19	3:12:20

MALE RESULTS

TOT PLC	#	NAME	CITY	ST	AGE	S	SWIM plc	100 time	yds	TRAN time	BIKE plc	time	mph	TRAN time	plc	RUN time	pace	TOTAL TIME
1	77	Ryan Long	Omaha	NE	31	M	1	13:13	1:20	1:13	1	45:51	24.9	0:23	2	38:20	6:11	1:38:59
2	199	Gerald Kubiak	Omaha	NE	38	M	2	14:41	1:29	1:24	4	48:34	23.5	0:29	1	36:37	5:55	1:41:43
3	109	Caleb Smidt	Omaha	NE	31	M	10	16:05	1:37	1:32	6	49:10	23.2	0:54	3	38:23	6:12	1:46:02
4	85	Rob Shradar	Bennington	NE	40	M	7	15:08	1:31	1:54	2	47:39	23.9	0:34	12	44:19	7:09	1:49:33
5	21	John Marsh	Kearney	NE	54	M	11	16:46	1:41	1:14	5	48:48	23.4	0:42	10	44:00	7:06	1:51:28
6	23	Lincoln Murdoch	Omaha	NE	56	M	4	14:57	1:30	1:10	3	47:41	23.9	0:29	18	48:54	7:54	1:53:09
7	60	Brian Yueill	Omaha	NE	44	M	12	16:51	1:42	1:55	7	50:18	22.7	0:37	13	45:01	7:16	1:54:41
8	30	Jeff Torson	Omaha	NE	30	M	18	18:32	1:52	2:26	8	50:55	22.4	1:02	5	42:18	6:50	1:55:12
9	14	Jim Rogers	Omaha	NE	51	M	6	15:01	1:31	1:36	9	52:05	21.9	0:55	16	46:15	7:28	1:55:49
10	41	Aaron Lightfoot	Papillion	NE	33	M	19	18:36	1:52	1:25	12	53:00	21.5	1:07	9	43:49	7:04	1:57:54
11	67	Mark Odell	Omaha	NE	51	M	8	15:40	1:34	1:58	10	52:24	21.8	0:31	26	50:52	8:13	2:01:24
12	110	Steve Ermer	York	NE	51	M	9	15:42	1:35	1:54	16	54:14	21.0	0:31	22	49:54	8:03	2:02:13
13	58	Peter Ward	Papillion	NE	39	M	53	23:38	2:22	2:37	22	56:21	20.2	0:40	4	40:55	6:36	2:04:10
14	40	Allen Hart	Bellevue	NE	33	M	33	19:54	2:00	2:24	19	55:31	20.5	0:41	14	45:59	7:25	2:04:27
15	25	Matt Semple	Omaha	NE	34	M	35	19:56	2:00	3:03	26	57:53	19.7	1:36	6	43:10	6:58	2:05:35
16	113	Seth Tracy	Elkhorn	NE	38	M	3	14:56	1:30	2:16	13	53:29	21.3	0:56	42	54:14	8:45	2:05:50
17	84	Brett Heimes	Omaha	NE	41	M	25	19:28	1:57	1:32	20	56:09	20.3	0:41	19	48:59	7:54	2:06:46
18	28	Matt Haijsman	McClelland	IA	17	M	51	23:18	2:20	1:36	28	58:03	19.6	1:00	7	43:20	7:00	2:07:16
19	38	Randy Leeper	Omaha	NE	43	M	41	20:55	2:06	1:48	41	1:00:48	18.8	0:28	8	43:22	7:00	2:07:20
20	99	Christopher Heric	Omaha	NE	51	M	40	20:39	2:04	2:25	17	54:40	20.9	1:31	20	49:17	7:57	2:08:31
21	37	Steve Kenealy	Gretna	NE	32	M	22	19:14	1:56	3:16	39	1:00:36	18.8	1:12	11	44:16	7:09	2:08:32
22	135	Don Piper	Des Moines	IA	54	M	30	19:47	1:59	1:57	14	53:44	21.2	0:54	35	52:41	8:30	2:09:01
23	19	Jon Theobald	Elkhorn	NE	46	M	27	19:35	1:58	2:25	18	55:12	20.7	0:33	31	52:11	8:25	2:09:53
24	20	Mike Huggenberger	Fort Calhoun	NE	63	M	34	19:55	2:00	1:44	15	53:50	21.2	0:50	41	54:00	8:43	2:10:18
25	90	John Hornig	Elkhorn	NE	54	M	15	17:31	1:46	2:20	40	1:00:39	18.8	0:37	23	49:57	8:04	2:11:02
26	44	Jorge Alvarez	Council Bluffs	IA	52	M	37	20:17	2:02	2:40	27	57:59	19.7	1:16	25	50:23	8:08	2:12:33
27	87	Tyre McDowell	Lincoln	NE	41	M	54	23:40	2:22	2:44	23	56:35	20.1	1:05	21	49:31	8:00	2:13:32
28	116	Paul Baltes	Omaha	NE	41	M	13	17:07	1:43	2:51	24	57:18	19.9	0:41	48	55:54	9:01	2:13:48
29	89	Michael Schreiber	Omaha	NE	57	M	42	21:06	2:07	2:21	11	52:37	21.7	0:54	52	57:32	9:17	2:14:28
30	111	Larry McAlpine	Treynor	IA	41	M	38	20:25	2:03	1:43	34	59:27	19.2	1:12	37	53:01	8:34	2:15:47

31	83 Kevin Fink	Omaha	NE	51	M	28	19:35	1:58	2:49	32	59:10	19.3	1:09	39	53:35	8:39	2:16:16
32	45 Kevin Krebs	Omaha	NE	31	M	55	23:59	2:24	2:37	35	59:31	19.2	0:32	24	50:21	8:08	2:16:58
33	133 Jeremy Seggermam	Beatrice	NE	30	M	36	20:06	2:01	2:03	44	1:01:16	18.6	1:21	38	53:18	8:36	2:18:02
34	29 Chad Belt	Council Bluffs	IA	25	M	31	19:48	1:59	2:55	64	1:09:15	16.5	0:40	15	46:04	7:26	2:18:41
35	56 Nick Gonzalez	Lansing	KS	35	M	29	19:38	1:58	1:55	38	1:00:23	18.9	1:48	47	55:53	9:01	2:19:35
36	69 Greg Crisman	Omaha	NE	65	M	60	24:34	2:28	2:15	30	58:17	19.6	1:09	40	53:37	8:39	2:19:50
37	119 Gib Botten	Fremont	NE	53	M	43	21:09	2:07	2:06	31	58:28	19.5	0:54	54	57:54	9:21	2:20:29
38	101 Charles Valle	Omaha	NE	40	M	64	27:27	2:45	3:38	21	56:11	20.3	0:57	33	52:31	8:29	2:20:43
39	33 Michael Harper	Bellevue	CA	28	M	20	18:55	1:54	2:43	33	59:25	19.2	0:54	57	1:00:40	9:47	2:22:35
40	112 Steve Dugger	Omaha	NE	32	M	14	17:23	1:45	4:43	45	1:01:55	18.4	2:20	50	56:24	9:06	2:22:42
41	51 Jonathan Starkey	Omaha	NE	39	M	23	19:25	1:57	2:15	36	59:36	19.1	0:45	58	1:00:58	9:50	2:22:57
42	24 Chris Laferla	Council Bluffs	IA	35	M	17	18:26	1:51	2:37	52	1:05:05	17.5	0:38	51	57:25	9:16	2:24:09
43	63 Timothy Walkawicz	Norfolk	VA	39	M	5	15:00	1:30	2:52	25	57:39	19.8	0:53	66	1:07:57	10:58	2:24:19
44	80 Bryan Newman	Glenwood	IA	33	M	59	24:32	2:28	2:44	61	1:09:03	16.5	0:54	17	47:11	7:37	2:24:23
45	72 Brian Manzer	Omaha	NE	38	M	65	27:36	2:46	3:31	42	1:00:57	18.7	1:32	30	51:35	8:20	2:25:08
46	97 Danny Steffensmeier	Omaha	NE	29	M	24	19:25	1:57	5:17	60	1:08:39	16.6	0:40	36	52:43	8:31	2:26:42
47	103 Mike Ward	Bellevue	NE	48	M	45	21:31	2:10	2:11	51	1:04:57	17.6	1:32	53	57:37	9:18	2:27:46
48	106 Gaylen Baker	Omaha	NE	61	M	56	24:14	2:26	2:05	29	58:06	19.6	1:48	60	1:02:00	10:00	2:28:12
49	76 Brad Johnston	Council Bluffs	IA	53	M	26	19:34	1:58	2:28	47	1:02:18	18.3	1:21	61	1:02:53	10:09	2:28:32
50	121 Dwight Brown	Lincoln	NE	42	M	57	24:16	2:26	3:07	65	1:09:15	16.5	0:51	27	51:15	8:16	2:28:42
51	39 Mark Genereux	Council Bluffs	IA	49	M	46	22:10	2:13	2:58	48	1:03:14	18.0	1:57	56	58:43	9:29	2:29:00
52	117 Brooks Rump	Plattsmouth	NE	54	M	16	18:19	1:50	2:45	46	1:02:14	18.3	1:21	63	1:05:23	10:33	2:30:01
53	47 Scott Duncan	Omaha	NE	46	M	48	22:26	2:15	2:23	37	59:41	19.1	1:35	64	1:06:02	10:39	2:32:04
54	104 Bill Rollins	Omaha	NE	27	M	49	22:58	2:18	2:20	68	1:11:18	16.0	0:37	44	55:01	8:53	2:32:11
55	59 Larry Cohoon	Omaha	NE	48	M	32	19:48	1:59	4:09	54	1:06:10	17.2	0:54	59	1:01:44	9:58	2:32:43
56	71 Brian Haggerty	Bellevue	NE	38	M	44	21:15	2:08	2:36	70	1:16:26	14.9	0:23	32	52:12	8:26	2:32:49
57	100 James Lomax	Papillion	NE	39	M	61	25:25	2:33	4:52	63	1:09:11	16.5	1:35	34	52:37	8:30	2:33:37
58	65 Brian Martin	Council Bluffs	IA	39	M	50	23:07	2:19	3:13	67	1:10:58	16.1	0:44	46	55:47	9:00	2:33:48
59	105 Robert Bergland	St. Joseph	MO	45	M	47	22:17	2:14	5:00	69	1:11:19	16.0	1:08	43	54:58	8:52	2:34:39
60	92 Jeremiah Barns	Council Bluffs	IA	30	M	66	28:08	2:49	4:58	66	1:09:50	16.3	0:42	29	51:33	8:19	2:35:09
61	18 Bill Hoover	Omaha	NE	46	M	70	37:11	3:44	4:11	43	1:01:01	18.7	1:40	28	51:22	8:17	2:35:23
62	49 John Kuper	Council Bluffs	IA	35	M	63	26:03	2:37	3:48	59	1:08:00	16.8	1:56	49	56:00	9:02	2:35:46
63	54 Russell Avalon	Papillion	NE	37	M	39	20:36	2:04	4:47	50	1:03:45	17.9	0:57	65	1:06:22	10:43	2:36:25
64	68 Bob Wentz	Valley	NE	61	M	52	23:36	2:22	3:10	49	1:03:29	18.0	0:56	67	1:08:57	11:08	2:40:06
65	31 Ernie Parra	Omaha	NE	52	M	69	33:49	3:23	5:23	57	1:07:25	16.9	2:46	45	55:09	8:54	2:44:30
66	93 Doug Deden	Omaha	NE	43	M	68	33:02	3:19	3:28	62	1:09:04	16.5	0:55	55	58:06	9:23	2:44:34
67	42 Matthew Anderson	Omaha	NE	36	M	58	24:21	2:27	3:22	56	1:07:13	17.0	0:48	68	1:10:53	11:26	2:46:35
68	137 John Hartigan	Omaha	NE	69	M	21	19:11	1:56	3:01	53	1:06:01	17.3	1:59	69	1:16:28	12:20	2:46:39
69	130 Paul Knott	Council Bluffs	IA	56	M	62	25:30	2:33	8:23	58	1:07:47	16.8	5:58	62	1:04:20	10:23	2:51:56
70	53 Sam Martin	Plattsburg	MO	60	M	67	31:50	3:11	3:18	55	1:06:11	17.2	0:43	70	1:18:29	12:40	3:00:29

FEMALE RESULTS

TOT	PLC	#	NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL				
								plc	time	time	plc	time	plc	time				
1	131	Amanda Marshall	Omaha	NE	31	F	1	17:27	1:45	2:40	12	1:03:24	18.0	0:39	1	45:52	7:24	2:10:00
2	88	Angie Zabawa	Lincoln	NE	36	F	15	22:24	2:15	2:03	1	56:41	20.1	1:27	7	50:18	8:07	2:12:51
3	27	Gina Samland	Omaha	NE	49	F	3	18:30	1:51	1:43	11	1:02:52	18.1	0:54	5	49:30	7:59	2:13:27
4	26	Stephanie Semple	Omaha	NE	33	F	7	20:06	2:01	2:29	9	1:02:27	18.3	1:38	3	47:15	7:38	2:13:53
5	48	Megan Berry Barlow	Weeping Water	NE	44	F	12	22:00	2:12	1:42	3	59:39	19.1	0:53	6	50:04	8:05	2:14:16
6	108	Julie Fanshier	Omaha	NE	30	F	14	22:13	2:14	2:16	13	1:04:10	17.8	1:26	2	47:06	7:36	2:17:09
7	102	Molly Kroeker	Lincoln	NE	42	F	8	20:24	2:03	2:17	2	58:31	19.5	1:17	14	55:47	9:00	2:18:14
8	50	Melodie Buss	La Vitsa	NE	30	F	17	22:59	2:18	3:47	14	1:05:48	17.3	0:39	4	47:30	7:40	2:20:41
9	32	Katie Bos	Omaha	NE	33	F	18	23:10	2:19	3:26	5	1:00:20	18.9	3:13	9	50:44	8:11	2:20:51
10	125	Amy Jobe	Omaha	NE	31	F	4	18:36	1:52	2:12	17	1:06:41	17.1	1:01	11	52:53	8:32	2:21:20
11	70	Anne Day	Omaha	NE	51	F	20	23:19	2:20	2:38	10	1:02:44	18.2	0:42	13	55:29	8:57	2:24:50
12	115	Kim Schwab	Omaha	NE	40	F	10	21:15	2:08	4:23	16	1:06:19	17.2	2:08	10	51:31	8:19	2:25:34
13	66	Sarah Voss	Des Moines	IA	16	F	5	18:39	1:52	1:48	24	1:11:03	16.0	0:58	12	53:19	8:36	2:25:44
14	107	Mariana Phipps	Omaha	NE	69	F	6	20:01	2:01	3:28	4	1:00:08	19.0	1:28	20	1:04:09	10:21	2:29:12
15	127	Laura Lillie	Omaha	NE	33	F	24	24:09	2:25	2:37	23	1:10:53	16.1	1:10	8	50:37	8:10	2:29:23
16	34	Megan Becker	Council Bluffs	IA	35	F	2	17:29	1:45	3:27	7	1:01:39	18.5	1:53	22	1:06:59	10:49	2:31:25
17	98	Rachel Gallagher	Omaha	NE	26	F	9	20:38	2:04	4:23	21	1:10:30	16.2	1:10	15	57:29	9:17	2:34:08
18	74	Patricia Weber	Omaha	NE	60	F	11	21:19	2:08	2:37	19	1:07:52	16.8	1:06	19	1:01:45	9:58	2:34:37
19	22	Lexy Quandt	Council Bluffs	IA	33	F	25	24:22	2:27	2:47	15	1:05:52	17.3	1:14	18	1:01:02	9:51	2:35:15
20	57	Tomhora Shaw	Bellevue	NE	46	F	19	23:15	2:20	3:03	6	1:00:54	18.7	1:48	24	1:10:33	11:23	2:39:31
21	86	Karol Dvorak-Kirby	Omaha	NE	38	F	13	22:00	2:12	5:23	20	1:08:47	16.6	1:24	21	1:04:44	10:27	2:42:17
22	36	Maureen Gregor	Bellevue	NE	33	F	22	23:35	2:22	2:42	18	1:07:40	16.8	1:34	28	1:13:35	11:52	2:49:03
23	62	Melissa Gwartney	Gretna	NE	31	F	29	26:38	2:40	3:05	8	1:01:54	18.4	2:46	31	1:14:47	12:04	2:49:07
24	52	Gina Batten	Underwood	IA	32	F	21	23:29	2:21	2:26	22	1:10:32	16.2	1:15	30	1:13:50	11:55	2:51:30
25	73	Kristel Hanslip	Omaha	NE	31	F	26	25:31	2:34	3:41	29	1:18:16	14.6	3:03	23	1:07:26	10:53	2:57:54
26	55	Stefanie Bolte	Omaha	NE	38	F	16	22:58	2:18	3:00	27	1:17:27	14.7	1:31	29	1:13:36	11:53	2:58:30
27	91	Skylar Dewitt	Bellevue	NE	29	F	33	30:54	3:06	3:50	31	1:23:41	13.6	1:37	16	59:53	9:40	2:59:53
28	43	Carolyn Smith	Omaha	NE	40	F	34	31:07	3:07	3:36	32	1:23:42	13.6	1:37	17	59:54	9:40	2:59:54
29	126	Sally Grandick	Council Bluffs	IA	51	F	23	23:44	2:23	3:53	28	1:17:37	14.7	0:29	32	1:16:33	12:21	3:02:14
30	82	Tammy Jackson	Papillion	NE	35	F	28	25:48	2:35	3:29	25	1:16:01	15.0	1:57	33	1:18:37	12:41	3:05:51
31	81	Marilyn Fife	Pacific Juncti	IA	48	F	32	30:37	3:04	2:18	26	1:16:56	14.8	3:43	26	1:12:35	11:43	3:06:07
32	122	Susane Johnson Gil	Des Moines	IA	45	F	31	28:18	2:50	3:10	33	1:24:55	13.4	2:37	25	1:11:28	11:32	3:10:27
33	35	Kodi Bebensee	Council Bluffs	IA	32	F	30	27:21	2:45	5:05	34	1:30:01	12.7	4:16	27	1:13:16	11:49	3:19:57
34	120	Michele Rooney	Omaha	NE	54	F	27	25:38	2:34	3:13	30	1:20:47	14.1	2:20	34	1:30:30	14:36	3:22:25

TOP 10 SWIM

NAME	CITY	ST	AGE	S	time	yds
1						

TOP 10 FIRST TRANSITION

NAME	CITY	ST	AGE	S	time
1 Lincoln Murdoch	Omaha	NE	56	M	1:10
2 Ryan Long	Omaha	NE	31	M	1:13
3 John Marsh	Kearney	NE	54	M	1:14
4 Gerald Kubiak	Omaha	NE	38	M	1:24
5 Aaron Lightfoot	Papillion	NE	33	M	1:25
6 Brett Heimes	Omaha	NE	41	M	1:32
7 Caleb Smidt	Omaha	NE	31	M	1:32
8 Matt Haijsman	McClelland	IA	17	M	1:36
9 Jim Rogers	Omaha	NE	51	M	1:36
10 Megan Berry Barlow	Weeping Water	NE	44	F	1:42

TOP 10 BIKE

NAME	CITY	ST	AGE	S	time	mph
1 Ryan Long	Omaha	NE	31	M	45:51	24.9
2 Rob Shradar	Bennington	NE	40	M	47:39	23.9
3 Lincoln Murdoch	Omaha	NE	56	M	47:41	23.9
4 Gerald Kubiak	Omaha	NE	38	M	48:34	23.5
5 John Marsh	Kearney	NE	54	M	48:48	23.4
6 Caleb Smidt	Omaha	NE	31	M	49:10	23.2
7 Brian Yueill	Omaha	NE	44	M	50:18	22.7
8 Jeff Torson	Omaha	NE	30	M	50:55	22.4
9 Kurt Blesch	Council Bluffs	IA			51:53	22.0
10 Jim Rogers	Omaha	NE	51	M	52:05	21.9

TOP 10 SECOND TRANSITION

NAME	CITY	ST	AGE	S	time
1 Brian Haggerty	Bellevue	NE	38	M	0:23
2 Ryan Long	Omaha	NE	31	M	0:23
3 Randy Leeper	Omaha	NE	43	M	0:28
4 Gerald Kubiak	Omaha	NE	38	M	0:29
5 Lincoln Murdoch	Omaha	NE	56	M	0:29
6 Sally Grandick	Council Bluffs	IA	51	F	0:29
7 Steve Ermer	York	NE	51	M	0:31
8 Mark Odell	Omaha	NE	51	M	0:31
9 Kevin Krebs	Omaha	NE	31	M	0:32
10 Jon Theobald	Elkhorn	NE	46	M	0:33

TOP 10 RUN

NAME	CITY	ST	AGE	S	time	pace
1 Jim Kealy	Council Bluffs	IA			36:07	5:50
2 Gerald Kubiak	Omaha	NE	38	M	36:37	5:55
3 Jimmy Smiddy	Council Bluffs	IA			37:09	6:00
4 Ryan Long	Omaha	NE	31	M	38:20	6:11
5 Caleb Smidt	Omaha	NE	31	M	38:23	6:12
6 Michelle Brown	Council Bluffs	IA			38:23	6:12
7 Leslie Murrell	Omaha	NE			39:36	6:24
8 Peter Ward	Papillion	NE	39	M	40:55	6:36
9 Jeff Torson	Omaha	NE	30	M	42:18	6:50
10 Matt Semple	Omaha	NE	34	M	43:10	6:58

FEMALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Sarah Voss	Des Moines	IA	16	F	1	18:39	1:52	1:48	1	1:11:03	16.0	0:58	1	53:19	8:36	2:25:44

MALE AGE GROUP RESULTS 1 - 19

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Matt Haijsman	McClelland	IA	17	M	1	23:18	2:20	1:36	1	58:03	19.6	1:00	1	43:20	7:00	2:07:16

FEMALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Rachel Gallagher	Omaha	NE	26	F	1	20:38	2:04	4:23	1	1:10:30	16.2	1:10	1	57:29	9:17	2:34:08
2 Skyler Dewitt	Bellevue	NE	29	F	2	30:54	3:06	3:50	2	1:23:41	13.6	1:37	2	59:53	9:40	2:59:53

MALE AGE GROUP RESULTS 25 - 29

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	yds	time	plc	time	pace	TIME				
1 Chad Belt	Council Bluffs	IA	25	M	3	19:48	1:59	2:55	3	1:09:15	16.5	0:40	1	46:04	7:26	2:18:41
2 Michael Harper	Bellevue	CA	28	M	1	18:55	1:54	2:43	1	59:25	19.2	0:54	4	1:00:40	9:47	2:22:35
3 Danny Steffensmeie	Omaha	NE	29	M	2	19:25	1:57	5:17	2	1:08:39	16.6	0:40	2	52:43	8:31	2:26:42
4 Bill Rollins	Omaha	NE	27	M	4	22:58	2:18	2:20	4	1:11:18	16.0	0:37	3	55:01	8:53	2:32:11

FEMALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	plc	time					
1 Amanda Marshall	Omaha	NE	31	F	1	17:27	1:45	2:40	4	1:03:24	18.0	0:39	1	45:52	7:24	2:10:00
2 Stephanie Semple	Omaha	NE	33	F	3	20:06	2:01	2:29	3	1:02:27	18.3	1:38	3	47:15	7:38	2:13:53
3 Julie Fanshier	Omaha	NE	30	F	4	22:13	2:14	2:16	5	1:04:10	17.8	1:26	2	47:06	7:36	2:17:09
4 Melodie Buss	La Vitsa	NE	30	F	5	22:59	2:18	3:47	6	1:05:48	17.3	0:39	4	47:30	7:40	2:20:41
5 Katie Bos	Omaha	NE	33	F	6	23:10	2:19	3:26	1	1:00:20	18.9	3:13	6	50:44	8:11	2:20:51
6 Amy Jobe	Omaha	NE	31	F	2	18:36	1:52	2:12	8	1:06:41	17.1	1:01	7	52:53	8:32	2:21:20
7 Laura Lillie	Omaha	NE	33	F	9	24:09	2:25	2:37	11	1:10:53	16.1	1:10	5	50:37	8:10	2:29:23
8 Lexy Quandt	Council Bluffs	IA	33	F	10	24:22	2:27	2:47	7	1:05:52	17.3	1:14	8	1:01:02	9:51	2:35:15
9 Maureen Gregor	Bellevue	NE	33	F	8	23:35	2:22	2:42	9	1:07:40	16.8	1:34	11	1:13:35	11:52	2:49:03
10 Melissa Gwartney	Gretna	NE	31	F	12	26:38	2:40	3:05	2	1:01:54	18.4	2:46	13	1:14:47	12:04	2:49:07
11 Gina Batten	Underwood	IA	32	F	7	23:29	2:21	2:26	10	1:10:32	16.2	1:15	12	1:13:50	11:55	2:51:30
12 Kristel Hanslip	Omaha	NE	31	F	11	25:31	2:34	3:41	12	1:18:16	14.6	3:03	9	1:07:26	10:53	2:57:54
13 Kodi Bebensee	Council Bluffs	IA	32	F	13	27:21	2:45	5:05	13	1:30:01	12.7	4:16	10	1:13:16	11:49	3:19:57

MALE AGE GROUP RESULTS 30 - 34

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	plc	time					
1 Ryan Long	Omaha	NE	31	M	1	13:13	1:20	1:13	1	45:51	24.9	0:23	1	38:20	6:11	1:38:59
2 Caleb Smidt	Omaha	NE	31	M	2	16:05	1:37	1:32	2	49:10	23.2	0:54	2	38:23	6:12	1:46:02
3 Jeff Torson	Omaha	NE	30	M	4	18:32	1:52	2:26	3	50:55	22.4	1:02	3	42:18	6:50	1:55:12
4 Aaron Lightfoot	Papillion	NE	33	M	5	18:36	1:52	1:25	4	53:00	21.5	1:07	5	43:49	7:04	1:57:54
5 Allen Hart	Bellevue	NE	33	M	7	19:54	2:00	2:24	5	55:31	20.5	0:41	7	45:59	7:25	2:04:27
6 Matt Semple	Omaha	NE	34	M	8	19:56	2:00	3:03	6	57:53	19.7	1:36	4	43:10	6:58	2:05:35
7 Steve Kenealy	Gretna	NE	32	M	6	19:14	1:56	3:16	8	1:00:36	18.8	1:12	6	44:16	7:09	2:08:32
8 Kevin Krebs	Omaha	NE	31	M	10	23:59	2:24	2:37	7	59:31	19.2	0:32	9	50:21	8:08	2:16:58
9 Jeremy Seggermam	Beatrice	NE	30	M	9	20:06	2:01	2:03	9	1:01:16	18.6	1:21	11	53:18	8:36	2:18:02
10 Steve Dugger	Omaha	NE	32	M	3	17:23	1:45	4:43	10	1:01:55	18.4	2:20	12	56:24	9:06	2:22:42
11 Bryan Newman	Glenwood	IA	33	M	11	24:32	2:28	2:44	11	1:09:03	16.5	0:54	8	47:11	7:37	2:24:23
12 Jeremiah Barns	Council Bluffs	IA	30	M	12	28:08	2:49	4:58	12	1:09:50	16.3	0:42	10	51:33	8:19	2:35:09

FEMALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	plc	time					
1 Angie Zabawa	Lincoln	NE	36	F	3	22:24	2:15	2:03	1	56:41	20.1	1:27	1	50:18	8:07	2:12:51
2 Megan Becker	Council Bluffs	IA	35	F	1	17:29	1:45	3:27	2	1:01:39	18.5	1:53	3	1:06:59	10:49	2:31:25
3 Karol Dvorak-Kirby	Omaha	NE	38	F	2	22:00	2:12	5:23	3	1:08:47	16.6	1:24	2	1:04:44	10:27	2:42:17
4 Stefania Bolte	Omaha	NE	38	F	4	22:58	2:18	3:00	5	1:17:27	14.7	1:31	4	1:13:36	11:53	2:58:30
5 Tammy Jackson	Papillion	NE	35	F	5	25:48	2:35	3:29	4	1:16:01	15.0	1:57	5	1:18:37	12:41	3:05:51

MALE AGE GROUP RESULTS 35 - 39

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	plc	time					
1 Gerald Kubiak	Omaha	NE	38	M	1	14:41	1:29	1:24	1	48:34	23.5	0:29	1	36:37	5:55	1:41:43
2 Peter Ward	Papillion	NE	39	M	10	23:38	2:22	2:37	3	56:21	20.2	0:40	2	40:55	6:36	2:04:10
3 Seth Tracy	Elkhorn	NE	38	M	2	14:56	1:30	2:16	2	53:29	21.3	0:56	6	54:14	8:45	2:05:50
4 Nick Gonzalez	Lansing	KS	35	M	6	19:38	1:58	1:55	6	1:00:23	18.9	1:48	8	55:53	9:01	2:19:35
5 Jonathan Starkey	Omaha	NE	39	M	5	19:25	1:57	2:15	5	59:36	19.1	0:45	11	1:00:58	9:50	2:22:57
6 Chris Laferla	Council Bluffs	IA	35	M	4	18:26	1:51	2:37	9	1:05:05	17.5	0:38	10	57:25	9:16	2:24:09
7 Timothy Walkawicz	Norfolk	VA	39	M	3	15:00	1:30	2:52	4	57:39	19.8	0:53	13	1:07:57	10:58	2:24:19
8 Brian Manzer	Omaha	NE	38	M	14	27:36	2:46	3:31	7	1:00:57	18.7	1:32	3	51:35	8:20	2:25:08
9 Brian Haggerty	Bellevue	NE	38	M	8	21:15	2:08	2:36	14	1:16:26	14.9	0:23	4	52:12	8:26	2:32:49
10 James Lomax	Papillion	NE	39	M	12	25:25	2:33	4:52	12	1:09:11	16.5	1:35	5	52:37	8:30	2:33:37
11 Brian Martin	Council Bluffs	IA	39	M	9	23:07	2:19	3:13	13	1:10:58	16.1	0:44	7	55:47	9:00	2:33:48
12 John Kuper	Council Bluffs	IA	35	M	13	26:03	2:37	3:48	11	1:08:00	16.8	1:56	9	56:00	9:02	2:35:46
13 Russell Avalon	Papillion	NE	37	M	7	20:36	2:04	4:47	8	1:03:45	17.9	0:57	12	1:06:22	10:43	2:36:25
14 Matthew Anderson	Omaha	NE	36	M	11	24:21	2:27	3:22	10	1:07:13	17.0	0:48	14	1:10:53	11:26	2:46:35

FEMALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	plc	time					
1 Megan Berry Barlow	Weeping Water	NE	44	F	3	22:00	2:12	1:42	2	59:39	19.1	0:53	1	50:04	8:05	2:14:16
2 Molly Kroeker	Lincoln	NE	42	F	1	20:24	2:03	2:17	1	58:31	19.5	1:17	3	55:47	9:00	2:18:14
3 Kim Schwab	Omaha	NE	40	F	2	21:15	2:08	4:23	3	1:06:19	17.2	2:08	2	51:31	8:19	2:25:34
4 Carolyn Smith	Omaha	NE	40	F	4	31:07	3:07	3:36	4	1:23:42	13.6	1:37	4	59:54	9:40	2:59:54

MALE AGE GROUP RESULTS 40 - 44

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL					
					plc	time	time	plc	time	plc	time					
1 Rob Shradar	Bennington	NE	40	M	1	15:08	1:31	1:54	1	47:39	23.9	0:34	2	44:19	7:09	1:49:33
2 Brian Yueill	Omaha	NE	44	M	2	16:51	1:42	1:55	2	50:18	22.7	0:37	3	45:01	7:16	1:54:41
3 Brett Heimes	Omaha	NE	41	M	4	19:28	1:57	1:32	3	56:09	20.3	0:41	4	48:59	7:54	2:06:46
4 Randy Leeper	Omaha	NE	43	M	6	20:55	2:06	1:48	8	1:00:48	18.8	0:28	1	43:22	7:00	2:07:20
5 Tyre McDowell	Lincoln	NE	41	M	7	23:40	2:22	2:44	5	56:35	20.1	1:05	5	49:31	8:00	2:13:32
6 Paul Baltes	Omaha	NE	41	M	3	17:07	1:43	2:51	6	57:18	19.9	0:41	9	55:54	9:01	2:13:48
7 Larry McAlpine	Treynor	IA	41	M	5	20:25	2:03	1:43	7	59:27	19.2	1:12	8	53:01	8:34	2:15:47
8 Charles Valle	Omaha	NE	40	M	9	27:27	2:45	3:38	4	56:11	20.3	0:57	7	52:31	8:29	2:20:43
9 Dwight Brown	Lincoln	NE	42	M	8	24:16	2:26	3:07	10	1:09:15	16.5	0:51	6	51:15	8:16	2:28:42
10 Doug Deden	Omaha	NE	43	M	10	33:02	3:19	3:28	9	1:09:04	16.5	0:55	10	58:06	9:23	2:44:34

FEMALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL
					plc	time	time	plc	time	plc	time

1	Gina Samland	Omaha	NE	49	F	1	18:30	1:51	1:43	2	1:02:52	18.1	0:54	1	49:30	7:59	2:13:27
2	Tommora Shaw	Bellevue	NE	46	F	2	23:15	2:20	3:03	1	1:00:54	18.7	1:48	2	1:10:33	11:23	2:39:31
3	Marilyn Fife	Pacific Juncti	IA	48	F	4	30:37	3:04	2:18	3	1:16:56	14.8	3:43	4	1:12:35	11:43	3:06:07
4	Susane Johnson Gil	Des Moines	IA	45	F	3	28:18	2:50	3:10	4	1:24:55	13.4	2:37	3	1:11:28	11:32	3:10:27

MALE AGE GROUP RESULTS 45 - 49

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Jon Theobald	Elkhorn	NE	46	M	1	19:35	1:58	2:25	1	55:12	20.7	0:33	2	52:11	8:25	2:09:53
2	Mike Ward	Bellevue	NE	48	M	3	21:31	2:10	2:11	5	1:04:57	17.6	1:32	4	57:37	9:18	2:27:46
3	Mark Genereux	Council Bluffs	IA	49	M	4	22:10	2:13	2:58	4	1:03:14	18.0	1:57	5	58:43	9:29	2:29:00
4	Scott Duncan	Omaha	NE	46	M	6	22:26	2:15	2:23	2	59:41	19.1	1:35	7	1:06:02	10:39	2:32:04
5	Larry Cohoon	Omaha	NE	48	M	2	19:48	1:59	4:09	6	1:06:10	17.2	0:54	6	1:01:44	9:58	2:32:43
6	Robert Bergland	St. Joseph	MO	45	M	5	22:17	2:14	5:00	7	1:11:19	16.0	1:08	3	54:58	8:52	2:34:39
7	Bill Hoover	Omaha	NE	46	M	7	37:11	3:44	4:11	3	1:01:01	18.7	1:40	1	51:22	8:17	2:35:23

FEMALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Anne Day	Omaha	NE	51	F	1	23:19	2:20	2:38	1	1:02:44	18.2	0:42	1	55:29	8:57	2:24:50
2	Sally Grandick	Council Bluffs	IA	51	F	2	23:44	2:23	3:53	2	1:17:37	14.7	0:29	2	1:16:33	12:21	3:02:14
3	Michele Rooney	Omaha	NE	54	F	3	25:38	2:34	3:13	3	1:20:47	14.1	2:20	3	1:30:30	14:36	3:22:25

MALE AGE GROUP RESULTS 50 - 54

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	John Marsh	Kearney	NE	54	M	4	16:46	1:41	1:14	1	48:48	23.4	0:42	1	44:00	7:06	1:51:28
2	Jim Rogers	Omaha	NE	51	M	1	15:01	1:31	1:36	2	52:05	21.9	0:55	2	46:15	7:28	1:55:49
3	Mark Odell	Omaha	NE	51	M	2	15:40	1:34	1:58	3	52:24	21.8	0:31	7	50:52	8:13	2:01:24
4	Steve Ermer	York	NE	51	M	3	15:42	1:35	1:54	5	54:14	21.0	0:31	4	49:54	8:03	2:02:13
5	Christopher Heric	Omaha	NE	51	M	11	20:39	2:04	2:25	6	54:40	20.9	1:31	3	49:17	7:57	2:08:31
6	Don Piper	Des Moines	IA	54	M	9	19:47	1:59	1:57	4	53:44	21.2	0:54	8	52:41	8:30	2:09:01
7	John Hornig	Elkhorn	NE	54	M	5	17:31	1:46	2:20	10	1:00:39	18.8	0:37	5	49:57	8:04	2:11:02
8	Jorge Alvarez	Council Bluffs	IA	52	M	10	20:17	2:02	2:40	7	57:59	19.7	1:16	6	50:23	8:08	2:12:33
9	Kevin Fink	Omaha	NE	51	M	8	19:35	1:58	2:49	9	59:10	19.3	1:09	9	53:35	8:39	2:16:16
10	Gib Botten	Fremont	NE	53	M	12	21:09	2:07	2:06	8	58:28	19.5	0:54	11	57:54	9:21	2:20:29
11	Brad Johnston	Council Bluffs	IA	53	M	7	19:34	1:58	2:28	12	1:02:18	18.3	1:21	12	1:02:53	10:09	2:28:32
12	Brooks Rump	Plattsmouth	NE	54	M	6	18:19	1:50	2:45	11	1:02:14	18.3	1:21	13	1:05:23	10:33	2:30:01
13	Ernie Parra	Omaha	NE	52	M	13	33:49	3:23	5:23	13	1:07:25	16.9	2:46	10	55:09	8:54	2:44:30

MALE AGE GROUP RESULTS 55 - 59

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Lincoln Murdoch	Omaha	NE	56	M	1	14:57	1:30	1:10	1	47:41	23.9	0:29	1	48:54	7:54	1:53:09
2	Michael Schreiber	Omaha	NE	57	M	2	21:06	2:07	2:21	2	52:37	21.7	0:54	2	57:32	9:17	2:14:28
3	Paul Knott	Council Bluffs	IA	56	M	3	25:30	2:33	8:23	3	1:07:47	16.8	5:58	3	1:04:20	10:23	2:51:56

FEMALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Mariana Phipps	Omaha	NE	69	F	1	20:01	2:01	3:28	1	1:00:08	19.0	1:28	2	1:04:09	10:21	2:29:12
2	Patricia Weber	Omaha	NE	60	F	2	21:19	2:08	2:37	2	1:07:52	16.8	1:06	1	1:01:45	9:58	2:34:37

MALE AGE GROUP RESULTS 60 - 99

NAME	CITY	ST	AGE	S	SWIM	100	TRAN	BIKE	TRAN	RUN	TOTAL						
					plc	time	time	plc	time	plc	time						
1	Mike Huggenberger	Fort Calhoun	NE	63	M	2	19:55	2:00	1:44	1	53:50	21.2	0:50	2	54:00	8:43	2:10:18
2	Greg Crisman	Omaha	NE	65	M	5	24:34	2:28	2:15	3	58:17	19.6	1:09	1	53:37	8:39	2:19:50
3	Gaylen Baker	Omaha	NE	61	M	4	24:14	2:26	2:05	2	58:06	19.6	1:48	3	1:02:00	10:00	2:28:12
4	Bob Wentz	Valley	NE	61	M	3	23:36	2:22	3:10	4	1:03:29	18.0	0:56	4	1:08:57	11:08	2:40:06
5	John Hartigan	Omaha	NE	69	M	1	19:11	1:56	3:01	5	1:06:01	17.3	1:59	5	1:16:28	12:20	2:46:39
6	Sam Martin	Plattsburg	MO	60	M	6	31:50	3:11	3:18	6	1:06:11	17.2	0:43	6	1:18:29	12:40	3:00:29